



# Rebuild: With Dr. Z's Body Composition Diet

*Dr. Robert Zembroski, DC, DACNB, MS*

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**Rebuild: With Dr. Z's Body Composition Diet** Dr. Robert Zembroski, DC, DACNB, MS


Can you recover from cancer, heart disease, diabetes and other chronic health issues and actually be healthier than you were before?

Would you like to have a plan to help you lose toxic fat, get lean, have more energy, and be stronger?

Dr. Z's Rebuild program is for anyone who wants to recover from illness, lose fat, and build strength using a *customized* plan that fits *your* lifestyle. It is a makeover that will enable you to make a comeback--to thrive more than ever before.

After conquering life-threatening cancer, Dr. Z rebuilt himself to be stronger, healthier, and more balanced than he was seven years younger. What he did for himself, he can do for you.

Using this program, you can recover, heal, and actually raise the bar for your health!

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