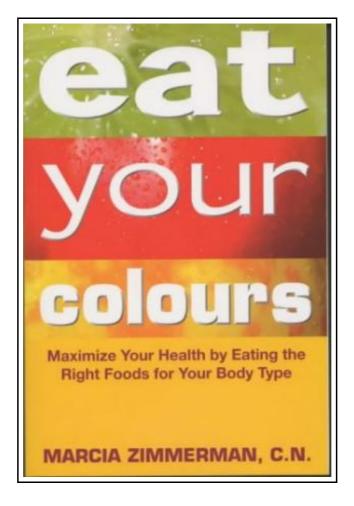
Eat Your Colours: Maximise Your Health by Eating the Right Foods for Your Body Type (Paperback)



Filesize: 4.26 MB

Reviews

Very helpful to all class of folks. Better then never, though i am quite late in start reading this one. You can expect to like just how the blogger create this pdf.

(Mandy Larson)

EAT YOUR COLOURS: MAXIMISE YOUR HEALTH BY EATING THE RIGHT FOODS FOR YOUR BODY TYPE (PAPERBACK)



John Blake Publishing Ltd, United Kingdom, 2002. Paperback. Book Condition: New. New edition. 235 x 154 mm. Language: N/A. Brand New Book. Are you always trying the latest diets only to find they don t work? The solution may be as easy as eating your colours. Based on the idea that everyone fits into one of three body types - yellow, red or green - Eat Your Colours is a health and nutrition guide that should help you find your optimum weight, as well as increasing your energy and longevity. In this practical guide you ll find easy-to-follow advice on: determining if you are a yellow, red or green body type; creating meal plans using the optimal foods for each colour; discovering colour weaknesses and combating them by eating the right foods; and learning how to navigate menu choices when dining out.

- Read Eat Your Colours: Maximise Your Health by Eating the Right Foods for Your Body Type (Paperback) Online
- Download PDF Eat Your Colours: Maximise Your Health by Eating the Right Foods for Your Body Type (Paperback)

You May Also Like



Read Write Inc. Phonics: Yellow Set 5 Storybook 9 Grow Your Own Radishes (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 175 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

Save Document »



Read Write Inc. Phonics: Blue Set 6 Non-Fiction 3 on Your Bike (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 199 x 97 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books...

Save Document »



Read Write Inc. Phonics: Grey Set 7 Non-Fiction 2 a Flight to New York (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 213 x 98 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books...

Save Document »



Read Write Inc. Phonics: Green Set 1 Storybook 10 Stitch the Witch (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 178 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

Save Document »



Read Write Inc. Phonics: Yellow Set 5 Storybook 10 the Foolish Witch (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 210 x 81 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

Save Document »