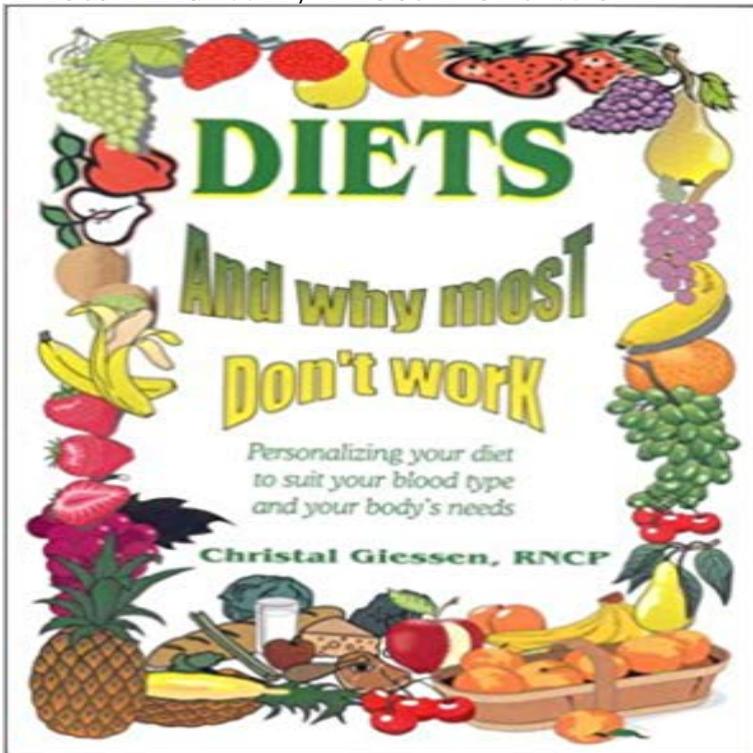


Diets And Why Most Dont Work



This book explains the connection between blood types and the kind of foods our body requires in order to successfully lose weight and manage our health. The author, Christal Giessen, has done a lot of research on health and nutrition and provides the reader with many holistic health tips. She also discusses an electronic device called the zapper that has been found to be very successful in killing parasites commonly found in human beings. Christal Giessen shares her spiritual beliefs and how she is able to gather the strength to maintain a healthy weight and lifestyle. Christal Giessen is the picture of health with a physical structure most people dream of having. I am confident that you will find this book informative, helpful, and easy to read. This book needs to be readily available to anyone interested in the subject of dieting and health.!

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