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The 30 Minute Celebrity Makeover Miracle: Achieve the Body ...

three days a week. I call it the 30-Minute Celebrity Makeover Mira-cle, and it's the ten-week program that I've used to transform celebri-ties and noncelebrities alike. How did this whole thing come about? In the late eighties, I was a student at Boston College. My father had a doctor friend who was using cutting-edge infrared technology

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