



Feed Your Tiger: The Asian Diet Secret for Permanent Weight Loss and Vibrant Health (Paperback)

By D Ac Letha Hadady

iUniverse, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English Brand New Book ***** Print on Demand *****.A Slim Physique, Potent Energy and Optimal Health can be yours! Are you a moody Dragon; a sociable Bear; an ambitious Tiger; or a loner Crane? Each Energy Type is prone to certain addictions, weight problems, and illnesses. In Feed Your Tiger, you ll find international recipes and menus for your Type, popular slimming teas, spices, healing herbs, and homeopathic remedies. A comprehensive Baseline Diet and Asian Super Foods jumpstart weight loss, fitness, and longevity. Feed Your Tiger treats weight loss as an opportunity to enrich life. -Anna Story, RN, MS, Continuum Health Partners, Beth Israel Medical Center, New York.



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