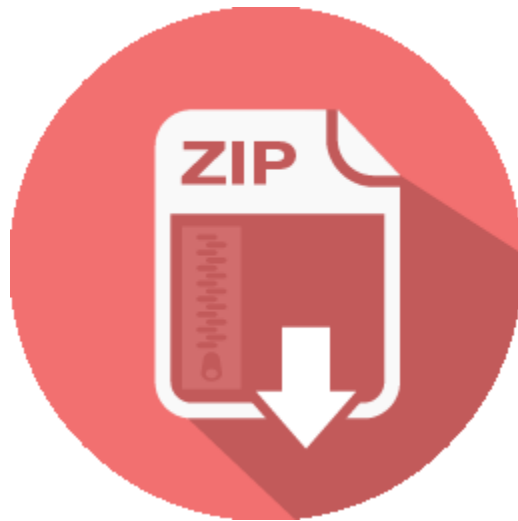


## [THE 3 HOUR DIET](#)



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### **3 Hour Diet**

The 3-Hour diet was originated by Jorge Cruise in the mid-2000s, Cruise was an overweight child who went on to lose weight, shape up, and become a self-proclaimed weight-loss expert. He has no formal nutrition training. Cruise is the author of the New York Times bestseller 8 Minutes in the Morning, an exercise and diet program, and The 3-Hour Diet.

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