The Diamond Diet: A Multifaceted Path To Weight Loss, Health, And Wellness

Ron Denburg Ina Denburg


The Diamond Diet A Multifaceted Path to Weight Loss, Health, and Wellness: 7 Weeks That Will Change Your Life by Ron Denburg, Ina Denburg. The Diamond Diet A Multifaceted Path to Weight Loss, Health, and Wellness examines the multifaceted approach to weight loss, health, and wellness by the authors, Ron and Ina Denburg. The book focuses on the importance of a holistic approach to health and wellness, emphasizing the connection between diet, exercise, and lifestyle changes.

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