

The background of the cover is a photograph of a person's back and shoulder. A hand is resting on the person's right shoulder. A large, dark, circular graphic with a spiral pattern is overlaid on the back. The title 'THE NEW ANCIENT DIET' is written in a large, serif font, with 'THE' and 'ANCIENT' on the left and 'NEW' and 'DIET' on the right, all in a light beige color.

THE NEW ANCIENT DIET

*A Time-Proven Strategy
for Maximum Fat Loss...
Become the Person
You Were Meant to Be*

PATRICK D. ESPY, MS, RPH

The New Ancient Diet

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