

BY THE CO-AUTHOR OF THE #1 NEW YORK TIMES BESTSELLER

FIT FOR LIFE
A NEW WAY OF
EATING

THE PROPER FOODS, COMBINATIONS AND RECIPES
TO START YOU ON THE ROAD TO GOOD HEALTH



MARILYN
DIAMOND

WITH AN INTRODUCTION BY HARVEY DIAMOND

Fit For Life A New Way Of Eating

Zhe Xu



Fit For Life A New Way Of Eating:

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