



Dr. Abravanel's Body Type Program for Health, Fitness and Nutrition

Elliot D. Abravanel, Elizabeth A. King

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The unique body-typing program that teaches you how to:

- Lose weight
- Achieve your ideal body shape
- Target your trouble spots
- Boost your energy
- Eliminate food cravings forever
- Feel better than you ever thought possible

- Do you crave coffee and sweets--or a nice thick steak?
- Do you get love handles--or jiggly pockets on your thighs?
- Are you quick-tempered--or impatient and easily depressed?

Believe it or not, your answers to these and other questions posed in this breakthrough book will help you discover which of the four basic "Body Type" categories you fall into--the first step toward determining what you need to do to lose weight and look and feel better than ever.

More than just a diet, Dr. Abravanel's one-of-a-kind plan is a complete health, fitness, and nutrition program that first teaches you how to determine your body type and then custom-tailors a three-step weight-loss plan and exercise regimen just for you. Using the latest scientific research, Dr. Abravanel has revised and expanded this successful strategy to make it even more effective and easy to follow.

This revolutionary program includes:

- A newly revised Body Type questionnaire you can do at home
- A detailed list of foods you should avoid--and those you must eat
- A four-week eating plan, complete with daily menus and recipes
- A guide to supplements, herbal remedies, and exercise routines for each Body Type
- A Long Weekend of Rejuvenation to purify your system and clear your mind

Now, to find out which Body Type you fall into, turn to the first page....

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Linda Wood:

Reading a guide tends to be new life style within this era globalization. With studying you can get a lot of information which will give you benefit in your life. Together with book everyone in this world can certainly share their idea. Publications can also inspire a lot of people. Many author can inspire their very own reader with their story or even their experience. Not only the storyplot that share in the publications. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors on this planet always try to improve their talent in writing, they also doing some investigation before they write on their book. One of them is this Dr. Abravanel's Body Type Program for Health, Fitness and Nutrition.

Henry Perry:

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