



[Your Body Knows Best] (By: Ann Louise Gittleman) [published: March, 1997]

Ann Louise Gittleman

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For millions of frustrated dieters, here is the ultimate eating plan, one which meets each body's special requirements. Top nutritionist Ann Louise Gittleman has created a breakthrough system based on metabolism, blood type, and ancestry that will help individuals reach and sustain their best weight and energy level for life.

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