



Q A to Identify Your Body Type: Fo Health and Weight Loss (Paperback)

By Dr Lloyd Stenbeck

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Get this Booklet first to determine your probable body type, whether Thin, Muscle, or Fat! Then read all the types in: The Unique 22 Body Types or obtain individual type booklets. You will identify your unique genetically-ordained Body Type and its challenges, nutrition, talents, mind, success and failure spheres, healing and dietary needs, based on nervous system dominance, and more! Understand how minerals influence your specific type formation, personality, weight gain, dietary needs for weight loss, and why some foods enhance your health, and others diminish it, through: * Understanding the 22 individual Types of people * Questionnaires that help identify your Body Type * Knowing your Body Type s specific mineral needs for healing * Genetic determination of you being vegetarian or carnivore * Your physical appearance and psychological characteristics * Comparing your body type with celebrity examples * Identifying the types of family, friends, and loved ones.



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This publication will never be effortless to get started on reading through but very fun to read. It is actually loaded with knowledge and wisdom You will not truly feel monotony at anytime of the time (that's what catalogues are for about in the event you check with me).

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