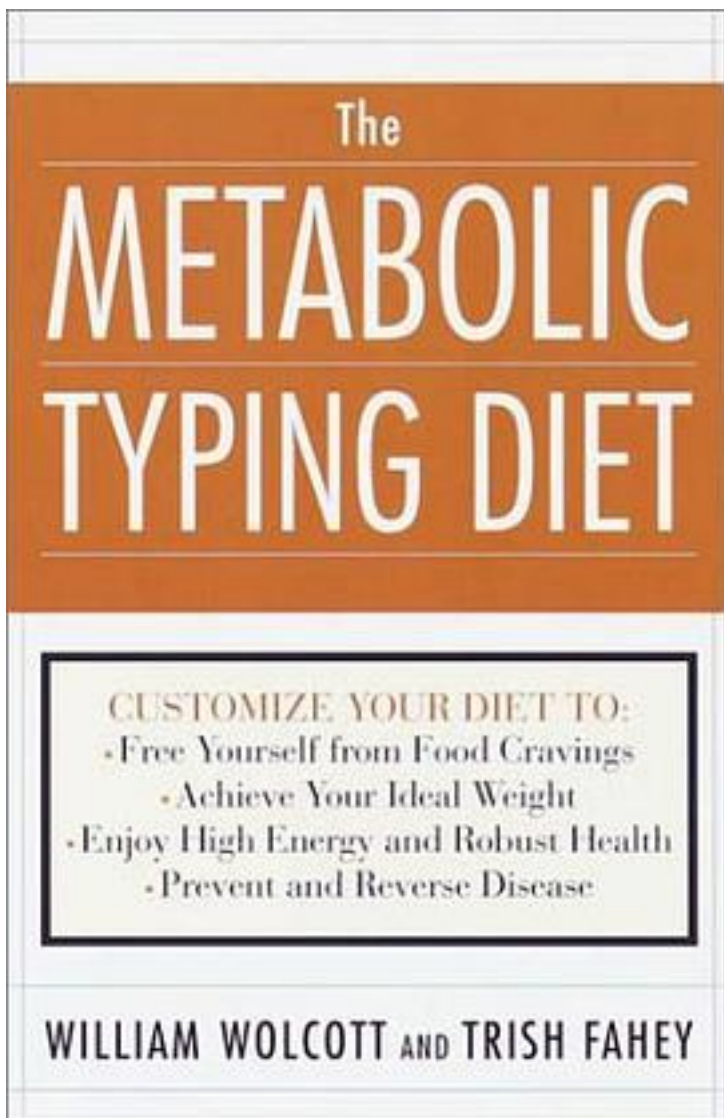


The Metabolic Typing Diet



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Customize Your Diet to Your Own Unique Body Chemistry

For hereditary reasons, your metabolism is unique. Cutting-edge research shows that no single diet works well for everyone—the very same foods that keep your best friend slim may keep you overweight and feeling unhealthy and fatigued. Now, William Wolcott, a pioneer in the field of metabolic research, has developed a revolutionary weight-loss program that allows you to identify your "metabolic type" and create a diet that suits your individual nutritional needs.

In *The Metabolic Typing Diet*, Wolcott and acclaimed science writer Trish Fahey provide simple self-tests that you can use to discover your own metabolic type and determine what kind of diet will work best for you. It might be a low-fat, high-carbohydrate diet filled with pasta and grains, or a high-fat, high-protein diet focused on meat and seafood, or anything in between. By detailing exactly which foods and food combinations are right for you, *The Metabolic Typing Diet* at last reveals the secret to shedding unwanted pounds and achieving optimum vitality with lasting results.

The Metabolic Typing Diet will enable you to:

Achieve and maintain your ideal weight

Eliminate sugar cravings

Enjoy sustained energy and endurance

Conquer indigestion, fatigue, and allergies

Bolster your immune system

Overcome anxiety, depression, and mood swings

作者介绍:

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