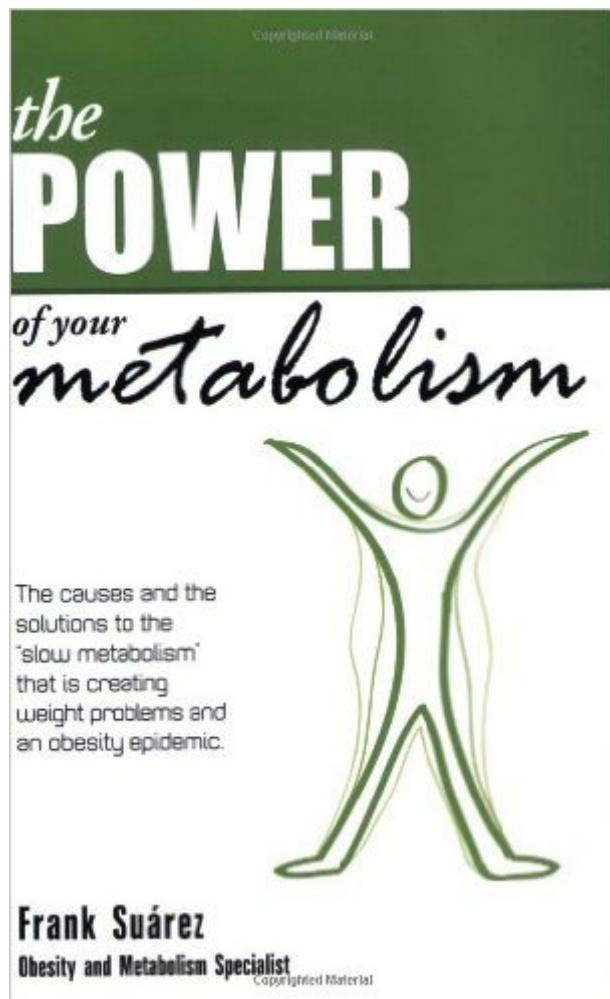


The book was found

The Power Of Your Metabolism



Synopsis

This NEW EDITION has the techniques for losing weight the natural way. This technique have now been integrated into this unique book. The causes and solutions to a slow metabolism are well defined within the scope of simple terminology that is easy to understand, yet insightful enough to enlighten the most experienced reader. Based on years of experience and having helped thousands of people in their struggle with weight loss, the author recompiled all the techniques proven to achieve permanent weight loss. Thus, the techniques are based on actual observation of what works to achieve weight loss and maintain the ideal weight once it has been reached. These techniques have been tested by men and women of all body shapes and all with different weight loss goals from losing 10 to 300 pounds. What they had in common: a slow metabolism. With the help of this book you can lose up to 3 lbs of body fat per week by improving your metabolism. It includes help for diabetes and thyroid problems. It also addresses the truth about cholesterol, how body fat is really made, and why fats are not to blame despite of what intense marketing campaigns might dictate. Now, losing weight is not just about what you eat, but it certainly has a lot to do with it. Diets have a high failure rate. Diets don t work. But what about a diet that becomes part of your life style where you can incorporate all types of food and still manage to maintain weight loss? One in which you can finally eliminate calorie counting, carbohydrate counting, hunger, anxiety for sweets and still feel and look your best? Such a diet has been formulated and is detailed in this book and most importantly, has been put to the test many times over and it works! The author researched and isolated the factors that cause a slow metabolism. Then he unified within one simple system the solutions, natural aids, and techniques to recovering your metabolism once and for all.

Book Information

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Customer Reviews

About 10 years ago (I'm 38 now) and after a hormonal issue I gained about 35 pounds and never lost them. I tried every diet, every book, paid a lot of money, and sometimes got to lose up to 25 pounds just to get them back within months. I felt I had all the information and facts I could probably have, so I blamed this hormonal disorder all along. A year ago, going through a depression so deep and out of control that was putting my marriage in danger, I got on a plane and visited my best friend seeking for advice. She told me she had found this wonderful book that she promised would change my life for good and lent it to me. On my way home and having nothing to read at the airport, I started reading it and after the second chapter I couldn't put it down. I realize I was doing "EVERYTHING" wrong all along. The quality of information in this book and the way Mr. Suarez delivers it is just priceless. It makes you appreciate your body (as an independent entity) and its relationship with our powerful mind. This book isn't just about food; it's about us and our relationship with food and our environment. I learned that the more I got depressed/stressed about my weight, the more fat would my body store... and the most important thing "WHY" Within 6 months I lost all 35 pounds so easy I couldn't believe it! My blood pressure and cholesterol are totally normal and I have the energy I didn't have for years. I had to actually eat some "bad food" here and there to maintain my ideal weight and not to keep losing! Please, do yourself a favor and read it, it's totally worth it!

This is a strange book. First, it is written very unusually (bad for a published book). Second, it seems no editor went over this book. It is like something you would find on a blog. The publisher I have never heard of and I almost closed the book immediately when I saw the dedication to L. Ron Hubbard and frequent use of the term "Natural Slim" which appeared to be some sort of program he was promoting. I stuck with it, however, and it is good. I am an expert dieter. Although I am now merely overweight it has been a struggle. I am always on the look out for good new information or ways of looking at things. Too often I see some new book from a doctor no new information. Just pretty packaging and new key words to say the same thing. The author, Frank Suarez, is not a doctor. Indeed, he is just someone who was large once and figured his plan out on his own. That's right - no patronizing "eat less" here. He knows that doesn't work. Although he does mention his program a few times, the book is far from nauseatingly promoting it. All the information in this book is natural. He promotes natural things such as coconut oil. He says drink more water, but doesn't offer

the same explanations for why as all the other books. He tells you why not to drink diet soda, not just *it isn't good for you* but specifically why it isn't good for those who do not have fast metabolisms and why it will suppress your metabolism. He attacks the common wisdom that you should eat snacks to increase your metabolism with information on why it isn't a good idea. If, like me, you have always known you have a very slow metabolism but never found books that really said *new* information, this book is for you. It is like an e-mail from a diet mentor that has good real world information.

I have to write a review for this book, I am actually losing weight! It was very different, not your typical eat this 8 oz piece of chicken bla bla. Only one chapter of the book was about the "diet" which is not really a diet, he gives you a super simple technique to combine food, the rest was very useful info and very NEW. I usually force myself to read a book to help my health issues, this book I could not put down. I appreciate the style of writing because it was like the author talking to me personally, I could really relate. I love that this guy is not your typical exercise guru who looks like he lives in a gym telling me to up my cardio. You can tell he has tons of experience with girls like me.

excellent ladies. i weighed 300 lbs. have tried every diet new and old this book is an investment in your life. I have lost 25 lbs so far and still losing and Not hungry. Strongly suggest this book instead of wasting money on gimmicks and caffiene pills.

This book has been my favorite by far. It's written without medical jargon. The author really knows how to communicate the information so it's very useful. I particularly liked the "2 x 1 Diet" in the book, which is only a couple of chapters. The difference between this book and everything else, I've read is huge-very unique . I have already lost weight following a some of this advice. I like that it's not extreme! I can't do extreme, I still need to be able to go to a restaurant and I still need to eat. I've recommended the book to all the people in my office and some of them have already lost a lot of weight. The author was very good at using analogies and story to make a point. Overall I give it a 10! The Kindle edition is my favorite, although I did originally get the book.

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