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# Eat Right for Your Metabolism: The Individualized Diet Plan to Balance Body Chemistry, Lose Weight, and Prevent Disease

*Felicia Kliment*

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**Eat Right for Your Metabolism: The Individualized Diet Plan to Balance Body Chemistry, Lose Weight, and Prevent Disease** Felicia Kliment

**An easy-to-follow, customizable diet based on metabolic type that helps you get rid of excess fat and enjoy a healthy life**

A diet that produces amazing results for someone else may fail miserably for you. Why? Researcher and nutritional consultant Felicia Drury Kliment explains that since people have different metabolic types, eating the wrong foods can lead to poor digestion, which causes weight gain and ill health. In *Eat Right for Your Metabolism*, you'll learn how to determine your metabolism type and customize a diet that helps you meet your goals for weight loss and long-lasting health.

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**Phillip Hicks:**

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