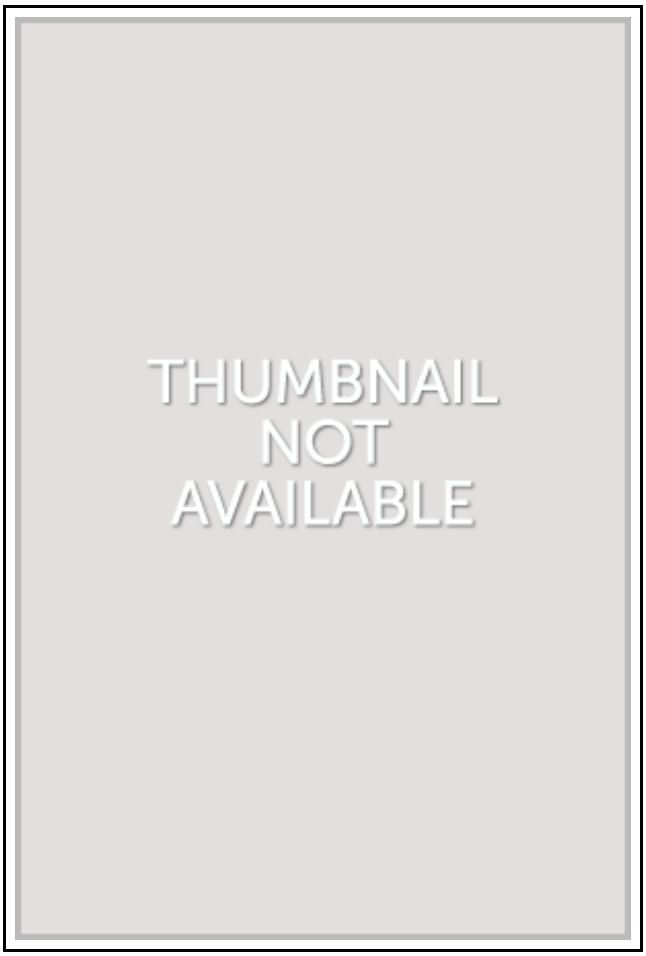
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The Perseus Books Group, United States, 2016. Paperback. Book Condition: New. 2nd. 229 x 152 mm. Language: English . Brand New Book. Do you notice weight gain around your middle that just won t budge?Are you unable to lose weight on your past tried-and-true diets?Do friends and coworkers eat more than you do but weigh less? Do you have difficulty sleeping and wake up exhausted in the morning?Do you crave bread, pasta, chips, and sweets and go overboard eating them? There is a reason that some people can eat all they want and never seem to gain a pound while others count every calorie, exercise, and can t lose an ounce. If you answered yes to any of the questions above, you may be one of the millions of peoplean estimated 60 of dieterswho have Metabolism B. This inherited hormonal imbalance causes your body to overprocess carbohydrate foods into excess body fat. As someone who personally struggled with Met B, registered dietitian Diane Kress knows the frustration of diets that won t work. In The Metabolism Miracle, she shares her scientifically based three-step solution that corrects hormonal imbalance, stabilizes blood sugar, and reprograms your metabolism to increase your energy and melt away fat. Now this life-changing guide is completely revised to be even easier to follow, with: The latest research on carbohydrates and metabolism and the science behind why other diets stop working for those with Metabolism BUpdated food lists for each step and information on new products and ingredients100 recipes, including 50 brand-new dishesInspiring real-life success stories from people just like youThousands of people have reached and maintained their desired weight and enjoy improved health and wellness with this revolutionary program. Now it s your turn to live and enjoy the Metabolism Miracle lifestyle.

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