***The Blood Code: Unlock the secrets of your metabolism***

***By Dr. Richard Maurer***

**2-line Summary (<140 characters):**

If you seek to recover health & vitality, get in the driver’s seat. #TheBloodCode makes it easy to learn & act on your blood test results.

**Short Synopsis:**

You make decisions daily that you hope will improve your life. You change your diet, take a supplement or start an exercise class—but weight problems, stroke/heart attack/dementia risk and the road to diabetes *are made worse* with common diet and fitness advice. Who then, do you trust?

Fortunately, the answer is within you—your Blood Code is not a secret. It’s easy to learn the actionable meaning behind your metabolic blood test results and skin fold measurements. You can be confident on your path toward the health and vitality you deserve.

**Medium Synopsis:**

One in five health care dollars in the U.S. is going to care for people with type 2 diabetes. A remarkable cost for management, with no cure promised or delivered. In fact, many conditions can be both resolved and prevented with a little self-discovery. If you seek a healthier life, you need to step away from the problem driven medical model and read your owner’s manual—take action. It’s easy to learn the true meaning behind your metabolic blood test results and skin fold measurements and reliably find the diet and fitness habits that steer you toward the health and vitality that you deserve.

Fifty percent of adults in the U.S. has type 2 diabetes, or is heading there. You may be unaware that this could include you. *The Blood Code* identifies and frees you from the craziness of medical management and offers you the life you were meant to live. Whether you are trying to prevent a chronic illness or seek genuine health—your long and vital life is within your grasp.

**Long Synopsis:**

One-size-fits-all dietary and health advice fails to help most individuals reverse type 2 diabetes, hypothyroid symptoms, and heart disease. And eminence-based medical advice, when the validity of a treatment relies upon the fame of the authority, wrongly advises the daily decisions about your and your families’ food, fitness, and nutrition.*The Blood Code*clears the air of confusion and allows you to sit in the driver’s seat of your health and wellness and reliably find the dietary and fitness habits that steer you away from the metabolic diseases that compromise your health.

One in five health care dollars in the US is going to care for people with type 2 diabetes which is a remarkable cost for management with no cure promised or delivered. The health-care delivery system and insurance reimbursement policies in the United States rely upon the exploitation of a capital resource, and regrettably, that’s your disease—not your health. Therefore, whether you have a pre-diabetic condition, type 2 diabetes, or you are looking for strategies to help prevent heart disease, cancer and dementia, *you* have to take the lead. In fact, many conditions can be both resolved and prevented with a little self-discovery. Common metabolic blood tests form the basis of Step One of The Blood Code. Further along, skin fold caliper measurements display the truth about where and how your metabolism is saving caloric cash. Very simply, you must know whether *you* have a tendency to be insulin resistant—a condition that, if it progresses, raises your risk of stroke, heart attack, dementia, and of course, type 2 diabetes. This tremendous survival trait of your ancestors needs to be tamed in today’s calorically efficient landscape and fortunately, is reversible.

The Blood Code dietary suggestions may sound contrary to old medical advice—a *higher fat diet, no red meat restriction and a salt minimum*. But the result is lower blood pressure, lower body fat, better blood test results and renewed energy. Even the well-accepted aerobic workout is challenged, where your Blood Code Fitness Principles advise a more strenuous and shorter exercise routine. Dr. Maurer realizes that disease risk and illness are a great reason to adjust diet and fitness habits, but the real reason to follow your Blood Code is to move toward the health, energy and weight that you uniquely deserve.

*“The most empowering part for me is that as I change my habits I change my blood work, which changes my future.” –Dr. Derek Libby, Osteopathic Physician*

*“I chose to follow The Blood Code rather than start Metformin for type 2 diabetes and I am glad I did. My HgbA1C went from 7.4 to below 5.7. I am lighter healthier and feel great.” –Jim Gourhan, now non-diabetic Blood Code graduate*

**5 Points of Interest about the *The Blood Code*:**

1. Insulin resistance accelerates you towards heart disease, cancer and dementia—*The Blood Code* unlocks the meaning and action required by the fifty percent of adults heading down the insulin resistance path.

2. Type 2 diabetes is fully reversible with rational, evidence based, drug-free solution found in *The Blood Code*.

3. Forty percent of adults who develop type 2 diabetes are normal to low body weight—don’t let weight bias you or your doctor, know your Blood Code regardless of your body size. In fact, thin type 2 diabetics have a greater risk of complications and death, so they have more incentive to reverse insulin resistance

4. People with hypothyroidism often blame their thyroid for weight gain and heart disease risk, but insulin resistance usually drives the weight gain. If you have hypothyroid symptoms, *you* must learn and act on your Blood Code because your doctor is likely blaming all on the thyroid too.

5. The scale lies. Weight-loss programs that rely on weight or BMI make you worse. Muscle is your friend and fat loss essential. This is best measured with skin fold calipers and your TG:HDL ratio.

# **Book Details and Purchase Information**

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