



## The Body Code: A Personal Wellness and Weight Loss Plan at the World Famous Green Valley Spa

By Kathryn Lance

Pocket Books. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.2in. x 6.2in. x 0.7in. If you've ever tried a trendy new diet and found it impossible to stick to. . . . If you've wondered why the steak-and-salad regimen that worked miracles for your friend actually put three unwanted pounds on you. . . . you're about to find out what will work. You can lose weight and achieve optimal health by unlocking The BODY CODE At the renowned Green Valley Spa, nutritionist Jay Cooper has developed a remarkable quartet of customized wellness plans, with amazing results for thousands of satisfied clients. Now you can embark on a food and fitness program that is as individual as you are. WHICH TYPE ARE YOU Jay Cooper explains how to eat and exercise for each of the four human genetic types: The WARRIOR TYPE: rectangular or chesty build; extroverted, energetic, and practical The NURTURER TYPE: curvy, pear-shaped build; compassionate, selfless, and magnetic The COMMUNICATOR TYPE: lanky or rangy build with long limbs; lively, creative, and unpredictable The VISIONARY TYPE: naturally thin, youthful build; calm, reserved, and intellectual Once you've identified your type (by simply answering a series of questions about your body...



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