

9 KEYS TO OPTIMAL HEALTH

CRACKING THE METABOLIC CODE

- **Gain Control Over Your Weight**
 - **Feel Younger**
- **Conquer Multiple Metabolic Syndrome X**
 - **Control Stress**
- **Understand the Symphony of Healthy Body Chemistry**
 - **Optimize Your Total Health**

JAMES B. LaVALLE, R.Ph., C.C.N.
with **STACY LUNDIN YALE, R.N., B.S.N.**

Cracking The Metabolic Code By James B Lavalle

**B. Lavalle R.Ph. C.C.N. N.D.,
James, James B. Lavalle**

Cracking The Metabolic Code By James B Lavalle:

Cracking the Metabolic Code James B. Lavalle, Stacy Lundin Yale, 2004 Doctors traditionally prescribe a pill for every ill But for most people these single solutions don t work The truth is most chronic health problems including stubborn weight gain unbeatable fatigue intestinal distress high blood pressure creeping cholesterol and high blood sugar are not found in simply one organ but in several parts of the body often times in twos and threes This is the result of years of slow subtle challenges to your metabolism which is as unique as you are Your lifestyle habits stress level prescription drug use and relationships as well as the genes you inherit and the environment in which you live in effect the sum total of your life experience up to this day determine your personal metabolism and in turn your current state of health Using a step by step easy to implement system of diet lifestyle strategies and state of the art nutrients and supplements Dr James LaValle will help you create an individualized program for reclaiming your metabolism and health

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