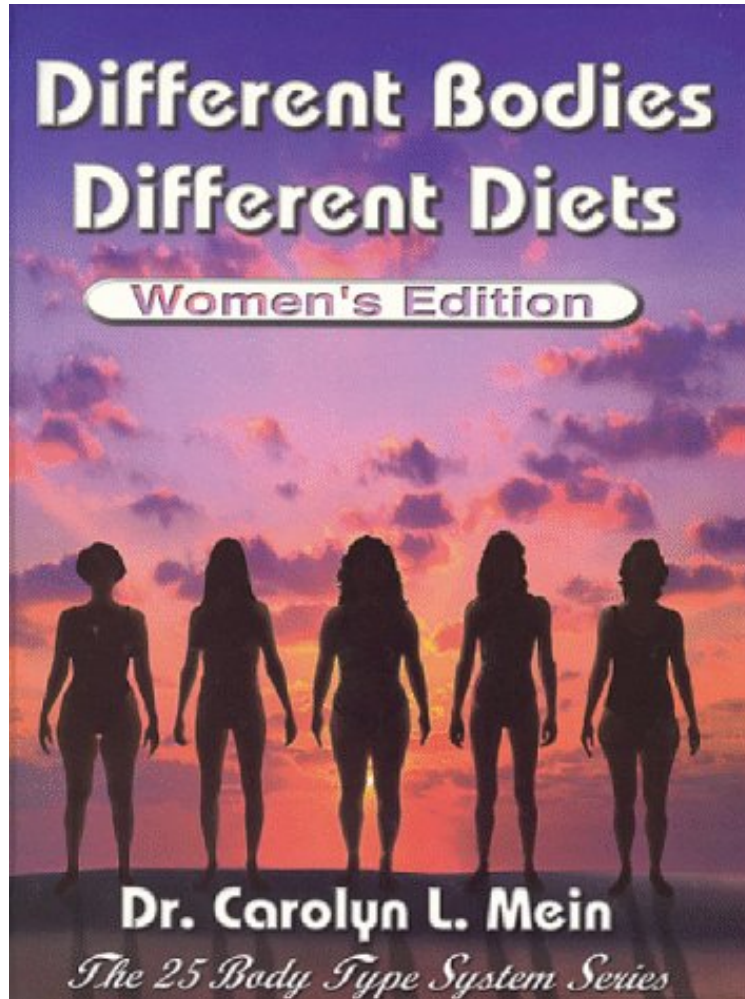


(Pdf free) Different Bodies, Different Diets - Women's Edition

Different Bodies, Different Diets - Women's Edition

Carolyn L. Mein

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#286020 in Books Visionware Productions 1998-04-01Original language:EnglishPDF # 1 11.50 x 8.75 x 1.50l, #File Name: 0966138104564 pagesYou are defined in many ways - physically, mentally, emotionally, and spiritually - by your body type. Your body has a dominant organ, gland or system that controls how your body digests and metabolizes food, where you gain weight, and directs your basic personality. Your body type is evident from birth, and remains constant throughout your life. Knowing your body type and how it functions best is like having an owner's manual for your body. Dr. Carolyn Mein has discovered 25 individual body types with unique needs for diet and nutrition, exercise, and even distinctly different personality traits. Your individual body type determines the best lifestyle to keep yourself in top health, performance and appearance. Your body type is easy to determine based upon weight gain patterns and simple questionnaires. The books and booklets available on this website make it fun and easy to determine your own body type. Knowing your own body type is like having an owner's manual for your body - it allows you to stay at peak performance, health and vitality by caring for it the way that nature intended. | File size:

71.Mb

Carolyn L. Mein : Different Bodies, Different Diets - Women's Edition before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Different Bodies, Different Diets - Women's Edition*:

0 of 0 people found the following review helpful. Worth a look, but didn't change anything for me. By M3isme Interesting read. Pretty out dated, but still fun to look at and try to determine which category I fit in. 0 of 0 people found the following review helpful. Interesting book. By Jan1616 This is an interesting read. I bought a used copy off and it was in very good condition. It was hard for me at first to figure out what my body type was. I finally figured it out and realized I was the one making it harder than it should have been. It's a big book, but you really don't have to worry about half of the book because you only will need the section that is on your body type. So don't let the size of the book scare you. 17 of 20 people found the following review helpful. Disappointed! By A Customer I got really frustrated that there was a lot of repeated information at the beginning of the book. She kept saying the same things but in different ways. Until she finally got to the specific body type information (which, I'll admit, was interesting), I really wondered if she'd ever get to the point. I began to think I'd been "taken" by forking out \$30 for this book. Also, I do have a hard time believing that someone's dominant organ could be their eyeballs! The body-type info made sense but attributing it to different organs seemed a little weird. When she said I'd know exactly what to eat, I expected specific information about portion sizes and frequency of eating certain foods. I just didn't find that in this book. Maybe it's there but I didn't find it. Having to sort through so much repetition got old. And then there was also the fact that she skipped around telling details about this type and then that type and just scattering info all over the place. It was annoying. And the guidelines she did set about the frequency of eating certain foods just didn't make sense to me. They were too vague. I don't know, maybe that was the point of the diet, that you don't have to measure or think about it too much. I did, however, find my "type". I thought at first that maybe it was like horoscopes and that any type I read would fit me, but that wasn't the case. I read through the other types and my type was obvious. So I am going to try the guidelines she set and see what happens. She's certainly not suggesting anything crazy like eating grapefruit for a week. I personally don't think the book was worth \$30 but I did find it at least interesting.

Have you ever wondered why a diet works so well for your friend, but not for you? Rather than following one fad diet after another hoping to win the diet lottery, why not discover your body type and end your search for the perfect diet. Each person has one major gland, organ, or system that controls how one's body digests and metabolizes your food, as well as your personality. There are 25 different body types and each one has a unique health, diet, exercise, and physical profile.