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Ian Douglas Smith was born on 8 April 1919 in Selukwe, a small mining and farming town about 310 km (190 mi) southwest of the Southern Rhodesian capital Salisbury.

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[Dr. Ian Smith is the author of the #1 New York Times bestselling books, SHRED: THE REVOLUTIONARY DIET, and SUPER SHRED: The Big Results Diet, and BLAST THE SUGAR OUT.](#)

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