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Sat, 11 Aug 2018 08:47:00 GMT - JJ Smith is a certified nutritionist and weight-loss expert who has been featured on The Steve Harvey Morning Show, The Steve Harvey Morning Show, the Montel Williams Show, The Jamie Foxx Show and on the NBC, FOX, CBS and CW networks. Her advice has also been featured in the pages of Glamour, Essence, Heart and Soul, and Ladies Home Journal.

**J. J. Smith -**

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