



The Fast Metabolism Diet: Eat More Food Lose More Weight

By Haylie Pomroy

Random House Audio Publishing Group, United States, 2013. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Haylie Pomroy has helped thousands of clients lose up to 20 pounds in just 4 weeks -all through the fat-burning power of food. Hailed as the metabolism guru, Haylie reminds us that food is not the enemy, it s medicine needed to rev-up your sluggish, broken-down metabolism and turn your body into a fat-burning furnace. Haylie Pomroy has helped thousands of clients lose up to 20 pounds in just 4 weeks -all through the fat-burning power of food. Hailed as the metabolism guru, Haylie reminds us that food is not the enemy, it s medicine needed to rev-up your sluggish, broken-down metabolism and turn your body into a fat-burning furnace. On this plan you re going to eat a lot. You re going to eat three full meals and at least two snacks a day - and you re still going to lose weight. What you re not going to do is count a single calorie or fat gram. You re going not to ban entire food groups. You re not going to go carb-free or vegan or go cold turkey on the...



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