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Barnard, the author of Dr. Neal Barnard's Program for Reversing Diabetes, is not advocating any medicine or exercise routine--his solution to battling disease, especially diabetes, is a low-fat vegan diet.

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Originally from Fargo, North Dakota, Neal Barnard comes from a long line of cattle ranchers who grew up on a steady diet of meat and potatoes. He got his medical degree in psychiatry from George Washington University where he is currently an Adjunct Associate Professor of Medicine. College is also where he became interested in vegan diets.

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