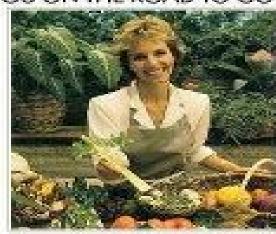
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# ANEW WAY OF EATING

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





WITH AN INTRODUCTION BY HARVEY DIAMOND

# A New Way Of Eating From The Fit For Life Kitchen

**Daniel Towns, Sharon Towns** 

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