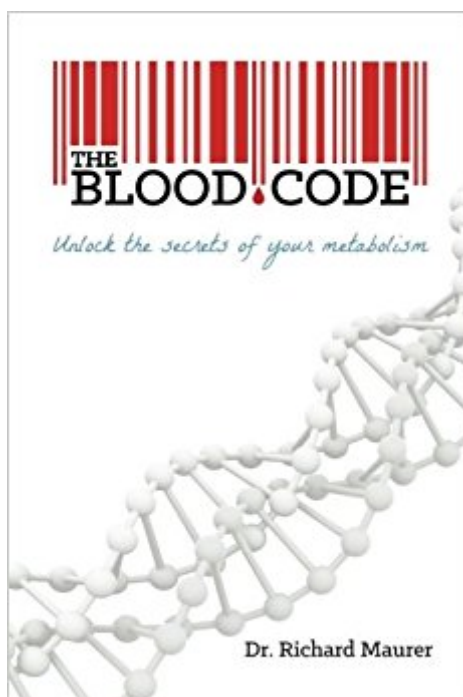


The book was found

The Blood Code: Unlock The Secrets Of Your Metabolism



Synopsis

Dr. Richard Maurer, author of *The Blood Code-Unclock the Secrets of Your Metabolism*, offers a dynamic new health and fitness program. The Blood Code provides you with everything you need to know to understand your metabolic code, by teaching you how to order, read and act on your own blood test results and skin-fold caliper measurements. Blood tests and body fat distribution offer a viewing window into how your genetic powers interact with your current diet, nutrition and fitness habits. The Blood Code: Unlock the Secrets of Your Metabolism walks a line between a reference book and self help book to provide an accurate map that allows you to guide your own nutrition, exercise and lifestyle; finally free from misleading or harmful one-size-fits-all advice. By following Dr. Maurer's six easy steps for ninety days, you will be well on your way toward cracking the unique metabolic blueprint you inherited from your ancestors. The Blood Code is for people with:

- High blood sugar
- Type 2 diabetes & prediabetes
- Hypothyroid symptoms
- Elevated heart disease risk
- Weight problems
- Sugar-related conditions like migraines, psoriasis, yeast infections
- Athletes for personalized dietary and carb requirements

While The Blood Code helps you resolve conditions like diabetes and heart disease, this valuable book ultimately guides you toward the individualized dietary and fitness habits that enhance a long, healthy and productive life.

Book Information

Paperback: 276 pages

Publisher: The Blood Code (March 12, 2014)

Language: English

ISBN-10: 0991218108

ISBN-13: 978-0991218103

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (30 customer reviews)

Best Sellers Rank: #45,113 in Books (See Top 100 in Books) [#30 in Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism](#) [#615 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments](#) [#801 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

Dr. Maurer is a practicing Naturopathic doctor, as well as a teacher and a coach in your journey to

achieve your ultimate point in health. He researches constantly and has a well-rounded knowledge of naturopathic and allopathic medicine, as well as of the chemical components and effects of pharmaceutical products on the body. This is not a fad diet book or come-on that goes on about why it's the best thing out there. It digs right into the reasons why your body works the way it does and the mapping of blood panels to help you understand and find your place in nonhealth and addresses how you can achieve your place in health. And Dr. Maurer's enthusiasm and compassion as an advocate for true health really comes through in his book. Read this book if you have prediabetes, diabetes, or hypothyroidism, or are just seeking a way to better health, and you are prepared to make positive changes in your life. Dr. Maurer gives you the user guide, shows you the tools, and you do the work. Well worth the read and effort and don't get tripped up by the blood work panel explanations, you can work those out later when you have your panels done. Just read the whole book through and begin your journey down the path to health. Update: I have been following the principles of the book based on my hypothyroid metabolism since March of this year when I met with Dr. Maurer. With the exception of a few days, I have been doing some form of exercise every day rather than 3 days a week, to get my metabolism going. I have further reduced my carbs and increased fats (I am no longer hungry between meals now!

[Download to continue reading...](#)

Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) The Blood Code: Unlock the Secrets of Your Metabolism The Dog Vinci Code: Unlock the Secrets to Training Your Dog Turn Up The Heat: Unlock the Fat-Burning Power of Your Metabolism High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life Fast Metabolism and Weight Loss: How to Boost Your Metabolism and Lose Weight The DNA Restart: ã Æ Unlock Your Personal Genetic Code to Eat for Your Genes, Lose Weight, and Reverse Aging Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Significant Changes to the International Plumbing Code, International Mechanical Code and International Fuel Gas Code, 2012 Edition Live Right 4 Your Type: 4 Blood Types, 4 Program -- The Individualized Prescription for Maximizing Health,

Metabolism, and Vitality in Every Stage of Your Life Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet, the blood sugar solution,) Lower Your Blood Sugar For Diabetes: An Essential Treatment Guide For Diabetes(Beginners Guide to Reverse Type 2 Diabetes, insulin Resistance, Inflammation) ... blood sugar diet, the blood sugar solution,) Master Your Metabolism: The 3 Diet Secrets to Naturally Balancing Your Hormones for a Hot and Healthy Body! KEYS TO THE KINGDOM: PRINCIPLES OF SUCCESS IN THE BIBLE: Unlock the secrets to success The Other Side of Normal: How Biology Is Providing the Clues to Unlock the Secrets of Normal and Abnormal Behavior

[Dmca](#)