Tired of quick fix diets that don't work? Do you want more energy to enjoy your life? Do you have a weight problem? Do you believe that healthy equals low fat? Do you rely on restaurants for most of your meals? Do you want scientific tests to determine your diet? If you answered yes to any of these questions, you need to read this book! Well explain how eating according to your Diet Type is the real secret to better health. The Hauser Diet: A Fresh Look at Healthy Living, reveals that each of us need to follow an individualized diet. If you've tried and failed at other diets, we will explain the reason why! With over 15 years of clinical experience, we have developed an advanced form of Diet Typing to help start you on the road to wellness now. Learn how serum blood pH and glucose tolerance testing can scientifically determine which diet is best for you! The Hauser Diet will show you how to choose healthy, great tasting foods and cook according to your Diet Type. The Hauser Diet focuses on real food and real answers to the age old question: What diet is best for me?

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