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### **What Is the Omni Diet Plan What to eat and foods to avoid**

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The Omni Diet is the culmination of a decade-long quest by Tana Amen to study the relationship between food and the body, and to understand how proper nutrition not only impacts weight loss, but actually holds the key to reversing chronic disease, decreasing inflammation, healing the body, and dramatically improving quality of life.

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### **The Omni Diet The Revolutionary 70 Plant 30 Protein**

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