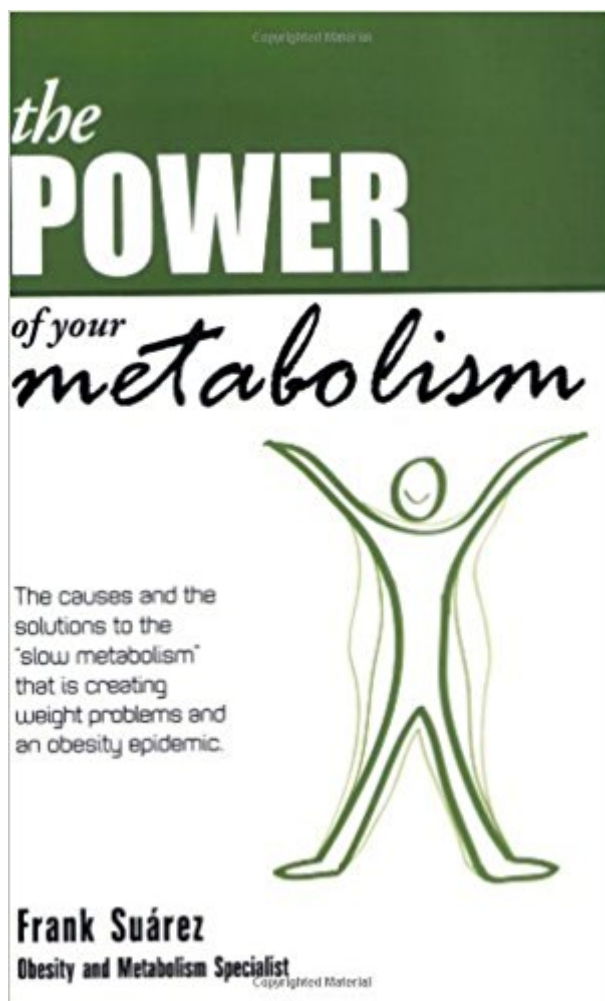




The book was found

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

Frank Suarez has a wonderful way of introducing a method of understanding ones unique metabolism in order to achieve weight objectives. The theories he presented are based on his personal experience and knowledge, which made me better understand how my body works in understandable layman s terms. The encouraging narration leaves me to assess what could work for me or not through a cause-and-effect analysis of implementing some or all of his concepts, whichever comes out convenient or effective for me. He does not blatantly lay out DOs and DON Ts in a blanket authoritative way but rather encourages my own customization for my needs--- that I am the ruler of my body, and only I can make the best decision by interpreting what is happening in my body. The concepts are novel, holistic and integrative. It discusses the metabolism make-up such as the various hormones that influence its rate, for example sugar-regulating insulin, stress-induced cortisol and the thyroid hormone that all compete for valuable receptors to run effectively. It expounds on food groups that are not encouraged like refined carbohydrates (white bread is the most common), margarine, polyunsaturated fat in corn, unfermented soybean and vegetable oils, aspartame, fluoride, maltitol in chocolates, and the like. It recommends healthy eating patterns like the king-prince-pauper meals from breakfast to dinner. It presents simple exercises like jumping on trampolines and walking, and the mental preparation to embark on a decisive journey to weight management. The list goes on. UPSIDE 1. This book is very informative and covers a relational approach from the medical perspective to a layman viewpoint in an easy-to-understand manner. 2. The narration is empathic and encourages self-analysis for the applicability of concepts. 3. It covers most if not all perspectives including current health status, diet, supplementation, exercise, mental preparation, herbal and natural alternatives, and more. 4. A glossary is provided for more technical terms. DOWNSIDE 1. For such a long & descriptive eBook, it would be nice to include at least one photo per chapter. This would make the eBook more appealing for visual persons like me. The before and after photo of the author that serves as a testimonial at the beginning of the book should have been a good start. Overall, I am impressed with the caring and universal way of explaining concepts and encouraging how to apply it to my weight situation as just one of the many readers. It offers a variety of ways, which may be done in part or whole, to be on top of one s weight management program. On the technical aspect, the 360-pager eBook downloads easily across all devices for easy reference. It is also available in hard copy as published by Metabolic Press on

June 23, 2009. --Thea Mcraeg

Frank Suarez, Obesity and Metabolism Specialist, resides in San Juan, Puerto Rico where he is the Executive Director of the Natural Slim Weight Loss System. He began his works as a researcher in the field of weight loss as a necessity to change his life and his health. He conquered his own obesity and made it his life work to help others achieve the same in a natural and safe way. He promptly established the Natural Slim System weight loss clinic and over the years has helped more than 10, 000 people in their struggle with obesity. The Borders bookstores in Puerto Rico categorized the book a local bestseller and named Frank Suarez the best sold local author from January of 2007 through June of 2007. Certified Wellness & Nutrition Educator Miami Medicine University, Florida Member of: The American International Association of Nutritional Education (AIANE) Member of: American Obesity Society Washington, D.C. Executive Director of the Natural Slim System San Juan, P.R. President of the RelaxSlim System Clearwater, Florida Author of the book: The Power of Your Metabolism

An excellent informative book. However, I wish it was proof read before publishing as there are incomplete sentences with information that I would have liked to know.

A great book with lots of very good information. Best of all the author explained things so clearly and simply that I am understanding much more simply how the body and my metabolism works and what I can do to have my body run better. Thank you.

Excellent book that has recommendations that are useful to apply in my personal life. Thanks for carrying such book.

Love this book & his vitamins! I am losing weight following his principles!

I love this books, you learn a lot about different things on the way we failed dieting. I recommend this book to any one 100%

It is a very useful book. It provides necessary data about controlling your metabolism without putting stress on your dieting.

Everyone needs to read this book regardless of any or no health issues.

Excellent book, filled with information that is easy to understand. Once you start applying what you have learned, you will notice that it works.

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Tea) Jumpstart Your Metabolism, Train Your Brain to Lose Weight: With Hypnosis and Meditation

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