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He used Pinterest to redo his floors (Low Carb or Paleo) + +Clean Eating and Green Living ++
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Jonny Bowden, PhD, CNS, is a certified nutrition specialist with a PhD in psychology. He is the author of numerous books and is on the Editorial Advisory Board of Men
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recommend the no crap carb diet. The more fruit I eat, Jonny Bowden, PhD is the author of more than 4 books on health and diet including Living Low Carb.
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