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"Werbetext On the heels of the bestselling self-published edition, comes the book based on the NIH-supported and top-rated DASH diet Über den Autor und weitere Mitwirkende Marla Heller is a Registered Dietitian, and holds a Master of Science in Human Nutrition and Dietetics from the University of Illinois at Chicago (UIC) where she completed doctoral course work in public health, specializing in Behavior Sciences and Health Promotion. Marla is experienced in a wide variety of nutrition counseling specialties. She has been an adjunct clinical instructor in the Department of Human Nutrition and Dietetics at UIC, teaching courses on food science and nutrition counseling, and has also taught at Dominican University, National-Louis University, and the Cooking and Hospitality Institute of Chicago (a chef-training school)."

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