



Fat Is Not Your Fate: Outsmart Your Genes and Lose the Weight Forever

By Susan Mitchell

Touchstone. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.3in. x 5.6in. x 1.0in. WHAT TYPE ARE YOU Do you constantly crave foods such as chocolate, overeat them, and feel out of control Does high blood pressure run in your family Do you have a strong family history of heart disease Do you have an apple -- instead of a pear-shaped body Do you find that food calms you down Do you suffer monthly from PMS bloat, have leftover pregnancy pounds, or a menopause tummy Take the Phenotype Quiz and learn how to manage your weight based on your individual gene type! Fat Is Not Your Fate offers a groundbreaking, scientifically proven approach to weight loss -- one that allows you to follow a personalized nutrition plan tailored to your own genetic blueprint. Based on the latest research, this program includes: Personalized easy-to-follow menu plans for your gene type Strategies to control your weight triggers Easy, tasty recipes for your meal plan Your optimum caloric intake and fat-protein-carb balance Tips on exercise and activities to keep the weight off . . . and other suggestions for achieving maximum weight loss, lowering your risk of disease, and satisfying your physical and emotional...



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