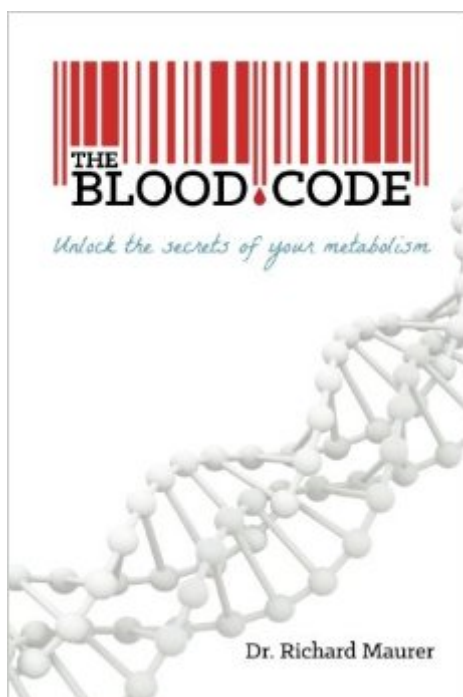


The book was found

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

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

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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!

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