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The Metabolism Miracle Kindle Edition

As someone who personally struggled with Met B, registered dietitian Diane Kress knows the frustration of diets that won't work. In The Metabolism Miracle, she shares her scientifically based three-step solution that corrects hormonal imbalance, stabilizes blood sugar, and reprograms your metabolism to increase your energy and melt away fat. Now this life-changing guide is completely revised to be even easier to follow, with:

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The Metabolism Miracle takes the whole package of symptoms into account, stops the weight-gain train in its tracks, and even helps to reverse some of the health consequences of this metabolism. Individuals with Metabolism B™ can never succeed at following a traditional weight-loss diet because their “alternate metabolism” follows a different set of rules than those of the standard metabolism.

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When did my first read through of Diane Kress's Metabolism Miracle, I found it hard to keep all the details on the dos and don'ts of Step 1 straight. I grabbed a notepad and started taking notes, which developed into the cheat sheets I'm sharing with you all today! The first handout is an outline of step 1.

Cheat Sheets for Metabolism Miracle: Step 1 | A Work In ...

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Combining this insight with a rethinking of conventional diets-along with the most current medical and nutrition research-Kress formulated The Metabolism Miracle. This comprehensive plan uniquely reprograms the liver and pancreas to promote rapid fat loss, improved lab work, and long-term weight maintenance.

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