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ABOUT THE AUTHOR: Ian Kelley is the author of The Organic Body fitness and cookbook. Ian is a lifelong chef, competitive natural bodybuilder,

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Ian Kelley is the author of The Organic Body fitness and cookbook. Ian is a lifelong chef, competitive natural bodybuilder, holistic health advocate and writer.

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About the Author Ian Kelley is the author of two health and fitness books, The Organic Body and Secret Organic Diet Health as well as creator of Kick Butt Boot Camp

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Ian kelley

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