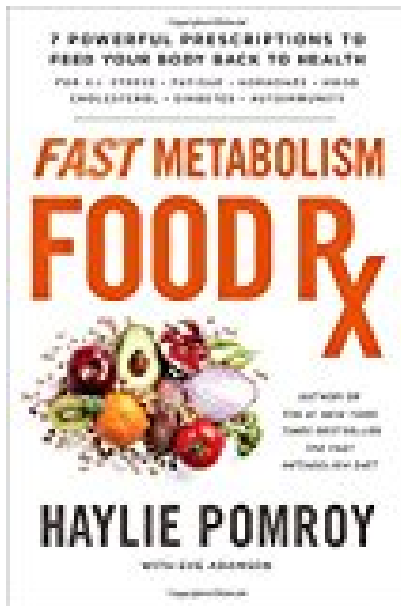


# Fast Metabolism Food Rx 7 Powerful Prescriptions to Feed Your Body Back to Health

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## BOOK DETAILS

- Author : Haylie Pomroy
- Pages : 304 Pages
- Publisher : Harmony
- Language : English
- ISBN : 080414107X

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## **BOOK SYNOPSIS**

"Our bodies are always talking; we just need to learn how to listen to them. Sometimes they whisper to us--our energy is off, our body shape is morphing in ways we don't like. Sometimes they try to give us straight talk, pushing our cholesterol a little higher, or we have IBS or indigestion. At other times they're screaming: we're pre-diabetic or full blown, our moods are a mess, and our immune systems confused and attacking us. Every one of these health signals hides a specific kind of metabolic dysfunction, and for each, food [may be] the answer"--

### **FAST METABOLISM FOOD RX 7 POWERFUL PRESCRIPTIONS TO FEED YOUR BODY BACK TO HEALTH**

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