

THE Change Your Biology Diet

A circular logo with a green border. Inside, there's a blue and green abstract design resembling a stylized 'A' or a mountain. The word 'ANISA' is written in blue above the design, and 'Channel' is written in blue below it.

THE PROVEN PROGRAM FOR
LIFELONG WEIGHT LOSS

NEW YORK TIMES BEST-SELLING AUTHOR

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foreword by **DAVID LETTERMAN**

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