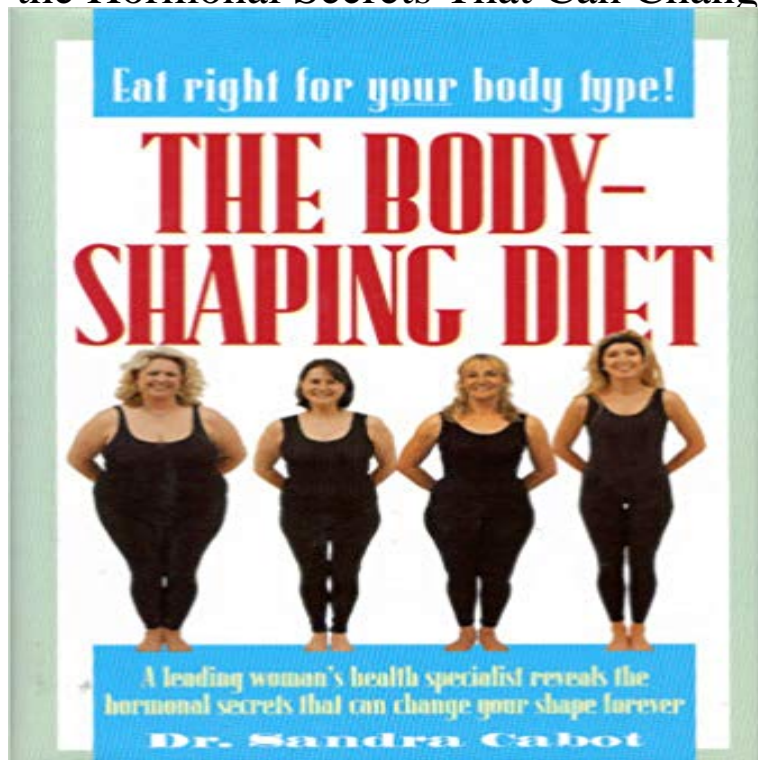


The Body-Shaping Diet: A Leading Womens Health Specialist Reveals the Hormonal Secrets That Can Change Your Shape Forever



A leading endocrinologist delineates four distinct female body types--gynaeoid, android, lymphatic, and thyroid--explains the role of hormonal balance in weight gain and loss, and offers a healthy, sensible, low-fat eating and exercise plan tailored to each type. Tour.

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