



# Feed Your Tiger: The Asian Diet Secret for Permanent Weight Loss and Vibrant Health

By Letha Hadady



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## Feed Your Tiger: The Asian Diet Secret for Permanent Weight Loss and Vibrant Health By Letha Hadady

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Forget about restrictive fad diets and "feel-the-burn" workouts. Drawing on Eastern healing principles that date back thousands of years, this is a decidedly different and superbly effective approach to weight control through energy balance.

Feed Your Tiger is the first book to establish a connection between weight loss and energy type. Author Letha Hadady shows readers how to drop extra pounds through a combination of natural remedies and techniques that draw on both contemporary scientific research and traditional Chinese medicine.

By completing a short questionnaire, readers determine their own energy type: tiger, bear, dragon, or crane. With this information, they learn how to choose healing foods for their energy type; how to tailor their eating plans to their individual cravings; and how to further support their weight-loss efforts with specific natural remedies including herbal and nutritional supplements, massage techniques, and stretches.

Feed Your Tiger was the subject of a controlled observational study, conducted at Beth Israel Medical Center in New York City. The findings confirmed that Hadady's methods are as effective as they are unique.



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*By Letha Hadady*

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## **Feed Your Tiger: The Asian Diet Secret for Permanent Weight Loss and Vibrant Health** By Letha Hadady **Bibliography**

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### **Editorial Review**

#### **Review**

“Letha Hadady, one of the nation's leading experts on natural Chinese remedies, is leading a quiet, ladylike revolution to bring herbal medicines from the Far East and elsewhere into everyday use in American homes.”  
*?San Francisco Chronicle*

#### **About the Author**

LETHA HADADY, DAc (diplomate of acupuncture), is on the adjunct faculty of the Institute of Integrative Nutrition and the Beatrice Renfield Division of Nursing Education and Research at Beth Israel Medical Center, both in New York City. A frequent guest on talk radio in the U.S. and abroad, she also has numerous television appearances to her credit, including Today, The View, Extra!, CNN, The Learning Channel, and the Food Network. She resides in New York City.

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**John Cotton:**

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