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Jul 22, 2015 By following the principles of the AARP New American Diet, John Whyte, M.D., is the author of AARP New American Diet: Lose Weight, Live Longer.

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Special Event: Reception and Book Signing with John Whyte, MD, MPH released in 2011, and AARP New American Diet: Lose Weight, Live Longer to be released December

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Dr. John Whyte's "AARP New American Diet: Lose Weight, Live Longer" is a diet and nutrition book targeted at older adults who hope to improve their health and