

Discover The Secrets To Boost Your Metabolism 10

Diana Watson

100 Ways to Boost Your Metabolism Ben Greenfield,2007-03

Perfect 10 Diet Michael Aziz,2011-01-01 Lose up to 14 Lbs in 21 days! The Breakthrough Diet That Gets Real-Life Results—Fast Frustrated by trendy low-fat, low-carb diets that leave you feeling hungry without losing or keeping off any weight? It's not your fault! The latest medical research shows that balanced hormones are the key to weight loss. In fact, those hard-to-maintain diet fads wreak havoc on your hormones, which is why the weight comes back the moment you stop. Dr. Michael Aziz is board-certified in internal medicine and knows that the ultimate key to good health is a diet that can be maintained in the real world. In *The Perfect 10 Diet*, he shares his revolutionary discovery: how to create the perfect balance between the 10 key hormones that control health and weight, so that you can finally:

- Melt away the pounds without going hungry
- Revitalize your health
- Reverse the aging process and look younger at any age

Featuring over 70 delicious, heart-healthy and easy-to-follow recipes for the foods you crave (like Garlic-Cheese Stuffed Mushrooms and Pistachio Dark Chocolate) but never thought you could have, this book will teach you how to eat what you want and still lose the weight! Join the Perfect 10 diet community online at www.perfect10diet.com or on Facebook.com/perfect10diet or on Twitter #Perfect10diet or follow @perfect10diet! Below are a few of the real people whose lives have been changed through *The Perfect 10 Diet*. I went from a size 24 to a 6, and I love it! -Nancy A. I have lost seventy pounds on *The Perfect 10 Diet* in sixteen months and my fasting insulin level has dropped from 40 to 4. *The Perfect 10 Diet* allows me to eat more fat from butter, coconut, and avocados, which I avoided for years believing they were bad for my cholesterol. Who could ask for anything more? Nothing tastes as good as thin feels. -Julie Eat anywhere, eat healthy meals, and enjoy the food I love? How easy is that? -Carol Z. At age 50, I feel like I'm 20 again. -Ted S.

Maximize Your Metabolism Christopher Guerriero,2003

Super Metabolism Diet 2024 Onarom,2024-03-03 DESCRIPTION DISCOVER THE SECRET TO REVOLUTIONIZING YOUR HEALTH AND TRANSFORMING YOUR BODY IN 2024! IF YOU ARE LOOKING FOR AN EFFECTIVE SOLUTION TO REACH YOUR IDEAL WEIGHT, MAXIMIZE YOUR ENERGY AND IMPROVE YOUR OVERALL HEALTH, THEN SUPER METABOLISM DIET 2024 IS THE BOOK FOR YOU. INSIDE THIS BOOK YOU WILL FIND 1. Introduction to the supermetabolism diet 2. Understand metabolism 3. The Science Behind Enhanced Metabolism 4. Assess your current metabolic health 5. Superfoods to boost your metabolism 6. Meal planning strategies for a super metabolism 8. Integrate exercise into your lifestyle related to super metabolism 9. Stress management techniques to optimize metabolism 10. Sleep and its impact on metabolic health 11. Monitor your progress and adapt your approach 12. Overcome common challenges and pitfalls 13. Frequently asked questions and troubleshooting With a science-based approach and full of practical advice, you will learn how to stimulate your metabolism to burn excess fat and achieve lasting results. Stress Management and Sleep: Learn practical techniques to reduce stress, improve sleep quality and support a healthy, active metabolism. WITH SUPER METABOLISM DIET 2024, YOU HAVE EVERYTHING YOU NEED TO TRANSFORM YOUR BODY, YOUR MIND AND YOUR LIFE.

Master Your Metabolism Jillian Michaels,Mariska van Aalst,Christine Darwin,2009-04-07 Does it feel as if you're fighting your body to lose even one pound—or just to maintain your current weight? Respected health and wellness expert and bestselling author Jillian Michaels has been there, too. So she consulted top experts in the field of metabolism and discovered that she'd inadvertently been abusing her endocrine system for years. After “fixing” her own metabolism, she decided to share what she learned by devising this simple, 3-phase plan that engages all the weight-loss hormones (including the friendly HGH, testosterone, DHEA; and the not-so-friendly: insulin, cortisol, and excess estrogen). In *Master Your Metabolism*, discover how to:

- REMOVE “anti-nutrients” from your diet
- RESTORE foods that speak directly to fat-burning genes
- REBALANCE energy and your hormones for effortless weight loss

Michaels offers a wealth of information throughout, including: shopping lists and online shopping resources, hormone-trigger food charts, how to eat “power nutrient” foods on a budget, smart strategies for eating out, quick and easy recipes, as well as mini-programs for addressing PMS, andropause, metabolic syndrome, PCOS, and menopause.

Boost Your Metabolism in 45 Minutes Charles Williamson,2015-01-20 A book about boosting the metabolism would show the healthiest ways to increase the metabolism process. When the metabolism is running at its most optimal level, the body burns off fat and toxins faster. As a result, this book would help anyone who hopes to lose weight find safe methods for doing so, such as changing diet and exercise techniques.

Fire Up Your Metabolism Lyssie Lakatos,Tammy Lakatos Shames,2004-02-03 I can't loose weight because I have a terrible metabolism You may not realize it, but you can take control of your metabolism. Identical twins and registered dietitians, Lyssie Lakatos and Tammy Lakatos Shames embarked on a twin study to determine precisely what does -- and doesn't -- increase the rate at which our bodies burn calories and fat. Their findings? Small changes have big results. The nine weight-loss principles -- and the 200 tips that help you incorporate them into your lifestyle -- in *Fire Up Your Metabolism* are surprisingly simple: Eat breakfast before you get to work. Learn which sugary snacks trump others (peanut M&Ms boost metabolism, but Twizzlers don't). Drink water, which is essential to burning calories. Always eat dinner, even if it's late. Focus on muscle building, not cardiovascular workouts. With *Fire Up Your Metabolism*, you won't have to avoid restaurants or follow a diet (though one is included if you like regimentation). The fatigue and distracting hunger that derail most dieters won't affect you because revving your metabolism is all about eating. You will enjoy breads and other carbohydrates. You will boost your metabolism with power proteins, including hamburgers, and avoid other proteins that bog you down. You will indulge in snacks you thought a dieter could never touch. Lyssie and Tammy's clients have experienced not only dramatic weight loss but also the thrill of having more energy than ever before. Now you, too, can rewire your metabolism to lose weight fast and forever.

Fast Metabolism Diet Annika Reinert,2018-02-18 This guide will show you how to hack your metabolism, burn excess fat and change your life. Metabolism is a heavily misunderstood topic. A google search will leave you more confused than you were before your research. With lots of self-styled gurus promoting conflicting, and often times, wrong advice, it's easy to become stumped. *Fast Metabolism Diet* is a definitive, no-nonsense guide that cuts through all the hogwash that is rife in the diet industry and really shows you how to master your metabolism and take back control of your weight... and your life. With countless hours of research on the relationship between metabolism, exercises and dieting condensed into a single book, *Fast Metabolism Diet* completely takes the guesswork out of improving your metabolism with superior and effective tips and techniques that will set you well on your way to optimum health. Here's a snippet of what you're going to discover in *Fast Metabolism Diet*: How to hack your metabolic process and boost weight loss How to boost your metabolism using these little-known foods and drinks. Some of them might surprise you! Avoid these 7 things that slow down your metabolism Fat melting super foods that boosts metabolism How to speed up your metabolism using these secret foods Exercises to boost your metabolism 15 simple metabolism boosting secrets ...and much more! Deeply intuitive and practical, *Metabolic Diet* is a guide like no other that blends and nutrition and anatomy in a refreshingly effective way to help you get into excellent health... fast. Click the 1 Click button above to purchase your copy of *Fast Metabolism Diet* today!

Golo Diet Meal Plan Thomas P Tinney,2023-06-08 Are you tired of yo-yo dieting and ineffective weight loss methods? Look no further! Introducing the Golo Diet Meal Plan: 10 Days Effective Meal and Workout Plan, a comprehensive guide that will revolutionize your approach to weight loss and transform your life in just 10 days. In this groundbreaking book, you will discover the secrets behind the highly acclaimed Golo Diet, a science-backed program that focuses on stabilizing blood sugar levels

to promote sustainable weight loss and overall health. Say goodbye to crash diets and hello to a balanced, nourishing meal plan that will nourish your body and support your metabolism. The GOLO Diet Meal Plan is carefully designed to provide you with 10 days of delicious, satisfying meals that are both easy to prepare and packed with nutrients. From hearty breakfasts to mouthwatering dinners, you'll enjoy a variety of recipes such as Vegetable Omelet with Spinach, Mushrooms, and Bell Peppers, Grilled Chicken Breast with Roasted Brussels Sprouts and Quinoa, and Baked Salmon with Steamed Asparagus and Brown Rice. These recipes are specially crafted to keep you feeling full, energized, and satisfied throughout your weight loss journey. But the GOLO Diet Meal Plan doesn't stop at just food. We understand the importance of exercise in achieving optimal results, which is why we have included a step-by-step workout plan that complements your meal plan. Whether you're a beginner or a fitness enthusiast, you'll find a range of exercises that target different muscle groups, boost your metabolism, and accelerate your weight loss progress. From cardio workouts to strength training and flexibility exercises, this plan has it all. What sets the GOLO Diet Meal Plan apart is its emphasis on long-term success. It's not about quick fixes or temporary results. Instead, this book provides you with the tools and knowledge to adopt a sustainable lifestyle that supports your health and weight management goals. You'll learn about portion control, mindful eating, and practical strategies to overcome challenges along the way. Additionally, we delve into the importance of self-care, stress management, and cultivating a positive mindset to ensure lasting success. With the GOLO Diet Meal Plan: 10 Days Effective Meal and Workout Plan, you'll not only shed those unwanted pounds but also experience increased energy levels, improved overall health, and enhanced self-confidence. This book is your roadmap to a healthier, happier, and more vibrant you. If you're ready to break free from the cycle of unsuccessful dieting and transform your life, then this book is for you. Get started on your 10-day journey to a healthier you with the GOLO Diet Meal Plan. Say hello to sustainable weight loss and goodbye to fad diets forever. Are you ready to make the change? Let's begin!

From Fatigued & Fat to Fantastic Summer Accardo, 2018-01-04 From Bestselling Author And Registered Nurse, Summer Accardo, RN **Quick & Easy Ways To Lose Weight** For Everyone With Sluggish Metabolisms! Even If You Don't Have Hypothyroidism, You'll Enjoy Amazing Health Benefits From This Life-Changing, Fast Metabolism Diet Book! Discover How You Can Quickly Lose 10 Pounds Without Diet Or Exercise! This Ground-Breaking Book Shows You How To Supercharge Your Metabolism, Lose Weight Fast, And Regain Your Energy! Inside this book, you'll learn: How this fast metabolism diet burns stubborn belly fat Secret ways to lose weight fast Why you don't need to diet to lose weight fast Strategies to boost metabolism quickly How to lose weight fast by eating certain foods How to lose your belly fat Which weight loss supplements really work Why certain health conditions slow weight loss How to speed up weight loss as you get older How a sluggish thyroid can halt your weight loss efforts How certain high-fat foods lead to fast weight loss Why weight loss isn't always dependent upon exercise Here's What Your Doctor Doesn't Tell You While your doctor probably explained the physiology behind hypothyroidism, he or she probably didn't tell you how you can boost your metabolism, feel younger, relieve depression, regain your beautiful hair and look better, all by using complementary remedies and a special fast metabolism diet. Forget About Medication Side Effects While your hypothyroid hormone medication may help normalize your thyroid function, it may cause unwanted side effects such as anxiety, insomnia, hot flashes, appetite and weight changes, headaches, sweating and menstrual problems. Wouldn't you love to achieve relief from the misery of your hypothyroidism symptoms without those annoying side effects? Now you can! Hypothyroidism can also raise your low-density lipoproteins, or bad cholesterol. These lipid abnormalities are major risk factors in the development of atherosclerosis. Don't risk it. Find out how you can dramatically reduce your risk by simply implementing some of these groundbreaking tips, tricks and recipes into your daily routine. If you have hypothyroidism, or if you're simply struggling to lose weight, you need this ultimate thyroid diet guide! Don't let hypothyroidism or a slow metabolism rob you of your vitality. Learn how the fast metabolism diet can help you regain your vibrant health! Discover The Insider Secrets To Fast Weight Loss. keywords: weight loss, healthy weight loss, lose weight without diet or exercise, diet programs, menopause weight loss, menopause relief, menopause, thyroid disease, lose weight, boost metabolism, thyroid problems, natural remedies, endocrine problems, weight loss secrets, tips to lose weight, flat abs diet, flat belly diet, belly fat cure, how to burn belly fat, how to lose weight fast, the fast metabolism diet, fast metabolism diet, weight loss after 50, weight loss for men, weight loss for women, weight loss after pregnancy, hypothyroidism diet, hypothyroidism weight loss, thyroid conditions, fast diet, DASH diet, belly fat diet, how to lose belly fat, how to lose belly fat fast, rapid weight loss, detox cleanse, detox diet, the belly fat diet, lose weight fast for women, fast metabolism diet, eat more weigh less, green tea weight loss, weight loss tea, weight loss for women, weight loss for men

How to Get a Fast Metabolism Living in Health, 2015-08-05 How To Get A Fast Metabolism 101 Natural Ways To Lose Weight, Burn Fat, And Feel Great! Metabolism is the rate at which your body burns the food you eat. The idea is simple; if you want to burn through the food you eat faster, then you need to have fast metabolism. This will help you to shed more weight than you ever dreamed of. Dieting in itself cannot help you to shed weight. It is important that you understand the physiological concept of metabolism to help you lose weight faster. Pick this book and learn about metabolism and how it can help you stay lean and shed extra pounds you always wanted to lose. Experience the Metabolism Miracle Here's what you will learn in this book: * The very basics * 9 great tips to boost your metabolism through exercise * 10 amazing supplements to boost your metabolism further * The way we eat our food * 10 great herbs and spices to help you burn fat * 10 great vegetables to boost your metabolism * 11 amazing fruits to boost your metabolism * 10 great yoga poses to boost your metabolism * 10 amazing natural drinks to boost your metabolism * 11 great tips to remember everything you learnt so far You will find that the tips mentioned in this book are credible and are proven scientifically. It is time that you start now, not tomorrow or the day after. You never know what comes next in life. Why wait when you can have a great metabolism to burn the calories and fat now? This book is a very simple answer to achieve what you always dreamed of: to be and to stay healthy. Simply buy the book and you will be on your way to helping yourself to become the best you can be. DON'T WAIT! Scroll back up to the top right now and click the buy button to get you copy today!

Master Your Metabolism Lewis Harrison, 2003 Jump-start your weight loss with Master Your Metabolism. Author Lewis Harrison, a professional herbalist, has produced a comprehensive program that combines ancient herbal wisdom with current, cutting-edge medical research on naturally increasing metabolism. Harrison will show you how to navigate the hundreds of products on the herbal market for safe, effective results that can last a lifetime. Master Your Metabolism includes: --Secrets to reducing food cravings --The Glycemic Index, and what it means for you --Fabulous recipes, plus how to stock your pantry --Tips for detoxifying Harrison also provides easy-to-use sidebars listing the most popular herbs, their positive aspects, possible drawbacks and what works best for your specific body and personality type.

The Supreme Metabolism Diet Diana Watson, 2018-05-11 Buy the Paperback Version of this Book, and get the Kindle Book version for FREE Are you struggling to get your weight in check? Do you have excess fats that you have no idea how to lose? There is one factor that could be contributing to your woes: Slow Metabolism! The Supreme Metabolism Diet could be the solution to all your problems Benefits of Embarking on this Power-Up Metabolic Diet Lower Carb and Calorie Intake Increased Levels of Energy Enhanced Fat-Burning and Weight Loss Diet Plan and Meal Plan For Breakfast, Lunch, and Dinner Improved Quality of Life And A Whole Other List of Positive Benefits! Here Are Some of The Things You Will Learn in this Book: What Metabolism Really Is The Phases of Diet that Will Increase Your Metabolism Utilizing the 10 Day Ketogenic Cleanse Effectively for Fat Loss How A Low Carb Diet Will Enhance Your Body Functions And Much Much More! Let's Not Wait Any Longer! Scroll Up and Click the Buy Now Button Get This Book TODAY to Exponentially Increase Your Metabolism!

Alpine Weight Loss Secrets Stefan Aschan,2011-01-03 This book is not for bodybuilders or gym rats. Rather it is the first of its kind, how-to guide for a fresh-air lifestyle. The rewards? A youthful, stronger, and trimmer body at any age, using strategies that have been used for centuries. Stefan reveals proven techniques based on Alpine traditions, scientific holistic information, and his 17 years plus experience in the personal training arena, to help you to get it done whether it is to lose weight, get trim, get stronger, or look years younger naturally. As Living contributor to the Huffington Post, the CW-11 Morning Show, and the health page of ABC News Now, Stefan is uniquely qualified to guide your weight loss program. This book comes with guaranteed results that have helped people all over Europe and the United States. Now it is your turn! Find out about: . 2-day Flat Belly schnell (fast) Program - The natural approach to jump-start and see results within 2 days. . The Mountain Program - Burn the highest amount of fat calories overall with minimal effort (and see maximal improvement!). . Photosynthesis and its trapped light in foods - How it rejuvenates your cells and helps your skin and body to look youthful and trim. . Fresh Air Foods - Eat metabolism-boosting foods to speed up your energy production. Learn about enzymes and their effect on your metabolism. . Hormonal fatigue - Find out how simple carbs affect your hormones and speed aging (and wrinkle your skin). Discover the easy steps to reverse this process. . Instant anti-ager - 3 ways change old posture into a young-looking stance in 10 minutes or less. Go to www.AlpineWeightLossSecrets.com to learn more about the book.

Secret Weight Loss Tips Revealed Gigi Albano,2013-08-04 From Bestselling Author And Registered Nurse, Summer Accardo, RN This Weight Loss Diet Burns Belly Fat Fast! For Everyone With Sluggish Metabolisms! Even If You Don't Have Hypothyroidism, You'll Enjoy Amazing Health Benefits From This Life-Changing, Fast Metabolism Diet Book! Discover How You Can Quickly Lose 10 Pounds Without Diet Or Exercise! This Ground-Breaking Book Shows You How To Supercharge Your Metabolism, Lose Weight Fast, And Regain Your Energy! Here's What Your Doctor Doesn't Tell You While your doctor probably explained the physiology behind hypothyroidism, he or she probably didn't tell you how you can boost your metabolism, feel younger, relieve depression, regain your beautiful hair and look better, all by using complementary remedies and a special fast metabolism diet. Forget About Medication Side Effects While your hypothyroid hormone medication may help normalize your thyroid function, it may cause unwanted side effects such as anxiety, insomnia, hot flashes, appetite and weight changes, headaches, sweating and menstrual problems. Wouldn't you love to achieve relief from the misery of your hypothyroidism symptoms without those annoying side effects? Now you can! Hypothyroidism can also raise your low-density lipoproteins, or bad cholesterol. These lipid abnormalities are major risk factors in the development of atherosclerosis. Don't risk it. Find out how you can dramatically reduce your risk by simply implementing some of these groundbreaking tips, tricks and recipes into your daily routine. If you have hypothyroidism, or if you're simply struggling to lose weight, you need this ultimate thyroid diet guide! Don't let hypothyroidism or a slow metabolism rob you of your vitality. Learn how the fast metabolism diet can help you regain your vibrant health! Discover The Insider Secrets To Fast Weight Loss. Buy Now!

The UltraSimple Diet Mark Hyman,2009-12 Dr. Mark Hyman describes his UltraSimple diet designed to help people boost their metabolism and safely lose up to ten pounds in seven days.

Secrets to a Healthy Metabolism Maria Emmerich,William Davis,2009-11 Want to boost your metabolism, lose weight and feel better? Maria is always researching the latest science of nutrition and this version now has over 30% of the book updated with the latest science about our metabolism. You will learn the newest information and a wealth of secrets that will shift your weight loss out of idle and into high gear. Discover why popular weight loss programs damage your hormones and why convenience foods are stalling your weight loss goals. Deprivation diets are not the key to weight loss; you need to balance your biochemistry with specific foods to optimize your metabolism.

3 Day Detox Kasia Roberts, R.n.,2015-09-29 Boosting Your Metabolism, Increasing Energy and Losing Weight Starts With One Thing: Detoxing Your BodyThe Most Amazing Part Is: You'll shed pounds, boost your vitality and enjoy healthy glowing skin... in as little as THREE DAYSHave you been living your life, thinking that you should just be feeling better? You eat reasonably healthy, you take time for exercise and relaxation and try to focus on the positive, yet you still feel run down, sluggish and seem to be carrying around extra pounds that just won't go away. If this describes you, then you should know that it also describes an overwhelming percentage of adults. This is because even with our best efforts, we are bombarded on a daily basis with toxins. Toxins show up in our food, air and personal care products. They are in our clothes, our cars and the very air we breathe. Unfortunately, they are unavoidable. That does not mean that you need to live a life filled with the negative side effects from this toxic impact. The three day detox plan included in this book has been created specifically to address the accumulation of toxins from daily exposure. You initial goal might be to lose a few extra pounds from around your waist, to look great at that upcoming big event or to enjoy healthy glowing skin for the first time in years. It is also possible that you want to detox so that you can ease the symptoms of chronic illness and once again enjoy your life symptom free. Whatever your goal, you will find that this short detox will have a powerful impact on how you feel, how you look and the state of your health. The steps are simple, the recipes are delicious and all you need to do is decide that it is time. I hope you enjoy this book and the process of taking the steps to rid your body of all the toxicity that has been holding back.HERE IS A SNEAK PEAK OF WHAT YOU'LL DISCOVER IN THIS GUIDE: What is detoxification and why you should implement it in your life How to jump-start your metabolism by cleaning your system Which essential supplements you should be using during your detox A complete 3 day meal plan and shopping list Helpful tips and strategies for staying on track Delicious detox smoothie recipes Recipes for cleansing and hydrating waters High protein smoothie recipes Vegetable smoothie recipes Detox tea recipes Much much more Just to say Thank you for checking out this book I would like to give you a FREE report - Weight Loss Metabolism Secrets: Discover the Secrets to Firing Up Your Metabolism to Achieve Lasting, Natural Weight Loss.Go to weightloss-tips.ca to grab your free copy now!SCROLL UP AND CLICK BUY TO ORDER YOUR COPY INSTANTLYTags: 3 day detox, detox, cleanse, weight loss, detox diet, , diet ebooks, women health

From Fatigued & Fat to Fantastic Summer Accardo,2017 ★★Do you lack energy and feel tired all the time because of a sluggish metabolism and excess weight? Do you suffer from anxiety, depression, and sadness because of your weight? This amazing book reveals powerful, quick and easy, secret strategies that show you how to get real weight loss results that you can be proud of! ★★For Everyone With A Sluggish Metabolism! Even If You Don't Have Hypothyroidism, You'll Enjoy Amazing Health Benefits From This Life-Changing, Fast Metabolism Diet Book! Discover How You Can Quickly Lose 10 Pounds Without Diet Or Exercise! This Groundbreaking Book Shows You How To Supercharge Your Metabolism, Lose Weight Fast, And Regain Your Energy! Inside this book, you'll learn:1. How this fast metabolism diet burns stubborn belly fat2. Secret ways to lose weight fast3. Why you don't need to diet to lose weight fast4. Strategies to boost metabolism quickly5. How to lose weight fast by eating certain foods6. How to lose your belly fat7. Which weight loss supplements really work8. Why certain health conditions slow weight loss9. How to speed up weight loss as you get older10. How a sluggish thyroid can halt your weight loss efforts11. How certain high-fat foods lead to fast weight loss12. Why avocados are good for weight loss13. Why olives are good for weight loss14. Why weight loss isn't always dependent upon exercise. Here's What Your Doctor Doesn't Tell You. While your doctor probably explained the physiology behind hypothyroidism, he or she probably didn't tell you how you can boost your metabolism, feel younger, relieve depression, regain your beautiful hair and look better, all by using complementary remedies and a special fast metabolism diet. Forget About Medication Side Effects While your hypothyroid hormone medication may help normalize your thyroid function, it may cause unwanted side effects such as anxiety, insomnia, hot flashes, appetite and weight

changes, headaches, sweating and menstrual problems. Wouldn't you love to achieve relief from the misery of your hypothyroidism symptoms without those annoying side effects? Now you can! Hypothyroidism can also raise your low-density lipoproteins, or bad cholesterol. These lipid abnormalities are major risk factors in the development of atherosclerosis. Don't risk it.Find out how you can dramatically reduce your risk by simply implementing some of these groundbreaking tips, tricks and recipes into your daily routine. If you have hypothyroidism, or if you're simply struggling to lose weight, you need this ultimate thyroid diet guide! Don't let hypothyroidism or a slow metabolism rob you of your vitality. Learn how the fast metabolism diet can help you regain your vibrant health! Discover The Insider Secrets To Fast Weight Loss Today. Buy Now!

Fat-Burning Machine Mike Berland,Gale Bernhardt,2015-12-29 Despite being highly active, Mike Berland struggled with his weight for nearly 30 years - gaining one to two pounds each year, steadily growing from 192 to 236 pounds. He was losing hope until he met nutrition specialist Dr Laura Lefkowitz. She taught him about his condition: metabolic syndrome, an energy utilisation and storage disorder that is affecting Westerners at an alarming rate. Berland also worked with Gale Bernhardt, an elite Olympic triathlon coach. Together, they have unlocked the secrets to handling metabolic syndrome and burning fat.

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Discover The Secrets To Boost Your Metabolism 10 Introduction

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