



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

*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....

*From the Trade Paperback edition.*



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Spent a free time and energy to be fun activity to perform! A lot of people spent their sparetime with their family, or their very own friends. Usually they accomplishing activity like watching television, about to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the guide untitled Dr. Abravanel's Body Type Diet and Lifetime Nutrition Plan can be excellent book to read. May be it might be best activity to you.

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