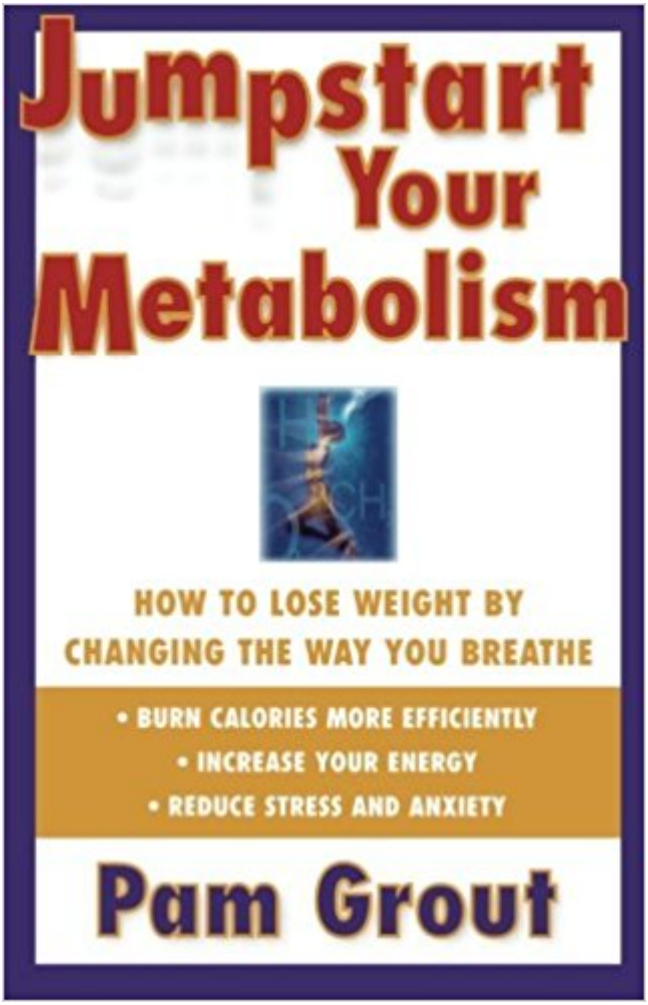
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Jumpstart Your Metabolism: How To Lose Weight By Changing The Way You Breathe



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Synopsis

If you've tried every conceivable combination of diet and exercise and still can't shed those extra pounds, then perhaps you haven't discovered the hidden key to weight loss -- proper breathing. By increasing the amount of oxygen you take in, you can help your body do a more efficient job of releasing hydrogen, the chief culprit in the storage of excess fat. And you'll be amazed at the benefits of learning to breathe the right way: Reset your body's metabolism to burn calories more efficiently Lose weight without complicated food restrictions or rigid exercise schedules Feel more energized and less stressed Breathing coach Pam Grout will show you how with thirteen "energy cocktails," simple but powerful breathing exercises that you can incorporate into your daily routine, whether you're at your desk, in your car, standing in line, watching TV -- nearly anywhere, anytime. Easy to learn and fun to do, the program in Jumpstart Your Metabolism will help you jumpstart the rest of your life!

Book Information

Paperback: 176 pages

Publisher: Touchstone; Original ed. edition (February 4, 1998)

Language: English

ISBN-10: 0684843463

ISBN-13: 978-0684843469

Product Dimensions: 5.5 x 0.5 x 8.4 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 193 customer reviews

Best Sellers Rank: #97,086 in Books (See Top 100 in Books) #49 inÃ Â Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism #703 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #736 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

Can it really be that improper breathing is the root of weight problems? If you are sick of dieting, you'll be thrilled to read that "Diets are the enemy. They make you paranoid, insane, and fat. They are the main obstacle between you and your ideal weight." For Pam Grout, the key to weight loss is breath! In order to increase her energy level, Grout began a routine of daily breathing exercises using self-help audiotapes. Within three weeks, not only was her energy restored tenfold, but she also lost 10 pounds. Written with self-deprecating humor and a clear, up-beat style, Jumpstart Your

Metabolism takes the reader on a journey through many breathing-related issues, all designed to enhance breath awareness and restore healthy breathing. Her text elaborates on the key fact that by breathing deeply and increasing oxygen intake, the body burns hydrogen--the key culprit in storing excess fat--faster and more efficiently. Grout's daily maintenance program includes three core breathing exercises ("Baywatch Bikini Breaths," "Kung Fu Breaths," and "Walk Around the Block with Your Mouth Full of Water"). Also included are a bibliography on books about breath and breathing, a short quiz to ascertain the degree of your breathing problem, a chapter on the mechanics of breathing, and information-stocked sidebars that serve as enthusiastic breathing coaches.

Pam Grout is a breathing coach who experienced the weight-loss benefits of better breathing firsthand and an award-winning freelance journalist who lives in Merriam, Kansas.

Read it despite it being a bit repetitive since the message is so simple. I figured the author needed filler material so she repeated the message over and over. The accompanying stories are worth the read. I think this will be a life changing book for me! I'm going to give deep breathing a shot. Maybe it's the missing link! Here it is in a nutshell: 70% of the waste we produce must expelled through our lungs...that's more than pee and poo put together! I never knew this!If we don't completely fill our lungs with air we cannot get the oxygen we need to maintain a high metabolism...we need oxygen to keep our energy high. When we deep breathe we give our bodies the oxygen needed to make lots energy and expel the toxins it produces in doing so. When we shallow breathe we force our bodies into slow mode. We cannot expel all the toxins produced so our bodies, rather than storing the toxins in our vital organs, put them into fat cells. We accommodate the extra toxins by producing more fat cells as needed!When you deep breathe you body will change over to a high metabolic mode! I'm really hoping this is the case. I've set alarms throughout the day to remind me to DEEP BREATHE! Inhale to a count of 4, hold to a count of 4, exhale to a count of 4. Do ten repetitions at least 3 times a day. The book does provide a quite a few more breathing exercises than what I wrote down here.

I stumbled upon this gem at a book sale and got it for 20 cents. I just bought digital copy for $10 because my paperback has gone missing. That's how great this book is. I would urge anyone - trying to lose weight or not - to purchase this book. The way we breathe affects our entire body and how it functions. If you're tired of being uncomfortable - this is not a waste of money.

I gave this a 5ÃƒÂ¢Ã ËœÃ â because this was a gift for an friend who has asthma. She is taking it slow but feels it’s helping. I also have one I purchased years ago and it not only helped me breathe much better bit I shed 14# without trying to.WONDERFUL HELP!!! Rapid arrival & well packed for shipment.

Not only would the exercises in this book help rev up your metabolism, but they offer so many health benefits as well. This book contains many exercises in using the breath, which balances the emotions, lifts the spirit, helps to bring clarity of thought, and probably has so many healing effects that life could be transformed. I have been utilizing some of the breathing exercises, at a particularly difficult time of my life, which also reminds me to reach into my "tool kit" which has taken me years to assemble, to use positive techniques such as Cognitive Behavioral Therapy, visualization, prayers, nutritious eating, and generally conscious living. Pam Grout includes many great anecdotes in her down-to-earth, practical and friendly style of writing, making compelling arguments in favor of a free, simple and incredibly effective tool of deep breathing, in many variations. I don’t know yet about losing weight, but I do know that I have been feeling stronger for all the difficulties I have been facing.

I’m still reading this book since I just purchased it a few weeks ago and I can assure you that it’s super informative and the author is prettyfunny. I’ve already laughed out loud a few times. I’ve obviously been breathing otherwise I wouldn’t be here writing this review but I now know that I have been breathing incorrectly and I am consciously changing that thanks to this book.

I’ve been doing these recommended breathing exercises every day on my way to and from work and I have noticed a difference in how I feel, my complexion and my sleep has seemed to improve. It’s too soon to report on weight loss but I feel a difference and like I’m on the right track.

Fast, fun and informative read. Pam has a wonderful way of writing and engaging the reader. She has loads of wonderful breathing exercises and facts to back up the importance of breathing correctly. I have been doing the breathing exercises now for about 3 weeks and feel better, more energized and healthier. I appreciate the awareness this book has given me about my own breathing!Losing a few pounds doesn’t hurt either :-)

Would love this as an audio book, so that I can listen to the instructions for the exercises.

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