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[Ian Smith - Wikipedia](#)

Ian Douglas Smith was born on 8 April 1919 in Selukwe, a small mining and farming town about 310 km (190 mi) southwest of the Southern Rhodesian capital Salisbury. SHRED The Revolutionary Diet - doctoriansmith.com Dr. Ian Smith is the author of the #1 New York Times bestselling books, SHRED: THE REVOLUTIONARY DIET, and SUPER SHRED: The Big Results Diet, and BLAST THE SUGAR OUT. Dr. Smith's highly anticipated newest book, The Clean 20, became an instant New York Times best seller, helping hundreds of thousands of people reduce bad sugars from their diet Super Shred Diet Review (UPDATE: 2018) | 13 Things You ...

In the diet industry, don't mistake marketing for effectiveness. Dr. Ian Smith, the author of the Super Shred Diet, is quite the name in weight-loss, so we checked out the ingredients, side effects, customer service and clinical research on the plan.

[Ian K. Smith - Official Site](#)

Ian K. Smith, M.D. Dr. Ian Smith is the author of the #1 New York Times bestselling books, SHRED: THE REVOLUTIONARY DIET, and SUPER SHRED: The Big Results Diet, and BLAST THE SUGAR OUT.

Super SHRED diet by Dr Ian Smith (2013): Food list, what ...

Super SHRED (2013) is a 4-week very rapid weight loss diet, written by Dr. Ian Smith of The Doctors. It's a follow-up to the SHRED diet. Negative energy balance eat fewer calories than you burn.

Dr. Ian Smith's 10 Best Tips for Weight Loss - Essence Fresh off the success of his New York Times Bestselling diet book, Shred: The Revolutionary Diet, Dr. Ian Smith is getting you motivated to living a healthier and happy life.

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[Ian Smith \(actor\) - Wikipedia](#)

Ian Smith (born 19 June 1938) is an Australian soap opera character actor, television producer and screenwriter. He played Harold Bishop in the soap opera Neighbours from 1987 when the series was taken over by Network Ten until 1991.

[Shred: The Revolutionary Diet on Apple Books](#)

Dr. Ian K. Smith's Shred is the answer to every dieter's biggest dilemmas: how to lose that last twenty pounds? How to push through that frustrating plateau?

[Ian Smith | prime minister of Rhodesia |](#)

[Britannica.com](#)

Ian Smith: Ian Smith, first native-born prime minister of the British colony of Southern Rhodesia (now Zimbabwe) and ardent advocate of white rule, who in 1965 declared Rhodesia's independence and its subsequent withdrawal from the British Commonwealth. Smith attended local schools and entered Rhodes

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