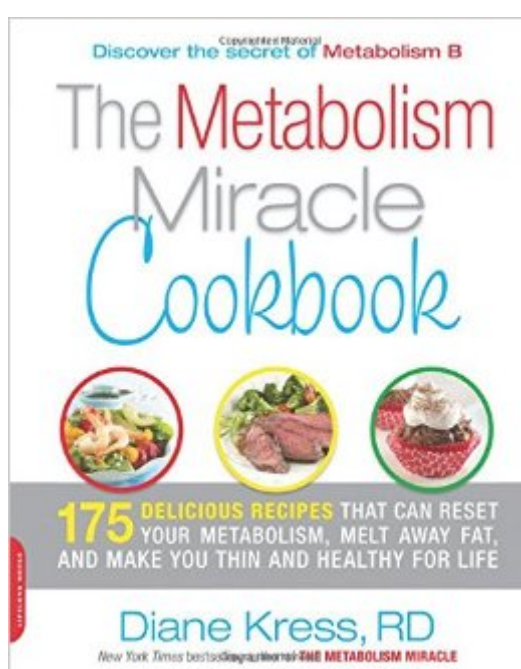


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# The Metabolism Miracle Cookbook: 175 Delicious Meals That Can Reset Your Metabolism, Melt Away Fat, And Make You Thin And Healthy For Life



## Synopsis

Does a strong urge to fill up on carbs sabotage your weight-loss efforts? Are you often tired and irritable, and is there a roll of fat around your middle? Now it's easier than ever to eat great and lose weight. The Metabolism Miracle Cookbook includes more than 150 quick-and-easy, carb-controlled recipes and menus tailored to each step of The Metabolism Miracle diet plan. Nearly half of all Americans have insulin resistance and unknowingly overproduce the fat-gain hormone insulin. These recipes are specifically formulated to help people with this hidden condition lose weight, lower blood pressure and cholesterol, decrease risk of or improve control over diabetes, and increase their energy. From appetizers, soups, and salads to vegetables, entrées, and desserts ideal for family meals, readers will have no shortage of delicious options. Vegetarian and gluten-free choices are also included.

## Book Information

Paperback: 328 pages

Publisher: Da Capo Lifelong Books; 1 Original edition (December 28, 2010)

Language: English

ISBN-10: 0738214256

ISBN-13: 978-0738214252

Product Dimensions: 7.2 x 0.7 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars (See all reviews) (171 customer reviews)

Best Sellers Rank: #79,260 in Books (See Top 100 in Books) #97 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #280 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #778 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

I have tried everything including lap band, gastric bypass... with bypass I lost 35lbs and then STOPPED. I then gained 35 lbs within 9 months. I was so DEPRESSED because I thought there was no hope. Then I was getting headaches daily, felt horrible, tired, cranky and finally after going to endocrinologist, he determined I had non-diabetic low blood sugar. EUREKA... at least one condition made sense... I then started watching blood sugar and whenever I tried to 'eat healthy', my blood sugar dropped dangerously low (one point 39 and stuttering and told my triplets next time mommy can't talk or make herself clear, call 911). I kept eating carbs to maintain energy. Kept gaining

weight. I came across this book and thought hmmm. this makes sense. Showed it to my GP and he poo poed it. My mom said.. 'you are your best doctor' and she was right...I prepared a worksheet of her guidelines and created a chart of what I had to do each day because my memory is horrible. And, I was overwhelmed with all the information of phase 1, phase 2, final phase etc..I then realized... focus on phase 1, when you get close to phase 2, reread it and focus on phase 2 and don't worry about phase 3...I took my chart and marked each item off and was religious about staying off the carbs. I copied her 'arrow' page and put copy in purse and copy on cabinets to remind me of basic strategy and what to eat at what phase..I started the plan...I had HORRIBLE headache for 5 days but sure enough, after day 5.. NO headaches, no energy issues etc...WE WENT on VACATION. I did AWESOME till the day we returned. I thought.. one day won't hurt me...In the back of my mind I was thinking...

At the end of the 8 Weeks of Phase 1 I lost 14 pounds and 8 inches. This WORKS! \*2014 Update at end of Review\*I wanted to keep my review short & concise but after reading how others fared on this program I thought I would share my experience too. I am Hypothyroid & in my mid-40's (there are two major issues working against me right there)! Prior to being diagnosed as Hypothyroid I could very easily lose a couple pounds if I wanted to. It took about 2 years before I was diagnosed as Hypothyroid which gave me some serious time to pack on the weight...EEK! NOTHING I did would help me lose weight. Not my clean eating lifestyle and 6 days of exercise. NOTHING! I was feeling so totally hopeless, then I found this book and began reading reviews. To the Reviewers who provided thorough Reviews...THANK YOU! It's because of your thoughtful reviews that I bought this book and that I'm on my way to being 'myself' again!! I was at my wits end! I was exhausted and crashing by 1pm. Each time I ate a simple carb I was craving sugar (and I'm not a sugar gal!). I worked out 5/6 days a week, ate right (with the exception of an occasional slice of pizza...then the sugar cravings!) and NOTHING was happening! In fact, I would lose a pound and gain 2!!! I was so (SOOOO!) tired of hearing people offering their advice like "work out more", "drink protein shakes for a meal or two each day", "eat less", you name it, everyone had advice (unsolicited at that!). Seriously? You think I didn't try ALL that? I tried everything in the last year short of the Master Cleanse! The problem is, what works for one persons body doesn't always work for another! Especially when they have other things working against them.

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