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Mackie Shilstone is one of the nations leading fitness, performance, and lifestyle consultants. He currently directs The Fitness Principle with Mackie Shilstone at **Mackie Shilstone' s body plan for kids** : -

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Cheryl Hirsch (Editor of Alzheimer' s Disease) -

Cheryl Hirsch is the author of Alzheimer's Disease (4.39 avg rating, 54 ratings, 13 reviews, published 2011), The Official Anti-Aging Revolution

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