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### Exhausted To Energized Dr Libbys

Dr Libby Weaver is one of Australasia's leading nutritional biochemists, a 13 times best-selling author and a renowned international speaker. With a degree in dietetics, a PhD in biochemistry and over 20 years' experience in clinical practice, Dr Libby draws on her wisdom and expertise to empower people to take charge of their health and happiness.

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