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The Fast Metabolism Diet by Haylie Pomroy (ebook)

Haylie Pomroy has helped countless clients lose up to 20 pounds in just 4 weeks – all through the fat-burning power of food. Hailed as “ the metabolism whisperer, ” Haylie reminds us that food is not the enemy, it ' s the rehab needed to rev-up your sluggish, broken-down metabolism and turn your body into a fat-burning furnace.

Dips & Dressings E-Book – Haylie Pomroy

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Haylie Pomroy's books have sold over a million copies and have been translated into 21 different languages. She has 35 books published in foreign print available in countries around the world.

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"The Fast Metabolism Diet is a strategic 28-day plan to nurture the body back to health. It uses targeted nutrients at strategic times to evoke a metabolic change in a body that's stuck or has become sluggish at burning fat.

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Complete with 4 weeks of meal plans and over 50 recipes – including vegetarian, organic, and gluten-free options – this is the silver bullet for the chronic dieter who has tried every fad diet and failed, the first time dieter attempting to kick her metabolism into gear, and anyone who wants to naturally and safely eat her way to a skinner ...

The Fast Metabolism Diet: Eat More Food and Lose More ...

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