



## The Body Shape Diet: New and Improved Edition:Formerly Titled Eat Right 4 Your Metabolic Type

By Dr. Cass Ingram

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Your body shape reveals your hormonal weaknesses. It s the key to knowing what you should eat, what you shouldn t eat, and what supplements to take. Your face, hands, and body shape tell all about your body functions, all based on the hormone-endocrine system. Finally, through Dr. Ingram s Body Shape Diet you can find out your ideal diet to improve your overall health and your shape. Also learn:which body shape you are and how it affects your health which glands and hormones regulate your shape why thyroid types can die prematurely, unless they eat for their type why for some people eating sea salt, organic red meat, and plenty of fat are actually lifesaving

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**By Dr. Cass Ingram Bibliography**

- Sales Rank: #819945 in Books
- Published on: 2009-12-15
- Original language: English
- Number of items: 1
- Dimensions: .92" h x 6.64" w x 8.60" l, 1.20 pounds
- Binding: Paperback
- 398 pages

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### **Editorial Review**

#### About the Author

Dr. Cass Ingram is the author of The Wild Berry Cure, The Cure is in the Cupboard, The Miracle of Wild Oregano, The Respiratory Solution, and more than a dozen other books on nutrition and disease prevention. An invited guest on thousands of radio and TV programs throughout North America and Europe, Dr. Ingram is one of the world's leading experts on the anti-viral properties of wild plants and berries. His research and writings have led to countless cures and discoveries. He now travels the world promoting perfect health the natural way.

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##### **Ruth Snider:**

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**Kevin Vickers:**

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