



**METABOLISM: How To Eat To Optimize Your Metabolism, Lose Weight And Get In The Best Shape Of Your Life (Metabolism, metabolic diet, metabolism miracle, fast metabolism diet, Diane Kress, weight loss)**

*Ronald Towdie*

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## **At Last, A Book On Metabolism That Clears Up The Myths And Gives You The Steps To Lose Weight, Get The Body Of Your Dreams And Optimize Your Health!**

This book hopes to debunk some of the myths about our metabolism and teach you the secrets to eat well to boost your metabolism and improve your health.

You will also understand how to incorporate a low fat raw vegan diet in your life to supercharge your metabolism, some helpful tips that can enable you to improve your metabolism without even noticing it and a lot more.

Today, get this Amazon bestseller for just \$2.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

### **Here Is A Preview Of What You'll Learn...**

- A simple equation for weight loss and why people still fail to lose weight
- **the foods to focus on that make it IMPOSSIBLE to overeat**
- why you should focus on the quality of your food not the quantity
- **how to eat more food (in terms of volume) but take in less calories**
- a detailed description of what Metabolism is
- **the 8 big myths about Metabolism and why these are not true (this will turn on it's head much of the information you have already learned)**
- the 7 big reasons why eating more raw food is important and how this helps boost your health
- **the 7 types of food that will boost your health, speed up weight loss and optimise your Metabolism**
- the 3 essential tips to improve you Metabolism (these are the REAL foundations to health)
- what is the 80/10/10 ratio and why this is important for your health
- **the 7 most helpful benefits of an 80/10/10 style diet**

- 3 training methods for obtaining your optimal physique
- **5 precautions to take when changing to a healthier diet**

**What Others Have Said:**

**"a great way of explaining metabolism"**

"Lots of useful information packed into this book, would recommend to anyone looking to understand how to lose weight "

Download your copy today! Take action today and download this book for a limited time discount of only \$2.99!

Tags: Metabolism, Fast Metabolism, Metabolism Diet, Fast Metabolism Diet, Weight Loss, Fast Metabolism Weight Loss, Healthy Metabolism

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