



Ideal Protein ...Because It's Your Life

Dr. Tran Tien Chanh

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For the first time, a publication deals with weight issues in its entirety from a dietary and a psychological point of view. Dr. Tran Tien Chanh, former high-level athlete, is a Laureate graduate of the college of medicine of the University of Paris. His more than twenty years of research with weight and dietary behavior issues has garnered renown from a worldwide community.



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