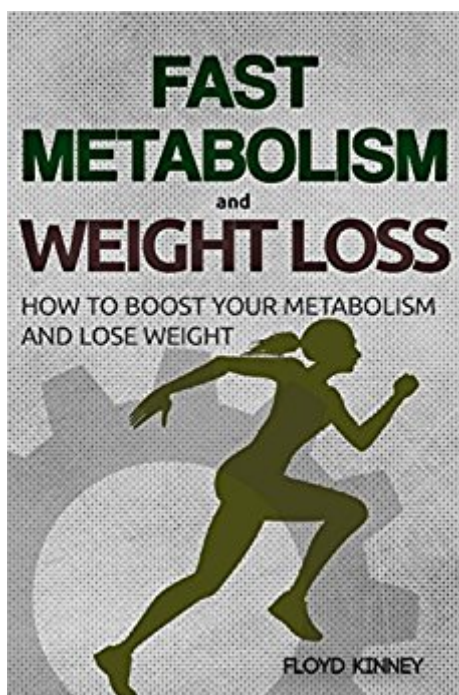


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# Fast Metabolism And Weight Loss: How To Boost Your Metabolism And Lose Weight



## Synopsis

**Boost Your Metabolism and Lose Weight** Metabolism is the set of chemical reactions in the human body that convert the food we eat into energy. This energy is then used to power our bodies as we go about our daily activities. Apart from unhealthy weight gain, having a metabolism that is below par will result in illness. This is because it is not just important for the maintenance of healthy weight, but it affects a lot of functions in the body. Many people when they are looking to lose weight think about adjusting their food intake or how to increase their workout sessions to get to their ideal weight. In the process, they forget about an important factor that contributes greatly to the state of one's weight; their metabolism. Having good metabolism will help greatly in maintaining an ideal weight. You can control how your metabolism works by monitoring what you eat, how you eat and how active you are physically. Understanding how metabolism works and how to boost it is essential for your health and weight loss. You'll learn in this book: - Importance of metabolism- Metabolism and Weight Gain- Metabolism and energy- How to calculate metabolism- What slows your metabolism- Essential Steps for better metabolism and weight loss- How to Boost Your Energy Levels- How to boost metabolism: what and how to eat- Metabolism and exercises

## Book Information

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## Customer Reviews

Floyd Kinney packs a lot of information into *Fast Metabolism and Weight Loss*. I don't know anything about the author and his background but he is clearly knowledgeable in matters related to health and fitness. Mr. Kinney painstakingly walks the reader through the intricacies of metabolism and its impact on one's weight, overall health and general outlook on life. He connects the dots for readers concerning the effects of nutrition, exercise, hormones, stress, age and lack of sleep on metabolism and how all of that ties both directly, and indirectly, to one's ability to achieve one's healthy weight goals. While some of Mr. Kinney's assertions I have read before, I have never seen the many pieces he touches upon woven together in such an intricate, yet understandable way. This is not just another boring, clinical, weight loss book – it is a comprehensive guide to understanding one's body and the myriad of factors that impact metabolism, weight, health, and ultimately one's happiness.

I'm a mother of three and I decided to purchase this book because I have developed a small muffin top. I enjoyed this material because it is down to earth and it takes you step by step as it goes into depth. I learned a lot of new information and I'm looking forward to losing the extra weight. I highly recommend this book to anyone who wants to lose weight and maintain a healthy lifestyle. This book is definitely a keeper.

It may be tempting to blame your metabolism for weight gain. But because metabolism is a natural process, your body has many mechanisms that regulate it to meet your individual needs. Only in rare cases do you get excessive weight gain from a medical problem that slows metabolism. Unfortunately, weight gain is complicated. It is likely a combination of genetic makeup, hormonal controls, diet composition, and the impact of environment on your lifestyle, including sleep, physical activity and stress. All of these factors result in an imbalance in the energy equation. You gain weight when you eat more calories than you burn – or burn fewer calories than you eat. While it is true that some people seem to be able to lose weight more quickly and more easily than others, everyone will lose weight when they burn up more calories than they eat. Therefore, to lose weight, you need to create an energy deficit by eating fewer calories or increasing the number of calories you burn through physical activity or both. The Author has discussed all the factors which affect metabolism and weight loss. Impressively written and it will update your information about metabolism. I highly recommend this book if you are looking for something similar.

As the title suggests, this book is all about maintaining a fast metabolism to burn calories. The

author writes about some real eye openers I have not come across anywhere else. The book is loaded with great information about how the body works and how to stay on track to keep losing weight. Well worth the read for anyone who is trying to lose weight and wants to know more about the technicalities of metabolism

The author did a good job on explaining fast metabolism diet and how to execute the plan to lose weight. Well written and organized.

Metabolism is important concept you should understand when you want to lose weight. This is a great book on fast metabolism weight loss. It provides a lot of information and advice on how to boost metabolism and lose weight quickly.

The author did a good job on explaining the concept of metabolism and provided good tips on improving metabolism. I learned a lot from this book.

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