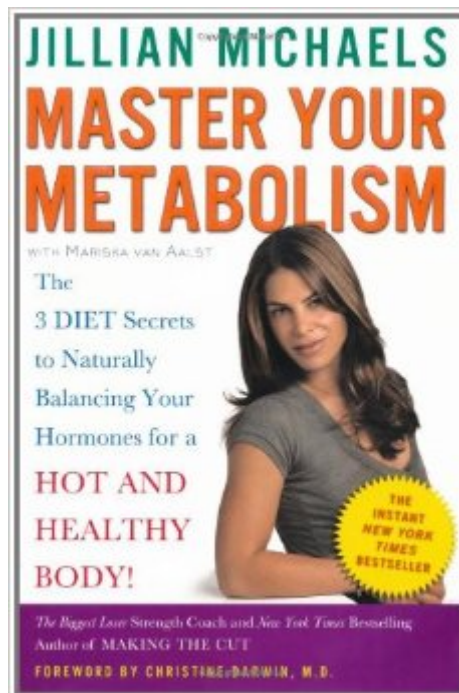


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# Master Your Metabolism: The 3 Diet Secrets To Naturally Balancing Your Hormones For A Hot And Healthy Body!



## Synopsis

Does it feel as if you're fighting your body to lose even one pound or just to maintain your current weight? Respected health and wellness expert and bestselling author Jillian Michaels has been there, too. So she consulted top experts in the field of metabolism and discovered that she'd inadvertently been abusing her endocrine system for years. After fixing her own metabolism, she decided to share what she learned by devising this simple, 3-phase plan that engages all the weight-loss hormones (including the friendly HGH, testosterone, DHEA; and the not-so-friendly: insulin, cortisol, and excess estrogen). In *Master Your Metabolism*, discover how to: REMOVE anti-nutrients from your diet RESTORE foods that speak directly to fat-burning genes REBALANCE energy and your hormones for effortless weight loss Michaels offers a wealth of information throughout, including: shopping lists and online shopping resources, hormone-trigger food charts, how to eat power nutrient foods on a budget, smart strategies for eating out, quick and easy recipes, as well as mini-programs for addressing PMS, andropause, metabolic syndrome, PCOS, and menopause.

## Book Information

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## Customer Reviews

Interesting book though far, far too much science in it for the average person (BTW - I have a Master's degree and a former college roommate is now a registered dietitian so I've been around related books and discussions and still found this hard to follow). Also, it's far too extreme for the average person. For example, we can't all afford 100 percent organic all the time nor can we

completely avoid plastic wrap and related carrying containers. Also, the book contradicts itself in a lot of places. I suspect the editor was MIA when it came to cross referencing. The bottom line in this book is to stop eating all the fake food that we currently put into our systems and you'll lose weight. Since reading this book, I've significantly cut processed foods loaded with chemicals (yes, that means the Activia yogurt, low calorie jello and pudding, cool whip and other so called low calorie snacks that actually make you gain weight). I've replaced a lot of food staples with organic and have seen a big difference in my weight and disposition. For the person who wants to get smarter about the way 'the man' is ruining our diets and making money through cheap, processed foods, the core elements of this book could have been better addressed in a 500-750 article along the lines of 'Top 10 Ways to Lose Real Weight and Keep it Off.' Here's some key tips from the book to save yourself the time and expense of reading it: 1. Stop eating chemicals because your body doesn't know how to process them, therefore, you gain weight. 2. Choose the real food (real cheese, for example) over the lower fat because you'll eat less and feel more satiated. 3. Go organic when possible. 4. You can still eat chocolate and drink wine but everything in moderation. 5.

First off, let me say I'm a huge Jillian fan and have all of her books and videos (which up until now have been impeccable), but this book was a major disappointment to me. I felt like I read through an entire book that could have been summed up in one sentence, "Go organic and stay away from chemicals". I agree with the major premise of this book - that people need to eat whole, unprocessed food and steer clear from sodas and anything with artificial or chemical ingredients. But a lot of her recommendations I thought were utter nonsense. In the remove section of the book, Jillian advocates for us to clear out our cupboards of all the processed garbage and rather than give it to a food shelter, we should throw it away because it is not fit for human consumption. In theory I agree with this, but in our current economic climate I would rather see a family eat a box of Hamburger Helper I give to the food shelter rather than go hungry. It's not ideal nutrition, but it's still food. In the replace section we are purchasing all organic foods which in an ideal world would be doable. But these foods are costly and sometimes difficult to come by. I live in a fairly small town and trying to find organic produce and meat can be difficult. She indicates that everyone has the money to buy organic it's just a matter of choosing to give up your "gossip rag" and buy organic. I disagree and think a lot of people really can't afford to buy organic (heck - plenty of people are finding it hard to pay bills). Where Jillian lost me is the section in which she discusses removing all medication with an anti- in front of it - such as antihistamines, anti-inflammatories, and antidepressants. What?

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