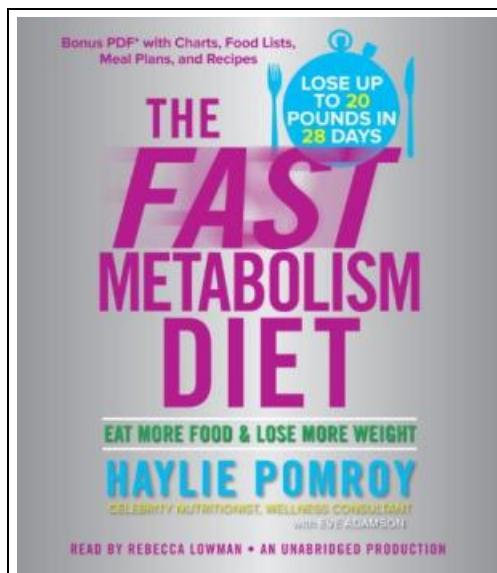


The Fast Metabolism Diet: Eat More Food Lose More Weight



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THE FAST METABOLISM DIET: EAT MORE FOOD LOSE MORE WEIGHT

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Random House Audio Publishing Group, United States, 2013. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Haylie Pomroy has helped thousands of clients lose up to 20 pounds in just 4 weeks -all through the fat-burning power of food. Hailed as the metabolism guru, Haylie reminds us that food is not the enemy, it's medicine needed to rev-up your sluggish, broken-down metabolism and turn your body into a fat-burning furnace. Haylie Pomroy has helped thousands of clients lose up to 20 pounds in just 4 weeks -all through the fat-burning power of food. Hailed as the metabolism guru, Haylie reminds us that food is not the enemy, it's medicine needed to rev-up your sluggish, broken-down metabolism and turn your body into a fat-burning furnace. On this plan you're going to eat a lot. You're going to eat three full meals and at least two snacks a day - and you're still going to lose weight. What you're not going to do is count a single calorie or fat gram. You're going not to ban entire food groups. You're not going to go carb-free or vegan or go cold turkey on the foods you love. Instead, you're going to rotate what you're eating throughout each week according to a simple and proven plan carefully designed to induce precise physiological changes that will set your metabolism on fire. Phase I (Monday-Tuesday): Lots of carbs and fruits Phase II (Wednesday-Thursday): Lots of proteins and veggies Phase III (Friday-Sunday): All of the above, plus healthy fats and oils By keeping your metabolism guessing in this specific and deliberate way, you'll get it working faster. This isn't just a theory, it's the results-based product of Haylie Pomroy's successful programs. It...

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