



Metabolism Revolution: Lose 14 Pounds in 14 Days and Keep It Off for Life

Haylie Pomroy

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Lose 14 pounds in 14 days—harness the power of food to reset your metabolism for good with this breakthrough program complete with recipes and a detailed, easy-to-use diet plan from the #1 New York Times bestselling author of *The Fast Metabolism Diet*.

The diet industry has been plagued with crazy fad diets that do nothing but slow your metabolism and prime your body for yo-yo weight gain. It's time for a change. If you want to lose weight fast, do it in a healthful way, and have the tools and resources to keep it off for life, this is the book for you.

Bestselling author, leading health and wellness entrepreneur, celebrity nutritionist, and motivational speaker Haylie Pomroy has the answers. Drawing on her fundamental "food as medicine" techniques, she's created the Metabolism Revolution diet, which strategically manipulates macronutrients to speed the body's metabolic rate, a guaranteed way to kick start a stalled metabolism. Following the Metabolism Revolution plan, you will burn fat, build muscle, improve your skin, boost energy levels, and look and feel great—all while losing weight quickly and keeping it off for life.

Backed by the latest science, Haylie's new program, her easiest to follow and most powerful one yet, allows you to determine your body's "metabolic intervention score" and create a customized plan to achieve healthy, rapid weight loss. Complete with meal maps, shopping lists, and more than sixty fabulous recipes, *Metabolism Revolution* is the proven way to quickly and deliciously drop the weight and leave you slimmer, healthier, and more energetic than ever.

Metabolism Revolution: Lose 14 Pounds in 14 Days and Keep It Off for Life Details

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Author : Haylie Pomroy

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From Reader Review Metabolism Revolution: Lose 14 Pounds in 14 Days and Keep It Off for Life for online ebook

Rose says

I'm excited to get started! We'll see what the next two weeks hold.

Update:

I lost 7 pounds over the course of two weeks and I enjoyed all of the recipes that I chose to make. All of the prep is a TON of work though.

Harvey Riley says

Can't wait to get started!

I love the way the Fast Metabolism Diet has worked for me. I am so looking forward to starting this plan!

Kimberly says

So I kind of just skimmed this. I pulled out a few good recipes and some advice, but most of it wasn't for me. Too many meals plans with things I'm allergic to. Might be a solid book for others though.

Donna says

The author seemed very personable and confident in her message (sometimes a little on the forceful side). I realize some people might respond to that delivery, but I always question those tactics because it came across as "trying too hard". Now even with that being said, I liked that she also seemed knowledgeable in this field and presented her plan well. But unfortunately, this felt a little long and it was almost like reading a workbook. Maybe listening to the audio, amplified that. So if the title sounds good to you, read the book and maybe skip the audio.

Kevin A. Nierode says

It works! I lose about a lb a day without an added exercise routine.

Being a health professional, I am in total agreement with her rationale and interpretation of how to work with the body chemistry. This makes the diet work with minimal negative effects on long term usage.

