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Rachel Berman - Registered Dietitian, not the food police. Author of Boosting Your Metabolism For Dummies and Mediterranean Diet For Dummies (Wiley, 2013)

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Dec 31, 2013 Rachel Berman, RD, CD/N, In addition, Ms. Berman is the author of Boosting Your Metabolism For Dummies and Mediterranean Diet For Dummies,

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