



The Ultimate Metabolic Plan (Paperback)

By Rht Phd Dnm Slater

Xulon Press, United States, 2015. Paperback. Book Condition: New. 252 x 202 mm. Language: English . Brand New Book ***** Print on Demand *****.For many people, losing weight is much more than just cutting calories and increasing exercise. The age old theory of weight loss being no more than calories in versus calories out has been disproved by the masses. Weight loss resistance is becoming more and more prevalent because the underlying reasons for sluggish metabolisms are continually overlooked. Living a completely balanced and healthy lifestyle without weight fluctuations is possible when you discover and conquer which roadblocks are the underlying root causes of weight loss resistance. The roadblocks to weight loss resistance uncovered in The Ultimate Metabolic Plan include the following: Liver Toxicity and Weight Gain Stress and the Adrenals The Thyroid Connection and Weight Gain Estrogen Dominance Food Allergies The Hidden Yeast Issue- Candida The Sleep Connection The Detrimental Effects of Sugar Insulin Resistance Medications that Cause Weight Gain Top Lab Tests which Uncover Hidden Road Blocks to Weight Loss The Ultimate Metabolic Plan includes a 6 week guided nutritional plan containing a complete detoxification program. Menu plans, recommendations for metabolic supplements as well as over 100 metabolic...



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