# **Book Details and Purchase Information for The Blood Code**

**Book Title: The Blood Code: Unlock the secrets of your metabolism  
By: Dr. Richard Maurer**

**Brief Description:**

If you seek health, longevity and vitality, you will not find it by taking a passive role in your healthcare. It’s easy to learn the 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.

Weight gain, prediabetes, type 2 diabetes and hypothyroid symptoms are conditions that can be fully resolved with your participation. From wherever you start, your healthiest life is within your grasp—simply unlock your Blood Code.

**Published in 2014 by: The Blood Code Press**

**50 Cove St. Portland, ME 04101  
  
Available for Sale at: Amazon, Barnes and Noble, Play.Google.com, iBooks, and from any bookstore.**

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**Retail Price for Print: $19.95 USD  
Retail Price for eBook: 9.99-12.99**

**Softcover Print ISBN: 978-0-9912181-0-3  
eBook ISBN: 978-0-9912181-1-0**

**Book/Publisher Website: http://www.thebloodcode.com/product/blood-code-book/**

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