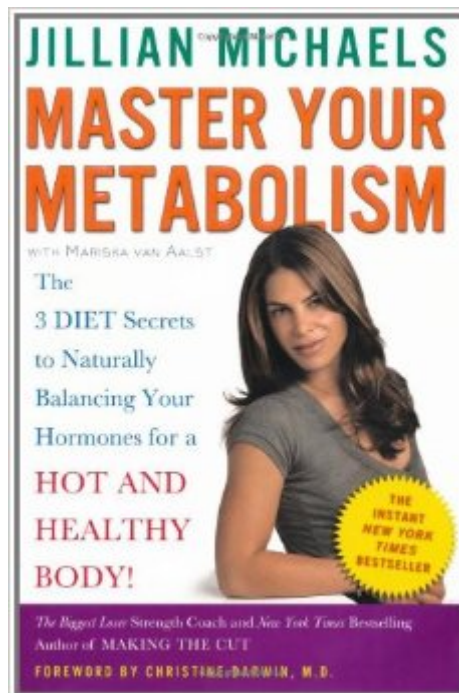


The book was found

# 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

Hardcover: 288 pages

Publisher: Harmony; 1 edition (April 7, 2009)

Language: English

ISBN-10: 0307450732

ISBN-13: 978-0307450739

Product Dimensions: 6.4 x 1.2 x 9.5 inches

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

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (539 customer reviews)

Best Sellers Rank: #348,091 in Books (See Top 100 in Books) #227 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#) #1080 in [Books > Health, Fitness & Dieting > Women's Health > General](#) #2297 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

## 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 dietician 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?

[Download to continue reading...](#)

Master Your Metabolism: The 3 Diet Secrets to Naturally Balancing Your Hormones for a Hot and Healthy Body! Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [ A Beginner's Guide to Opening and Balancing Your Chakras ] (Mudra Healing Book 3) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Diabetes Cure: How to Reverse Type 2 Diabetes Naturally with Healthy Food, Diet, and Exercise (Diabetes Diet - Your Ticket to Beating this Disease Naturally and Effectively) Chakras for Beginners: An Idiot's Guide to Chakra Healing Chakra Energy and Chakra Balancing for Health, Wealth and Happiness (Chakra Healing, Chakra Balancing, Chakra Meditation Book 1) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) The Adrenal Thyroid Revolution: A Proven 4-Week Program to Rescue Your Metabolism, Hormones, Mind & Mood PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south

beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook)  
Delicious Dessert Recipes Under 160 Calories. Naturally, Healthy Desserts That No One Will  
Believe They Are Low Fat & Healthy (Diet Cookbooks, Cookbook healthy Collection) BODY  
BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And  
More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)

[Dmca](#)