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# **What Color Is Your Diet? By David, MD, PhD. Heber**

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### **David heber, md, phd - ucla health: health care,**

David Geffen School of Medicine at UCLA Dr. David Heber is He earned his MD at Harvard Medical School and his Ph.D. in *What Color is Your Diet?*

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### **David heber, md, phd, facp, facn**

The Resolution Diet, by Avery Publishing Group in 1999 , *What Color is Your Diet?* published by Harper Collins/Regan Books DAVID HEBER, MD, PhD,

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*What Color is Your Diet?* Overview. *What Color is Your Diet?* is a book by David Heber MD, PhD, that promotes the health benefits of adding more color to your diet.

### **David heber m.d. | david geffen school of**

David Heber is the Director of the UCLA Center for He earned his MD at Harvard Medical School and his Ph.D. in Physiology at the *What Color is Your Diet?*

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Feb 27, 2011 the opportunity to visit with David Heber, PhD, the Director of Health Nutrition at UCLA, and talk about the health benefits of eating a colorful diet.

### **David heber, md, phd, facp, facn - integrative**

David Heber, MD, PhD, FACP, FACN. Professor, UCLA Department of Medicine, The Resolution Diet (Avery Publishing Group 1999), and What Color is Your Diet?

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### **David heber | ucla center for human nutrition |**

David Heber, MD, PhD, He has written several books, including Natural Remedies for a Healthy Heart and What Color is Your Diet. David Heber Nutrition Advisory

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author of the popular What Color Is Your Diet?, directs research on the health attributes of foods. You need to enjoy your life and enjoy delicious foods.

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white potatoes for sweet potatoes, for example, will not only change up the flavor but will also punch up the amount of color in your diet.

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