*Join us for a health discussion that will change your life.*

**Crack Your Metabolic Code with a Few Simple Blood Tests**

**Discussion and Q&A with Dr. Richard Maurer: Author of *The Blood Code: Unlock the secrets of your metabolism, [2014]***

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.

*Amazon Review The Blood Code:* ***“No hype, just science you can understand and use to improve your health.”***

*http://www.amazon.com/The-Blood-Code-Secrets-Metabolism/dp/0991218108*

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*Dr. Maurer Bio:*

**Dr. Richard Maurer** is a licensed naturopathic doctor, author, and expert in metabolic recovery. Since 1994, in his Portland Maine practice, he helps people fully recover from weight problems, hypothyroid symptoms, prediabetic conditions and type 2 diabetes. His personal tendency toward high blood sugar motivates him to provide truly effective personalized solutions for metabolic health. He leads people with medical conditions to reverse metabolic disease and live their optimal vitality and energy. His radical approach, whether in practice or in his book, *The Blood Code: Unlock the secrets of your metabolism*, empowers individuals to express the perfection of their metabolic health.

TheBloodCode.com \* Facebook.com/bloodcode \* Twitter: @drrichardmaurer