

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

WILLIAM WOLCOTT

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

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

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