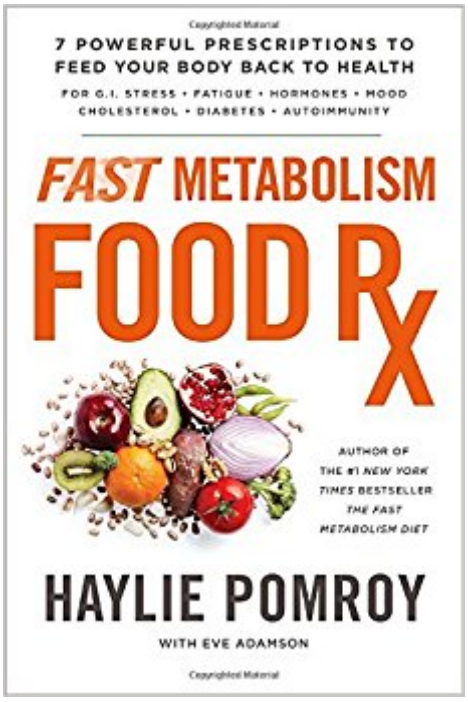
Ebook Directory
the best source of ebook

The book was found

Fast Metabolism Food Rx: 7 Powerful Prescriptions To Feed Your Body Back To Health



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Want to feel great, disease-proof your body, and live at your ideal weight? Then, eat your medicine.Ã Â Haylie Pomroy, celebrated nutritionist, and #1 New York Times bestselling author of The Fast Metabolism Diet, shares a food prescription for the 7 most common ways your metabolism misfires and leads to exhaustion, excess weight, and illness. With her targeted eating plans you can feed your body back to a vibrant, energetic, and thriving state. When multiple health challenges threatened the authorÃ¢â ¬â„¢s life, it set her on an investigative journey that was life-changingÃ¢â ¬â •and lifesaving.Ã Â In this book, she shares her personal story for the first time, as well as the powerful food programs she created based on the methods and philosophies that saved her life and helped her thrive. For decades now, these same food therapies have provided profound clinical results in her clinics where sheÃ¢â ¬â„¢s treated thousands of others.Our bodies are always talking, communicating their needs. We just need to learn how to listen. Sometimes they whisper to usÃ¢â ¬â •our energy is off, we just don't feel right, we have indigestion or IBS, or our body shape is morphing in ways we donÃ¢â ¬â„¢t recognize or like. Sometimes our bodies speak up and change our biochemistry in order to get our attention, by pushing our cholesterol a little higher, making us irritable, reactive, or Ã¢â ¬Ëœfoggy.Ã¢â ¬â„¢ At other times our bodies are screaming for help, we have become pre- or full-blown diabetic and our immune systems are confused and attacking us.Ã Â Every one of these health signals hides a specific problem, and for which food, not drugs, is the answer.Ã Â So, if youÃ¢â ¬â„¢re suffering from GI issues, fatigue, out of whack hormones, mood and cognition difficulties, elevated cholesterol, blood sugar control problems, or an autoimmune problem, Food Rx has the solution for you.

Book Information

Hardcover: 304 pages

Publisher: Harmony; 1 edition (February 23, 2016)

Language: English

ISBN-10: 080414107X

ISBN-13: 978-0804141079

Product Dimensions: 6.4 x 0.9 x 9.6 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 179 customer reviews

Best Sellers Rank: #30,984 in Books (See Top 100 in Books) #104 inÃ Â Books > Health, Fitness

& Dieting > Women’s Health > General #401 inÃ Â Books > Health, Fitness & Dieting > Nutrition #510 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Ã¢â ¬Å“ItÃ¢â ¬â„¢s about the food. Take it seriously or perish. ItÃ¢â ¬â„¢s that simple. Haylie Pomroy gets it.Ã¢â ¬Â•Ã Â Ã¢â ¬â •Suzanne Somers, health advocate, author, entertainerÃ Â "Ã¢â ¬Â¦Haylie Pomroy provides real life solutions for the problems plaguing our nation’s health."Ã¢â ¬â •Mark Hyman, M.D., physician and bestselling authorÃ¢â ¬Å“Fast Metabolism Food Rx gives you real practical programs to nurture the body back to health.Ã¢â ¬Â•Ã Â Ã¢â ¬â •Deepak Chopra, M.D., bestselling author of Super Brain Ã¢â ¬Å“In this innovative and ambitious book, Haylie Pomroy offers powerful nutritional solutions for a wide range of common health issues. I love seeing creative approaches to better health, like the ones offered here. Ã Â This book validates that food is our most potent weapon against disease, and our greatest ally in the quest for vitality.Ã¢â ¬Â• Ã¢â ¬â •Terry Wahls, M.D., bestselling author of The Wahls ProtocolÃ¢â ¬Å“For anyone who has any doubt about the power of food, read Fast Metabolism Food Rx and get ready to be convinced - Haylie Pomroy serves up delicious and effective medicine straight from the kitchenÃ¢â ¬Â•Ã¢â ¬â •Robynne Chutkan, M.D., FASGE, author of The Microbiome SolutionÃ Â and Gutbliss; founder of The Digestive Center for Women"Food Rx by Haylie Pomroy is a complete guidebook that will help you regain your health and reverse chronic disease with your own kitchen pharmacy. Her work represents the outcome of her personal struggle, work with countless others, and her strong grasp of the medical literature. This is a factual program free of fads and fallacies that can heal your body, one bite at a time."Ã¢â ¬â •Alan Christianson, NMD, author of the New York Times bestseller, The Adrenal Reset DietÃ¢â ¬Å“Haylie’s programs give we doctors tools to help patients reach and attain healthy goals in a natural way. Ã Â I love watching my patients be able to taper off and stop their medication. I recommend these programs in my practice.Ã¢â ¬Â•Ã¢â ¬â •Christopher Diatte, M.D.

Haylie Pomroy, nutritionist, #1 New York Times bestselling author, and owner of integrative health care clinics in Beverly Hills, Burbank, Irvine, and Fort Collins, is well known in Hollywood and in the medical community for her ability to use food as metabolic medicine.Ã Â She has appeared on PBS, The Dr. Oz Show, Good Morning America, Katie, Extra, and Access Hollywood, and has been featured in First for Women, HarperÃ¢â ¬â„¢s Bazaar, Marie Claire, People, New Beauty, and more. Her celebrity clients include Jennifer Lopez, LL Cool J, Robert Downey, Jr., and NFL athletes.

Ã Â Visit her at Haylie Pomroy.com.

Another winner! Haylie's Fast Metabolism Diet changed my way of eating for life. Rx shows you how to very specifically address issues through targeted food selection to help inflammation, arthritis, blood sugar and other chronic ailments. You WILL BE AMAZED!

I am a huge Haylie Pomroy fan. Like many of the reviewers, I learned about Haylie before and read the Fast Metabolism Diet first--that was about 9 months ago. I previously had no success losing weight that I had gained--I had tried many different approaches. I knew there was something going on with my metabolism. And I followed the Fast Metabolism diet and lost 35 pounds in 6 months which I have been able to keep off. Hooray! I have been a club member on her site and also part of several challenges online. So I was super excited about Haylie's new book. I love her style of writing and her general approach. Everything she says in the book makes perfect sense. However, the book is very short on recipes. The FMD book and the Burn books both have very detailed eating plans and lots of recipes. It is one thing to spend alot of time cooking which is what you must do on the FMD and this program, but it will be hard to come up with enough recipes that fit the prescription or at least take alot of time to review and decide. I think I counted 3-4 recipes only for the Cholesterol prescription. If you want to follow this diet for even 1 week, what would most people do needing to eat 3 meals plus 3 snacks--that is 42 meals/snacks for one week. There is a food list but very few recipes. Hopefully the lack of recipes will be addressed online or with an updated edition.

Good Advice but difficult reading and difficult to follow. Too much into her celebrity , not for an average person like me to be able to latch on to this program and follow

I went on the Fast Metabolism Diet about 2 years ago. I lost 17 pounds and two dress sizes. My skin glowed, cholesterol dropped significantly and I felt terrific. I am now following one of the Food Rx and it works just as the diet did. I highly recommend this book. I am a big fan of Haylie Pomroy.

Life changing! I have witnessed two of my siblings follow this program. Prior to following Haylie Pomroy's plan as described in this book they were overweight and one had recently suffered from a heartattack. Today, they are heart healthy and they look and feel amazimg! This book is for those who are sick and tired of being sick and tired, get this book and heal many ailments (side effect, loose unwanted pounds) by what you eat, and you get to eat a lot! I know this because I have just

started on this journey recently and even though I have a thyroid condition I am already noticing weight loss and more energy.

I just got my new copy of Haylie Pomroys' new book Fast Metabolism Food Rx and I can already tell this will be my "go to " book for informationand help for my arthritis problems. I've known for awhile that diet is key to getting inflammation under control and this book gives you some clear cut answers and ideas on how to do just that. Of course she addresses other issues as well so I'm recommending this book to anyone who wants to take control of their health issues through better diet.

We all have a "thing" we'd like to improve about our overall health. Regardless of what you're struggling with, this book has a plan that will address the issue. If you aren't a believer that nutrition is the key to healing what ails you, then read this. It not only has specific and manageable meal plans to help address your symptoms, but it also provides direction in how to work in harmony with your doctor to achieve maximum results. Additionally, you'll be inspired by powerful quotes and the author's personal testimony. Haylie Pomroy has done a fantastic job of compiling success strategies for every type of person.

Excellent explanation of how to use food to help resolve health issues doctors only want to treat with drugs.

Download to continue reading...

High Metabolism Diet: How To Transform Your Body Increasing Your Metabolism(Free Checklist Included)[Metabolism Diet, Metabolism Cookbook,Metabolism Book Metabolism Diet Cookbook, Metabolism Miracle] Fast Metabolism Food Rx: 7 Powerful Prescriptions to Feed Your Body Back to Health The Soup Club Cookbook: Feed Your Friends, Feed Your Family, Feed Yourself Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat The Feed Zone Cookbook: Fast and Flavorful Food for Athletes (The Feed Zone Series) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Crystal Prescriptions: The A-Z Guide to Over 1,200 Symptoms and Their Healing Crystals (Crystal Prescriptions) Fast Metabolism and Weight Loss: How to Boost Your Metabolism

and Lose Weight The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie (2013) Paperback Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement,Increasing Self-Esteem,& Gaining Positive Energy,Motivation,Forgiveness,Happiness ... Happiness, Change Your Life Book 1) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life Down by the Feed Mill: The Past and Present of AmericaÃ¢â ¬â„¢s Feed Mills and Grain Elevators The Metabolism Plan: Discover the Foods and Exercises that Work for Your Body to Reduce Inflammation and Drop Pounds Fast Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) The 3-Week Metabolism Diet: A Simple Metabolism Focused Diet Guaranteed to Shed 4-12 Inches and 9-21 Pounds of Stubborn Belly Fat Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book)

Contact Us

DMCA

Privacy

FAQ & Help