

# **Dr. Colbert's "I Can Do This" Diet: New Medical Breakthroughs That Use The Power Of Your Brain And Body Chemistry To Help You Lose Weight And Keep It Off For Life By Don Colbert MD**

**By Don Colbert MD**

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Too many people fight against their own brain and body chemistry when trying to lose weight. This is the reason that up until now, diets have only had a 2% success rate.

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