



## Metabolism Boosting: Madness - Maximize Your Metabolism Natrually for Effortless Weight Loss (Paperback)

By Darrin Wiggins

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Does your metabolism feel like it is in slow motion? Do you want a fast metabolism? Metabolism Boosting Tips Recipes You know the drill. You follow a low-carb, low-fat, Paleo, vegan or whatever else diet, sometimes losing weight, but typically something doesn't work. Though you seem to be ticking off all the boxes, you reach a plateau and the fat just doesn't seem to budge. In frustration, you resign yourself to the fact that you simply weren't blessed with a fast metabolism and may as well give up. What is a fast metabolism mean anyway? It means you efficiently burn the calories you ingest whether that is during training or resting. When you have a slow metabolism, you do not see the results you would expect from eating healthy and focusing on exercise. If you are experiencing the latter, then this book is for you. Rock That Metabolism With a strong and healthy metabolism, your body is lean, resilient and primed to burn fat for fuel. Without having to resort to snake-oil supplements or difficult-to-follow meal plans, you can...



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