



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

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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