



## Fast Metabolism Diet: Demystified - Achieve Rapid Fat Loss with 25 Metabolism Boosting Recipes

By Darrin Wiggins

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Why Is a Fast Metabolism Diet So Effective For Weight Loss? Do you want to lose 20 pounds in 4 weeks? Do you even believe that losing 5 pounds a week is possible? With the right healthy lifestyle and strategic eating plan anything is possible. The way to make it happen is to consume the optimum amount of fat burning foods in a way that stimulates your metabolism. Why would you want to fire up your metabolism? It is the secret weapon in your weight loss. You cannot utilize the calories you eat without a fine tuned metabolism. Calories that don't get used, get stored as FAT! You Need To Eat To Lose Weight You've probably read numerous diet books that are nothing more than starvation diets in disguise. These diets are killing your metabolism and sabotaging any chance you have of losing weight now or potentially even in the future. The Fast Metabolism Diet is one of those rare weight loss plans that actually encourages you to eat and to enjoy it. It is not a free for all or...



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