



Boosting Your Metabolism - A Simple Guide: 61 Tips on How to Jump Start Your Metabolism and Accelerate Fat Burn

Charlie Morton, Gracie K Jones

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61 Ways to Fire up Your Metabolism, Accelerate Fat Loss and Achieve Weight Loss Success

If you're a healthy eater, workout regularly and religiously watch your calories, but still stumped as to why your weight loss efforts often hit a brick wall, you may be silently sabotaging the real key to permanent fat loss success....your metabolism.

Thankfully, you have more control over your metabolism than you think, and by selectively tweaking your daily routine, you can successfully ignite energy and caloric burn, kick-start sluggish body systems, and beat age-related weight gain.

"**Boosting Your Metabolism - A Simple Guide**" is a quick reference handbook containing a compilation of ideas and tips on how to create a faster metabolism to help burn more calories and keep off unwanted pounds.

Filled with implementable advice in an easy to understand format, you'll find lots of straightforward information broken down into digestible nuggets, designed to help promote healthy, long-term weight loss.

In this book you'll discover:

- **Metabolism Demystified:** understanding your internal furnace, how to discover your unique metabolic speed, plus the key culprits that monkey with your fat burning engine.
- **Prep tips for boosting your metabolism:** tips to help prime both body and mind for stoking your metabolism.
- **The Metabolic Grocery List:** a simple guide to some of the best foods, vitamins and supplements to help wake a slumbering metabolism.
- Savvy nutritional tips to help you achieve maximum weight loss, cut excess calories, and stop energy slumps.
- **29 Metabolism Boosting Recipes for calorie counting haters:** simple meal and snack ideas that are easy to prepare, contain real food and don't require you to micro-manage calories.
- **The Metabolic Workout Plan:** Some of the best metabolism boosting exercises, along with defensive strategies to help you increase the burn during and after workouts and accelerate fat loss.
- **Boosting Metabolism Naturally:** holistic mind-body techniques that help manage and strengthen your metabolism, and eliminate energy blockers.
- **Metabolic Maintenance:** Long term everyday tips to help keep your internal furnace humming, excess pounds off and your health at it best.
- **Special Bonus:** The Metabolic Cookbook - 10 speedy fat burning recipes.

So if you want to quit calorie counting and yo-yo diets, fire up your metabolism, improve health and longevity, and achieve lasting weight loss success, get "**Boosting your Metabolism - A Simple**

Guide" ...now!

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