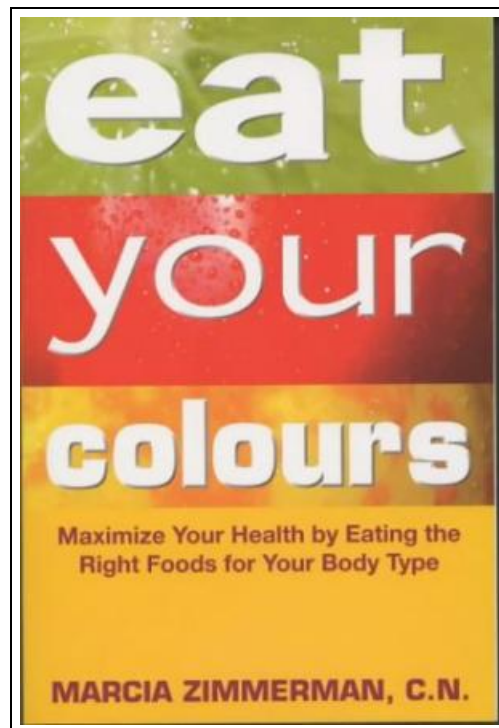


Eat Your Colours: Maximise Your Health by Eating the Right Foods for Your Body Type



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Reviews

A top quality publication and also the font employed was interesting to learn. It is really simplistic but excitement within the fifty percent from the book. Its been designed in an remarkably basic way in fact it is only following i finished reading this pdf where in fact changed me, modify the way i believe.

(Rachel Stiedemann)

EAT YOUR COLOURS: MAXIMISE YOUR HEALTH BY EATING THE RIGHT FOODS FOR YOUR BODY TYPE



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John Blake Publishing Ltd, United Kingdom, 2002. Paperback. Book Condition: New. New edition. 235 x 154 mm. Language: N/A. Brand New Book. Are you always trying the latest diets only to find they don't work? The solution may be as easy as eating your colours. Based on the idea that everyone fits into one of three body types - yellow, red or green - Eat Your Colours is a health and nutrition guide that should help you find your optimum weight, as well as increasing your energy and longevity. In this practical guide you'll find easy-to-follow advice on: determining if you are a yellow, red or green body type; creating meal plans using the optimal foods for each colour; discovering colour weaknesses and combating them by eating the right foods; and learning how to navigate menu choices when dining out.



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