



Rapid Metabolism How to burn Calories like a Furnace: How to Super Charge Your Metabolism in 2 weeks Flat

Shawn Rashid

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People have very little accurate information about metabolism and that is when this book steps in with everything you need to know about what metabolism is, how it works and how it affects weight loss or gain. Metabolism is something we can't change 100%, but we can influence in a way or another and this book is designed to teach you how to boost it so it helps you lose weight by burning more calories. This book's chapters are built so you get all the needed information and then be able to take action in a way that is benefic for your general health, not only for losing weight. It is a slow process, but the results are constant and long lasting. The How to Boost Your Metabolism book is a great addition to your book shelf if you are interested in nutrition and care for what you eat, but also want to know more about what impact food has on your body, the way it is being processed and where you get all your energy from. In the end, this is a matter of your own health, not necessarily a matter of losing or gaining weight.

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