

## The Metabolic Typing Diet: Customize Your Diet to Your Own Unique Body Chemistry

William Linz; Fahey, Trish Wolcott



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The Metabolic Typing Diet: Customize Your Diet to Your Own Unique Body Chemistry William Linz; Fahey, Trish Wolcott A guide tailoring diet to the individual offers readers the tools to discover their metabolic type and ideal weight, and eat to maintain them Title: The Metabolic Typing Diet Author: Wolcott, William L./ Fahey, Trish Publisher: Random House Inc Publication Date: 2002/01/01 Number of Pages: 428 Binding Type: PAPERBACK Library of Congress: 2001043831

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