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**By Ann Louise Gittleman**

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Ann Louise Gittleman, M.S., C.N.S., (Bozeman, MT) is a nationally acclaimed nutritionist and author. The former nutritional director at the Pritikin Longevity Center

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Ann Louise Gittleman, N.D., C.N.S., America's First Lady of Nutrition, is one of the most respected and dynamic nutritionists in America today.

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About the Author: Ann Louise Gittleman, N.D., C.N.S., America's First Lady of Nutrition, is one of the most respected

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