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28 DAYS

THE FAST METABOLISM DIET

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HAYLIE POMROY

CELEBRITY NUTRITIONIST, WELLNESS CONSULTANT
with EVE ADAMSON

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Unleashing Your Body's
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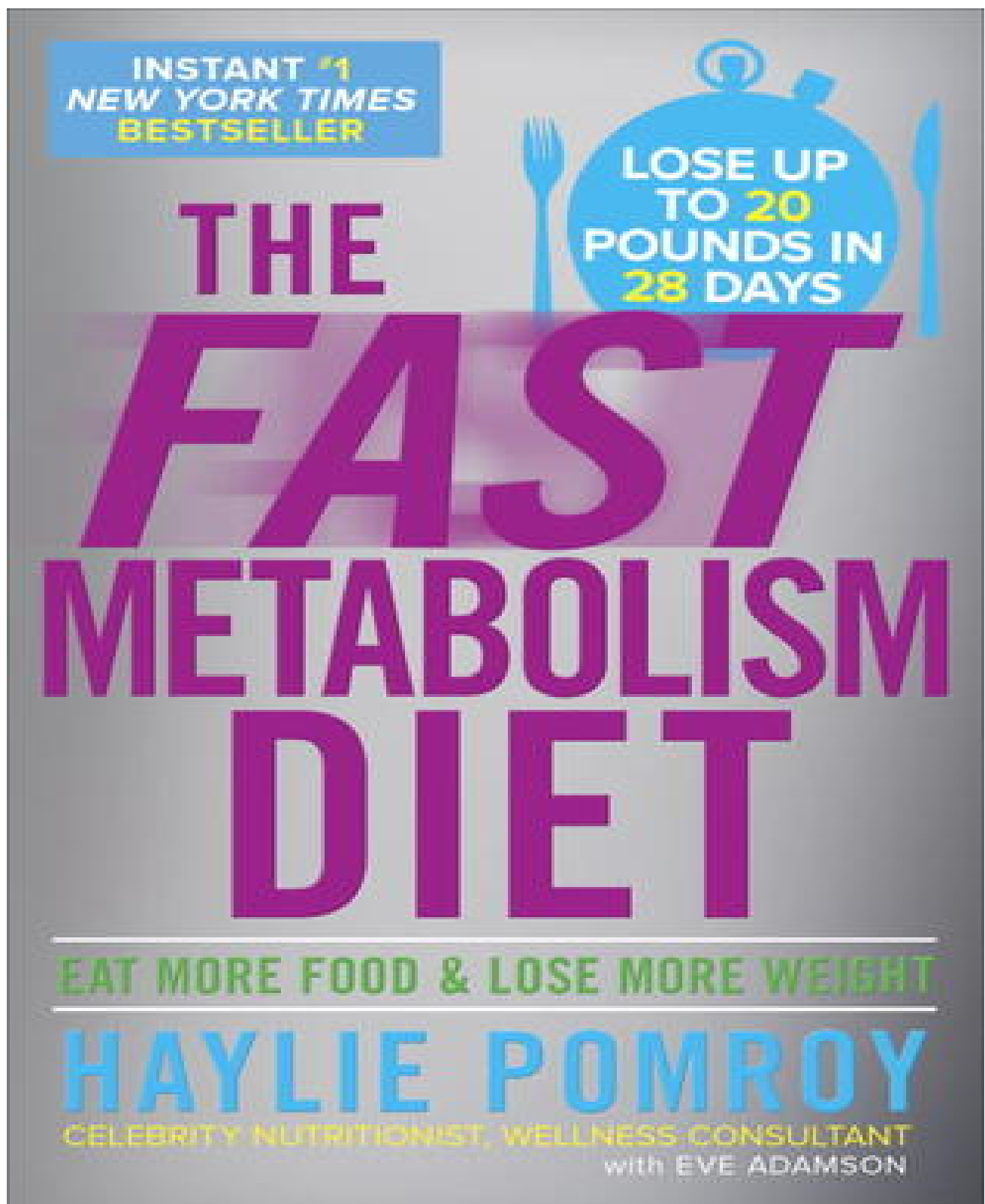
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Synopsis book

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Haylie Pomroy ha ayudado a miles de pacientes a perder hasta 20 libras en cuatro semanas--todo a traves del poder quemagrasa que tiene la comida--. Conocida como "la guru del metabolismo," Haylie nos recuerda que la comida no es el enemigo: la comida es, por el contrario, la rehabilitacion que necesitas para revitalizar tu metabolismo lento y averiado, y convertir asi tu cuerpo en una maquina quemagrasa. Con este plan alimenticio vas a comer bastante. Vas a comer tres comidas completas y al menos dos snacks al dia. Y vas a perder peso. Lo que no vas a hacer es contar calorías ni gramos de grasa. No vas a eliminar grupos enteros de alimentos. No vas a renunciar a los carbohidratos, no te haras vegetariano ni renunciaras a la comida que amas. Por el contrario, iras cambiando de alimentos cada semana de acuerdo con el sencillo y probado plan alimenticio, cuidadosamente disenado para inducir cambios psicologicos concretos que activaran, como nunca, tu metabolismo. En cuatro semanas no

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HAYLIE POMROY

CELEBRITY NUTRITIONIST, WELLNESS CONSULTANT
with EVE ADAMSON

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