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LYN-GENET RECITAS

Lyn-Genet Recitas

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Her work has been presented on Dr Oz, Huffington Post and Fox News. Lyn-Genet Recitas may be the New York Times bestselling writer of THE PROGRAM, a groundbreaking anti-inflammatory nutritional protocol. She has been a holistic nutritionist for over 30 years studying dietary therapy, holistic medicine, herbology, homeopathy, yoga exercise and shiatsu. Lyn-Genet and her team at The Lyn-Genet Strategy have helped thousands of women and men find easy, effective ways to lose excess weight, improve health and reverse the aging process.



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