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*Page 5/42*

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~~Revolutionary Diet can help  
you lose pounds and inches  
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Revolutionary Diet: 6 Weeks  
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Dr. Ian Smith Modern  
Marvels: Made in the USA

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(S17, E8) | Full Episode |  
History

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Shred The Revolutionary Diet  
6 Weeks 4 Inches 2 Sizes Ian  
K. Smith on KindleSuper  
~~Shred Diet Results! Shred  
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*The Revolutionary Diet by*

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*Dr. Ian Smith The  
Revolutionary SHRED Diet by  
Dr. Ian Smith: Success Tips  
Another solution to losing  
those last few pounds SHRED  
by Dr. Ian Smith SHRED by  
Dr. Ian Smith: Week One Meal  
Planning ~~Women Sizes 0~~*



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~~Inches Sizes~~  
~~Through 28 Try on the Same  
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Clean 20: Dr. Ian Smith's  
Clean Eating Plan **Sheryl  
Underwood and Dr. Ian Smith**  
Women Sizes 0 Through 28 Try  
on the Same Jeans | Glamour  
*Dr. Ian Smith: 'The 4-Day*~~

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~~Diet 'Shred' – CBN.com Weekly Meal  
Planning Made Easy~~ **Watch:**

**Dr. Ian Smith shares his**

**'Shred' dishes** *Super Shred*

*Diet Review (I lost 14lbs!) –  
JenellBStewart*

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SHRED Diet by Dr. Ian Smith:  
Getting Started With Week 1!

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**Dr. Ian Smith Talks \ "Super  
Shred\ " and Slimming Down  
Secrets on The Queen Latifah**

**Show** Dr. Ian Smith on his  
New Book, \ "Super Shred\ ",  
1/15/14 Obama's Nutrition  
Council Appointee, Dr. Ian  
Smith, Wants to Change Your

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~~Life How To Shred 20 Pounds  
in 4 Weeks with Dr. Ian  
Smith Week One, Day 2 on  
SHRED by Dr. Ian Smith  
Tuesday 10/29: Super Shred  
Diet; Paralyzed Man Walks  
Again; ASPIRE Initiative  
Show Promo **Benny Hinn** -~~

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~~Inches Sizes~~  
**Shred The Revolutionary**

**Diet, Part 3** Super Shred

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Shred Revolutionary Weeks

Inches Sizes

Shred is a six-week program

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that must be followe One  
that has caught the  
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Ian Smith's Shred  
Revolutionary Diet- 6 Weeks,  
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evolved from Smith's Twitter  
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hit a weight loss plateau  
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Sizes by ...

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Sizes: Amazon.co.uk: Smith,  
Ian K: 9781250080516: Books.

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Diet: 6 Weeks 4 Inches 2

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**Inches Sizes** Market Paperback  
- December 29, 2015 by Ian  
K. Smith M.D. (Author) 4.1  
out of 5 stars 2,364 ratings

Shred: The Revolutionary  
Diet: 6 Weeks 4 Inches 2  
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Shred has taken the internet by storm, and thousands have already joined Dr. Ian's Shredder Nation, losing an average of four inches, two sizes or twenty pounds in six weeks. Utilizing the detox...

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Extreme Fat Smash, and  
varying food of The 4 Day  
Diet, Shred is a six week  
plan to a new way of life!

About For Books Shred: The  
Revolutionary Diet: 6 Weeks  
4 . . .

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**Inches Sizes**  
The average results on SHRED are 6-4-2. In six weeks most people who closely follow the program lose four inches and two sizes. Once you have completed an initial six-week cycle, if you still have more weight to lose,

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inches: 6 weeks, 4 inches, 2 sizes. [Ian Smith] -- Offers a weight loss plan that incorporates a low glycemic index diet, meal spacing, and meal replacements to help dieters lose as much as four inches, two sizes, or

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twenty pounds within six  
weeks.

SHRED : the revolutionary  
diet : 6 weeks, 4 inches, 2  
sizes

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## Revolutionary Sizes . . .

Shred : the revolutionary diet - six weeks four inches two sizes. [Ian K Smith] -- Offers a weight loss plan that incorporates a low glycemic index diet, meal spacing, and meal

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Replacements to help dieters lose as much as four inches, two sizes, or twenty pounds within six weeks.

Shred : the revolutionary diet - six weeks four inches two ...

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Diet ...

Jess and Mike Miller, from Southend-on-Sea, who have been married for seven years, started making steamy



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