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About the Author Dr. Carolyn Coker Ross is an author, speaker, expert and pioneer in the use of integrative medicine for the treatment of eating disorders, obesity, and addictions. Formerly the director of the eating disorders program at Sierra Tucson, in Tucson, AZ, she is currently a consultant for treatment centers throughout the US.

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Carolyn Coker Ross, MD, MPH, is an integrated medicine physician, author, and nationally recognized speaker. She is a graduate of the University of Michigan Medical School, and an alumna of Andrew Weil's integrative medicine program at the University of Arizona.

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