



# The Perfect Metabolism Plan: Restore Your Energy and Reach Your Ideal Weight

*Sara Vance*

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Millions of us have counted calories until we're blue in the face. We've cut fat, eaten less, and exercised more--and we're still heavier than we want to be. Or we lose the weight, only to see it creep back up. It's frustrating, discouraging, and unhealthy! In Sara Vance's *The Perfect Metabolism Plan*, you'll learn that this inability to stay at a healthy weight is not about willpower and it's not your fault! Your metabolism needs a reboot.

When your metabolism is out of whack, your willpower, hunger hormones, insulin, and cravings all work against you. And you not only can't lose weight, you tend to feel foggy, sluggish, or generally unwell. But worry no more. *The Perfect Metabolism Plan* will show you how to reset and reboot your metabolism through 10 keys. You'll also find a bonus chapter of metabolism hacks, plus over 50 recipes and a workable plan for putting it all into action.

The 10 Keys to a Perfect Metabolism:

1. Break Up with Sugar - balance blood sugar
2. Fix Your Fats - eat healthy fats, avoid harmful ones
3. Heal Your Gut - boost digestion and balance gut bacteria
4. Identify Food Intolerances - foods that could make you foggy, fatigued, sick, and fat
5. Lose the Toxins - in foods, household products, body care products, etc.
6. Put Out the Fire - reduce inflammation
7. Stop the Madness - lower stress
8. Ditch the Convenience Foods (even the so-called healthy ones) - key nutrients for the metabolism
9. Hydrate! - Dehydration is making us sick and fat
10. Exercise Smarter (not harder) - the right and wrong kind of exercise for the metabolism

Plus Metabolism Hacks - some tricks of the trade to hijack the metabolism and kick it into gear.

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Playing with family in a park, coming to see the sea world or hanging out with friends is thing that usually you have done when you have spare time, subsequently why you don't try point that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love The Perfect Metabolism Plan: Restore Your Energy and Reach Your Ideal Weight, you could enjoy both. It is excellent combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout fellas. What? Still don't understand it, oh come on its called reading friends.

#### **Faye Springer:**

The Perfect Metabolism Plan: Restore Your Energy and Reach Your Ideal Weight can be one of your beginner books that are good idea. We recommend that straight away because this publication has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The author giving his/her effort to get every word into enjoyment arrangement in writing The Perfect Metabolism Plan: Restore Your Energy and Reach Your Ideal Weight yet doesn't forget

the main place, giving the reader the hottest and also based confirm resource facts that maybe you can be considered one of it. This great information can easily drawn you into brand new stage of crucial imagining.

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