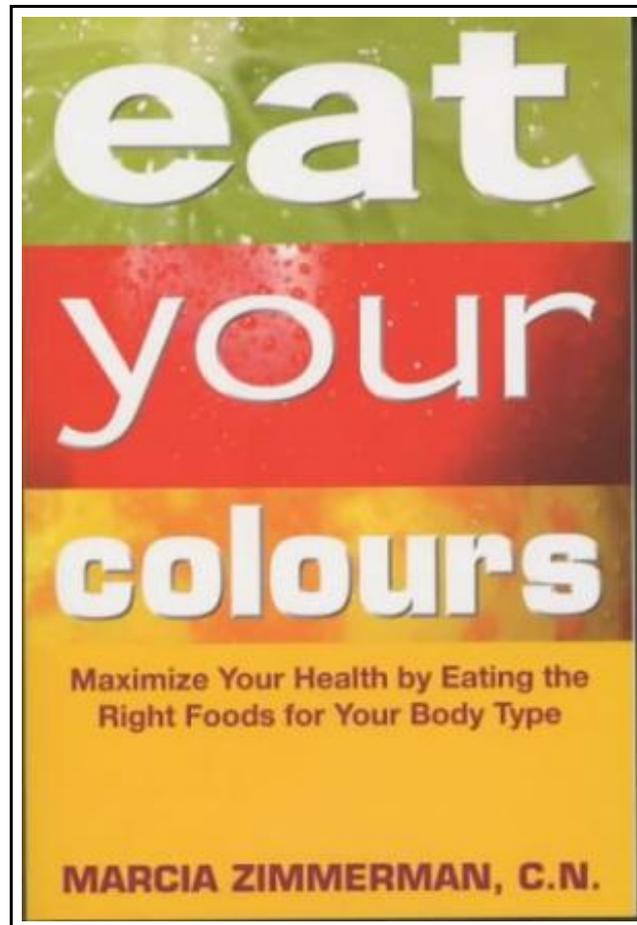# Eat Your Colours: Maximise Your Health by Eating the Right Foods for Your Body Type



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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.

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