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Eugenia Killoran has been the food and fitness journalist for the Pritikin Program since 1992. She has published more than 3,000 articles, lectures, and book chapters on a wide variety of healthy living and weight-loss topics.

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Pritikin Permanent Weight-Loss Manual: Nathan Pritikin

Nathan Pritikin was an American nutritionist and inventor. He attended the University of Chicago from 1933 to 1935, dropping out because of the Depression. He became an inventor and a millionaire developing patents for companies such as Honeywell and Bendix while living in Chicago and Santa Barbara, California.

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