



Eat Your Colors: Maximize Your Health by Eating the Right Foods for Your Body Type

By Marcia Zimmerman, Marcia, C.N. Zimmerman

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The ancient wisdom of Ayurvedic medicine meets up-to-the-minute nutritional science in a clever, colorful guide to matching diet and body type.

Marcia Zimmerman takes the mystery and complexity out of healthy eating and makes it simple. Eat Your Colors is a health and nutrition guide based on the idea that everyone fits into one of three body types. Identifying each type by a simple color -- red, yellow, or green -- Zimmerman provides a questionnaire to help readers determine their primary and complementary colors and explains which foods are best for which color types. For example, reds do very well on a vegetarian diet, yellows need some animal protein to feel their best, and greens will reap benefits from pungent foods and strong spices.

Eat Your Colors is filled with information on such news-making topics as phytoestrogens, which can reduce the risk of breast and prostate cancer; lutein and zeaxanthin, which protect the eyes of computer users and prevent the common eye disorder macular degeneration; and anthocyanidins, which reduce inflammation in cases of chronic disease. And it offers practical, easy-to-follow advice on: --creating meal plans using the optimal foods for each color--using herbs, spices, sauces, and condiments to balance off-colors--discovering color weaknesses and combating them by eating the right foods

Offering a unique way of thinking about diet, Eat Your Colors will do for body type what Eat Right for Your Type did for blood type.

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Editorial Review

From Publishers Weekly

Wined and (Healthily) Dined Nutraceuticals "foods that have medical-health benefits" are the foodstuffs of nutritionist Marcia Zimmerman's *Eat Your Colors: Maximize Your Health by Eating the Right Foods for Your Body Type*. To simplify and personalize good nutritional practice, natural-medicine researcher Zimmerman (*The A.D.D. Nutrition Solution*) designates three digestive types green, red and yellow (yellow eaters, for example, need more animal protein than others) and offers a self-test for determining type. She suggests meal plans with information on phytoestrogens (which decrease breast and prostate cancer risk), polyphenols (immuno-boosters, heart-attack preventers) and anthocyanidins (anti-inflammatory treatment). The allusion to cosmetic color types will attract people who might otherwise overlook an eating guide not fixated on weight-loss.

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From [Booklist](#)

It started with the Hippocratic admonition to "let food be your medicine and medicine be your food." More than 2,000 years later, researcher-author Zimmerman provides the first real healthy-eating plan centered on nutraceuticals, which were defined by a scientist in the mid-1970s as a broad class of health-promoting nutrients. Applying the basics of Ayurveda--the Indian mind-body knowledge process--she melds three colors of foods (red, yellow, and green) with three colored complements (white, tan, and brown), giving each individual a unique way of fighting off disease and staying whole. Questions define your exact type or combination thereof. Each group is scrutinized for its attributes and possible side effects, according to proven research. And finally, all are drawn into nutrition plans, with a few recipes geared to different types. The last chapter summarizes symptoms of "color" affliction as well as remedies. Of major interest but minor practicality. *Barbara Jacobs*

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About the Author

Marcia Zimmerman, C.N., is a certified nutritionist, a lecturer, and a consultant to some of the country's leading nutrition and supplement companies. She has studied both Chinese and Ayurvedic medicine, and is the author of *The A.D.D. Nutrition Solution*. She lives in Chico, California. Marcia's website is marciazimmerman.com

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The book *Eat Your Colors: Maximize Your Health by Eating the Right Foods for Your Body Type* can give more knowledge and also the precise product information about everything you want. Why then must we leave the best thing like a book *Eat Your Colors: Maximize Your Health by Eating the Right Foods for Your Body Type*? Wide variety you have a different opinion about publication. But one aim that book can give many data for us. It is absolutely right. Right now, try to closer together with your book. Knowledge or facts

that you take for that, it is possible to give for each other; you can share all of these. Book Eat Your Colors: Maximize Your Health by Eating the Right Foods for Your Body Type has simple shape nevertheless, you know: it has great and big function for you. You can search the enormous world by open up and read a publication. So it is very wonderful.

Jacob Keys:

Playing with family in the park, coming to see the sea world or hanging out with good friends is thing that usually you have done when you have spare time, subsequently why you don't try issue that really opposite from that. I activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Eat Your Colors: Maximize Your Health by Eating the Right Foods for Your Body Type, you could enjoy both. It is great combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

Michael Johnson:

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