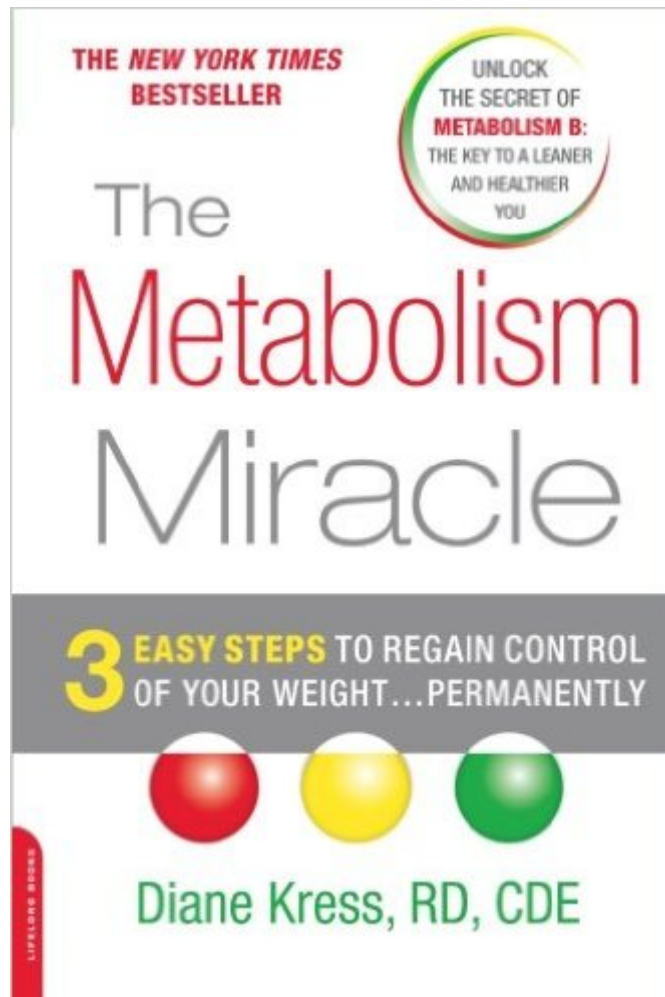


The book was found

# 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 have 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

Paperback: 328 pages

Publisher: Da Capo Lifelong Books; Reprint edition (December 28, 2010)

Language: English

ISBN-10: 0738213861

ISBN-13: 978-0738213866

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (354 customer reviews)

Best Sellers Rank: #239,788 in Books (See Top 100 in Books) #126 in Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism #1713 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #2594 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## 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.

[Download to continue reading...](#)

The Metabolism Miracle: 3 Easy Steps to Regain Control of Your Weight . . . Permanently The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life Walking: Weight Loss Motivation: Lose Weight, Burn

Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Fast Metabolism and Weight Loss: How to Boost Your Metabolism and Lose Weight Fat Flush for Life: The Year-Round Super Detox Plan to Boost Your Metabolism and Keep the Weight Off Permanently Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] Fasting: Intermittent Fasting - The Secret To Losing Weight Fast, Permanently And Feeling Wonderful (Intermittent Fasting For Weight Loss, Intermittent Fasting For Women, 5 2 Diet) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) The Garcinia Cambogia Miracle: A Complete Guidebook For The Holy Grail Of Weight Loss! (Garcinia Cambogia, Weight Loss, Lose Weight, Paleo Diet, Whole ... Free, Wheat Belly, Atkins, Dash Diet) The Starch Solution:Ã    Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good! The Miracle Morning for Writers: How to Build a Writing Ritual That Increases Your Impact and Your Income (Before 8AM) (The Miracle Morning Book Series) Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) Psychic Development: 3 Easy Steps To Developing Your Intuition (3 Easy Steps Psychic Series)

[Dmca](#)