



What Color Is Your Diet?

David, MD, PhD. Heber

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Don't settle for a diet that's mainly beige or white! Add some color to your diet and enjoy a level of health and energy you never dreamed possible. In *What Color Is Your Diet?* renowned medical researcher David Heber, M.D., introduces Eat for Your Genes food plans — revolutionary approaches incorporating the latest breakthroughs in nutritional and genetic research — and his unique 7 Colors of Health food-selection system, which groups fruits and vegetables by the colorful, beneficial chemical substances they contain. This groundbreaking book includes: ?NA-compatible food plans that supercharge your health and help you lose excess body fat ?he ten best herbal remedies for everyday health problems ?ips on colorizing your diet and twenty fully Color-Coded recipes ?ample weekly menus, tips for dining out, and shopping lists

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