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Super SHRED (2013) is a 4-week very rapid weight loss
diet, written by Dr. Ian Smith of The Doctors. It's a
follow-up to the SHRED diet. Negative energy
Dr. Ian Smith, Best Selling Author, TV Personality,
Physician

Ian K. Smith, M.D. Dr. Ian Smith is the author of the #1
New York Times bestselling books, SHRED: THE
REVOLUTIONARY DIET, and SUPER SHRED: The Big
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Die Amerikaner machen einen Hype um die Shred-Diät,
die der Arzt Ian K. Smith entwickelt hat. Smith verspricht:
In sechs Wochen verliert jeder eine oder

Shred Diät - Alle Diäten im Test

Du hast schon eine Diät gemacht, bist aber noch nicht bei
Deinem Traumgewicht angekommen? Dann ist laut Dr.
Ian Smith die Shred Diät das Richtige für Dich.

SHRED Diet by Dr. Ian Smith: Week 5 Cleanse Recap
& Results

I'm on the SHRED Diet by Dr. Ian Smith and in this video
I share how things went for me on Week 5 (Cleanse). My
website: <http://www.talktoamber>

Dr. Ian Smith's New Diet May Help You Shred Pounds

If weight loss is at the top of your list of New Year's
resolutions, then Dr. Ian K. Smith (pictured) has just the
prescription for you. The New York