



The Nutrition Solution: A Guide to Your Metabolic Type

Harold J. Kristal, James M. Haig

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What constitutes healthy eating, and a healthy weight, has become a hugely complex—and too often vexing—question for those looking to discover, attain, and maintain their ideal weight. *The Nutrition Solution* takes a fresh approach. Based on the idea that no single diet is universally applicable, the book first shows readers how to determine their body type. Next, Dr. Kristal, who runs a nutritional clinic, outlines the appropriate diet for each type, including which foods to include and which to avoid. Dr. Kristal worked extensively with William Wolcott, the originator of metabolic typing, and draws on scientific studies to show struggling dieters the way to practical, healthful eating for each metabolic type. Included are detailed strategies for finding freedom from out-of-control food cravings—the downfall of many a dieter.

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