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DR FISCHER THE PARK AVENUE DIET



KHLOE AND KOURTNEY'S DIET SECRETS

THE KARDASHIAN SISTERS MADE A VOW TO MOTIVATE EACH OTHER AS THEY WORKED TO GET THEIR BIKINI BODIES BACK



“Competition helps you to re-evaluate yourself to find areas for improvement,” explains Dr. Stuart Fischer, founder of the Park Avenue Diet Center. “It often brings out the best in people.”

