



Different Bodies, Different Diets - Women's Edition

Carolyn L. Mein

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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 ones 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.

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