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Rip Esselstyn (born 1963), a former firefighter and triathlete, is an American health activist and food writer. He is the author of The Engine 2 Diet (2009), "Plant-Strong" (2016) previously published as My Beef With Meat (2013), and "The Engine 2 Seven-Day Rescue Diet" (2017). The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that

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