



# The Power of Your Metabolism

*Frank Suarez*

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## **The Power of Your Metabolism** Frank Suarez

Learn to use your metabolism to lose weight and keep it off. By improving your slow metabolism, you'll be able to eat what you want and without feeling restricted and without the fear of gaining all that lost weight back.

This revolutionary book isolates the factors that force so many people to always be dieting but allows others to never gain weight no matter what they eat. With one simple system, the solutions, natural aids and techniques, you will learn to beat the "slow metabolism" problem once and for all.

This book provides the solutions and help for:

- A slow metabolism
- Weight problems
- Obesity
- Diabetes
- Hypothyroidism

**WARNING:** This is not a diet.

People who apply these techniques have lost 3 pound of fat per week. This is permanent weight loss. The yo-yo effect ends here. Once you fix your metabolism, you can stop worrying about the bounce-back that happens with every low calorie diet out there.

With this book you can understand why carbohydrates are addictive to some people, and why others consume all the carbohydrates they want and never gain a pound. Better yet, you will learn the techniques and habits of tens of thousands of people who have read this book, have lost the weight, and have kept it off!

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