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Cracking the Metabolic Code

James B. LaValle, Stacy Lundin Yale

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Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (often times in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your lifestyle habits, stess level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live-in effect, the sum total of your life expierence up to this day-determine your personal metabolism and, in turn, your current state of health.

Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an indiviudalized program for reclaiming your metabolism and health.

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