



Eat Your Colors: Maximize Your Health by Eating the Right Foods for Your Body Type

Marcia Zimmerman, Marcia, C.N. Zimmerman

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The ancient wisdom of Ayurvedic medicine meets up-to-the-minute nutritional science in a clever, colorful guide to matching diet and body type.

Marcia Zimmerman takes the mystery and complexity out of healthy eating and makes it simple. Eat Your Colors is a health and nutrition guide based on the idea that everyone fits into one of three body types. Identifying each type by a simple color -- red, yellow, or green -- Zimmerman provides a questionnaire to help readers determine their primary and complementary colors and explains which foods are best for which color types. For example, reds do very well on a vegetarian diet, yellows need some animal protein to feel their best, and greens will reap benefits from pungent foods and strong spices.

Eat Your Colors is filled with information on such news-making topics as phytoestrogens, which can reduce the risk of breast and prostate cancer; lutein and zeaxanthin, which protect the eyes of computer users and prevent the common eye disorder macular degeneration; and anthocyanidins, which reduce inflammation in cases of chronic disease. And it offers practical, easy-to-follow advice on: --creating meal plans using the optimal foods for each color--using herbs, spices, sauces, and condiments to balance off-colors--discovering color weaknesses and combating them by eating the right foods

Offering a unique way of thinking about diet, Eat Your Colors will do for body type what Eat Right for Your Type did for blood type.

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Reading a reserve tends to be new life style on this era globalization. With studying you can get a lot of information that may give you benefit in your life. Along with book everyone in this world can share their idea. Ebooks can also inspire a lot of people. Plenty of author can inspire their own reader with their story or maybe their experience. Not only the story that share in the ebooks. But also they write about the ability about something that you need illustration. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that you can get now. The authors in this world always try to improve their expertise in writing, they also doing some investigation before they write with their book. One of them is this Eat Your Colors: Maximize Your Health by Eating the Right Foods for Your Body Type.

Jodi Dauphin:

Reading can called thoughts hangout, why? Because while you are reading a book specially book entitled Eat Your Colors: Maximize Your Health by Eating the Right Foods for Your Body Type the mind will drift away trough every dimension, wandering in every aspect that maybe mysterious for but surely can be your mind friends. Imaging just about every word written in a e-book then become one application form conclusion and explanation in which maybe you never get just before. The Eat Your Colors: Maximize Your Health by Eating the Right Foods for Your Body Type giving you a different experience more than blown away the mind but also giving you useful info for your better life with this era. So now let us show you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

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know that on this period of time, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore , this Eat Your Colors: Maximize Your Health by Eating the Right Foods for Your Body Type can make you experience more interested to read.

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