



The Blood Code: Unlock the Secrets of Your Metabolism

By Dr. Richard Maurer

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The Blood Code: Unlock the Secrets of Your Metabolism By Dr. Richard Maurer

Dr. Richard Maurer, author of ***The Blood Code-Unlock the Secrets of Your Metabolism***, offers a dynamic new health and fitness program.

The Blood Code provides you with everything you need to know to understand your metabolic code, by teaching you how to order, read and act on your own blood test results and skin-fold caliper measurements. Blood tests and body fat distribution offer a viewing window into how your genetic powers interact with your current diet, nutrition and fitness habits.

The Blood Code: Unlock the Secrets of Your Metabolism walks a line between a reference book and self help book to provide an accurate map that allows you to guide your own nutrition, exercise and lifestyle; finally free from misleading or harmful one-size-fits-all advice. By following Dr. Maurer's six easy steps for ninety days, you will be well on your way toward cracking the unique metabolic blueprint you inherited from your ancestors.

The Blood Code™ is for people with:

- High blood sugar
- Type 2 diabetes & prediabetes
- Hypothyroid symptoms
- Elevated heart disease risk
- Weight problems
- “Sugar” related conditions like migraines, psoriasis, yeast infections
- Athletes—for personalized dietary and carb requirements

While ***The Blood Code*** helps you resolve conditions like diabetes and heart disease, this valuable book ultimately guides you toward the individualized dietary and fitness habits that enhance a long, healthy and productive life.

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Editorial Review

About the Author

Dr. Richard Maurer, author of *The Blood Code: Unlock the Secrets of Your Metabolism*, has practiced integrative medicine in Maine since 1994. He helps people interpret and act on their unique blood test results to successfully resolve blood sugar problems, type 2 diabetes, weight gain, heart disease risk and hypothyroid symptoms.

His own personal and familial trend toward type 2 diabetes has strengthened his preventive and natural medical pursuits in an effort to help others find their perfect metabolic "sweet spot" through self-prescribed diet, nutritional, and fitness habits. You can follow Dr. Maurer at theBloodCode.com / @drrichardmaurer.

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