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Your Life By Gillian McKeith**

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If you stop consuming sugar, your brain will radically change. Again, like caffeine, if you stop eating refined sugar, you will experience some negative withdrawals .. I plan on changing my whole life for the better every year.

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Gillian McKeith (born 28 September 1959) is a Scottish television presenter and writer. She is the former host in the UK of Channel 4's You Are What You Eat and Page protected with pending changes level 1 about nutrition, including You Are What You Eat (2004), and Dr Gillian McKeith's Ultimate Health Plan (2006).

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