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**Neal Barnard**, MD, is a clinical researcher, author, and health advocate. He has been involved with a number of clinical trials investigating the effects of diet on health.

He is an associate professor of medicine at George Washington University School of Medicine and the president of the *Physicians Committee for Responsible Medicine*.

His book, *Dr Neal Barnard's Program to Reverse Diabetes Now*, outlines a whole-food, plant-based diet that reverses diabetes, prevents and reverses heart disease and other common ailments.

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