



Dr. Abravanel's Body Type Diet and Lifetime Nutrition Plan

Elliot D. Abravanel, Elizabeth 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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