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Verne varona

Verne Varona . Verne Varona has Verne's second book, Macrobiotics for Dummies is part of the internationally popular Dummies series and is a comprehensive

Easy macrobiotic diet

Background. Macrobiotics for Dummies is written by Verne Varona, a renowned health educator and speaker. Macrobiotics is a philosophy of dynamic living that has its

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