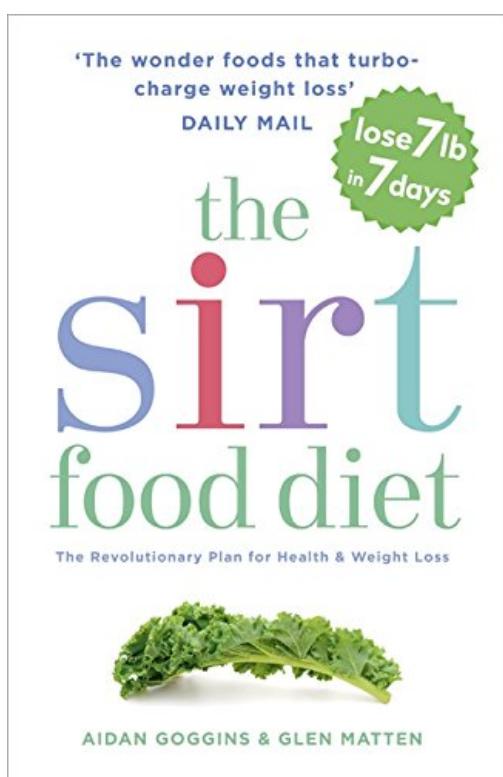


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## **About the Author**

Adian Goggins (BPharm, MSc Nutr Med) became a pharmacist and nutritionist driven by his own quest to cure his rare autoimmune disease. He is one of Europe's leading health experts. Unparalleled in his nutrition approach, Aidan is highly sought after, with clients spanning from leading medical doctors to celebrity TV personalities. He specializes in sports nutrition, and his dietary expertise underpins his success of many of the world's best athletes. He is a prominent media health pundit and an award-winning and bestselling author.

Glen Matten (MSc NutrMed, DipION) is the author of the award-winning books The Health Delusion and The Sirtfood Diet. With a degree in nutritional medicine, he has made frequent forays into the media spanning TV, radio, and numerous national magazines and newspapers. With an approach deeply rooted in nutritional science, Glen has run successful clinics across the UK for over a decade. He collaborates closely with medical doctors, attracts clients from all over the world, and works with a number of professional athletes and celebrities.

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