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By David Zinczenko

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David "Dave" Zinczenko (born December 13, 1969) The New Abs Diet and The New Abs Diet Cookbook. He launched Galvanized Brands in January 2013.

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David Zinczenko, editor-in-chief of Men's Health magazine, is the author of the New York Times bestsellers The Abs Diet and The Abs Diet for Women.

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David Zinczenko is General Manager of Rodale Inc. 's Healthy and Organic Gardening and oversees Rodale's book David Zinczenko Sighting: New

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