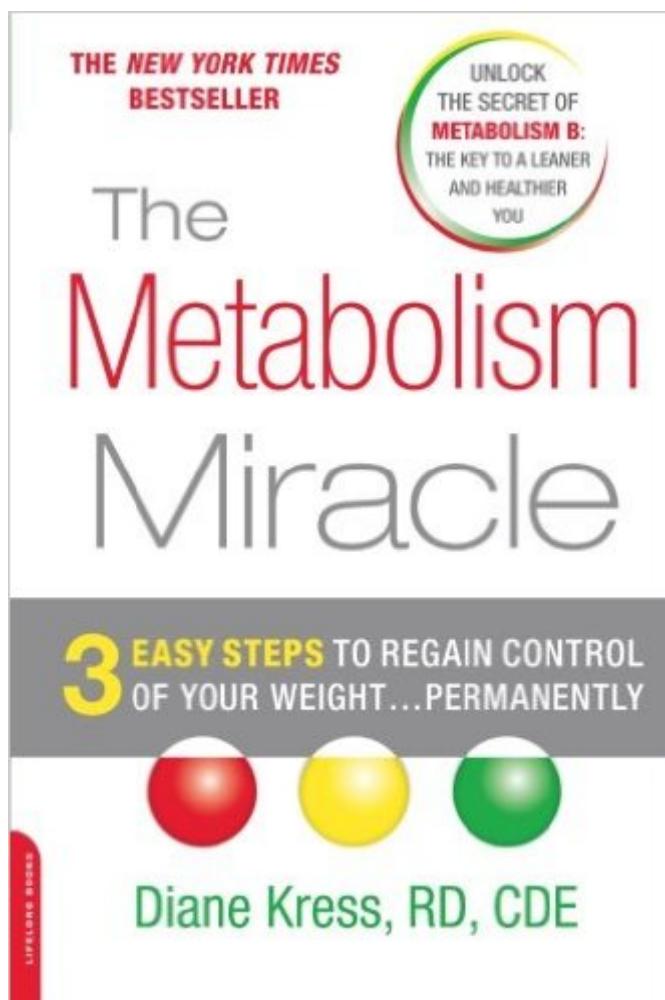


The book was found

The Metabolism Miracle: 3 Easy Steps To Regain Control Of Your Weight . . . Permanently



Synopsis

There is a reason that some people can eat all they want and seemingly never gain a pound, while others count every calorie, exercise, and can't lose an ounce. Millions of people—an estimated 45 percent of dieters—have Metabolism B, a condition that causes the body to over-process carbohydrate foods into excess body fat. Registered dietitian Diane Kress's scientifically based, easy-to-follow program has helped thousands of people with Metabolism B lose weight and keep it off. As someone who struggled with Metabolism B for years, Kress knows firsthand the frustration of diets that don't work. The solution? A simple, three-step, carb-controlling program that stabilizes blood glucose levels and reprograms the metabolism to melt away fat. The Metabolism Miracle starts working on Day 1.

Book Information

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Customer Reviews

All you have to do is look around to realize that people are different. If you're a pear, you gain weight in the hips and thighs. If you're an apple, you gain weight around the middle. I know someone (the husband of one of my friends) who first gains weight in his face! The fact is while we can be classified into general categories, we are all really quite different from one another in every way, including our metabolisms. It should be no surprise to anyone that metabolisms come in different models. Many of you have friends or family members who can eat whatever they want and maintain a healthy weight, while you may have been fighting your weight your entire life. For example, take my sister and me. No one in the world is as genetically close to me as my sister.

Same mother, same father, same height, same eye color, same hair color, and only 15 months apart. That's about where the similarities stop. I'm a pear; Cindy's an apple. I'm 58 years old with no signs of diabetes or prediabetes, while at 57 Cindy has been trying to manage her type 2 diabetes for nearly 20 years. So close genetically and yet so different. I didn't buy this book for me ... I bought it for my sister, but I have been reading it so I can help her. I now know why we are so different ... I have Metabolism A; Cindy has Metabolism B. If you have a roll around the middle and gain weight easily, you may have Metabolism B like my sister. If you do, you need to order this book today! Diane Kress, who struggled with her own Metabolism B, has come up with a three step program which will teach you how to live a life in harmony with your own unique metabolism. Step One is carb rehab.

When you prominently use such a strong superlative word like "miracle" within the title of a diet book, then you had better be confident in your ability to deliver the goods. Registered dietitian Diane Kress has done her homework and identified a unique issue that inflicts upwards of 60 percent of the population and many of them don't even know it. It's called Metabolism B and requires a way of eating that isn't exactly embraced by the nutritional gatekeepers of our day. How many of us have gone on diet after diet for years without ever keeping off any weight that has been lost? I've done it way too many times to count, but Kress explains that for some people it may not be our fault that we have struggled so much. And the unsightly belly fat is the worst all the while walking around too tired to exercise, hungry almost constantly, and wondering if this is the best life has to offer you. It's a depressing state that nobody should endure. People with Metabolism B are different because we (yes, I'm one of them!) cannot eat an excessive amount of carbohydrate without packing on the pounds. Kress is also a Met B, so she understands the struggle just like we do and has developed an effective plan for combatting this once and for all. It's not calories in, calories out, it's not eating disgusting low-fat and fat-free foods, and it most certainly is not mustering up the willpower. There's a three-step process outlined in this book that give you all the tools you need to lose weight and keep it off for good! Basically, you go through eight weeks of what Kress calls "Carb Rehab" as a means for giving your pancreas a chance to slow down on insulin production, heal and detoxify your liver, and allow fat cells to begin shrinking.

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