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*The Spectrum by Dean Ornish M.D. Audiobook Excerpt*

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"The Spectrum is absolutely fantastic. Time and again, Dr. Dean Ornish has scientifically proven that what was once thought to be medically impossible is, in fact, possible. His work is truly revolutionary." –Mehmet Oz, M.D., director, Cardiovascular Institute, Columbia University Medical Center, author of You: The Owner's Manual

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