



Secrets to a Healthy Metabolism

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In this latest June 2012 edition I am honored to have the forward written by Dr. William Davis, Author of the New York Times Best seller "Wheat Belly"! Dr. Davis is a leader in his field and he discusses the relevance of the material covered in this book and its importance to modern nutrition theory. Most of the book is updated with the latest nutritional science. Maria is constantly researching the latest science and this edition updates all the latest information to help you get your metabolism back on track. In this book you will learn the tools to lead a healthy lifestyle that you can sustain for the rest of your life. It is based on the food science of how our bodies react to different ingredients. Using these guidelines you can lose weight or maintain a healthy weight while staying full and satisfied. This book covers the science behind nutrition and how our bodies use different elements of our food to function. The last chapter supplies recipes, pantry items, and healthy substitutes to help you use these scientific properties and make healthy meals that not only feed your body what it really needs, but keep you full longer. Some of the topics covered are: - Nutrient Timing - Typical Diet Downfalls - Tired, Toxic Liver - How to Optimize Your Hormones - Menstrual Cycle Timing - Supplements to enhance Weight Loss - Putting it all together: Alternative Flours, Alternative Sweeteners and Pantry List!

Secrets to a Healthy Metabolism Details

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From Reader Review Secrets to a Healthy Metabolism for online ebook

Lequisha says

I just started reading this book June 1st after my husband joking said I should try the "Grapefruit Diet" when I trying to decide what I wanted to eat for dinner. Needless to say he sent the message, I'm getting fat. I've never had to watch my weight before in my life, but now I have noticed the pounds creeping up my thighs and hips. I hope this book helps.

Molli says

Packed full of useful information! Highly recommend!

Justin says

Not much new here.

There are a few things that seem wrong. For example, the author recommends capsaicin without caveat and then later mentions that it increases cortisol and should be avoided. The book also recommends 5HTP which can cause serotonin syndrome without mentioning how to avoid this (such as simultaneously taking either Carbidopa or EGCG).

That being said, this is an above average paleo book that is organized quite well. This is a good intro to paleo ideas (although there are better ones out there)

Christine says

Interesting book with a interesting perspective. I've been trying some of her recipes. I tried her protocol for detoxing my liver and it seemed to help, my blood pressure went down. I think she is right on when it comes to eating fats, meat and vegetables but I'm wondering about some of the processed food she suggests. For example, Truvia. Yes it is made from Stevia which is good for you but Truvia is highly processed and some say NOT good for you. Also, she recommends Jay Rob's whey protein and it has a form of Aspartame in it, NOT GOOD!! Maria also does not seem to have any credentials that I could find so I continue to research and use the things in her books that I think are right on.

Karlie says

read in Nov 2013. 're read in July 2014

Sharyn says

This book contains so many grammatical errors, run-on or poorly worded sentences, and punctuation errors that I had trouble concentrating on the content. Further, the poor writing made me seriously question the accuracy of the information. I couldn't finish the book and couldn't trust the author based on all the writing errors.

Roland says

Good. Learned a lot about supplements.

Heather Harris says

Lots of good information.

Dominique says

I thought this book was very informative and helpful in getting me back on track with my LCHF lifestyle. However I found several editing mistakes throughout the book. This was a third revision so I'm surprised to find as many typos as I did.

Shelly says

Basically another low carb/low sugar diet book, but goes a step further in recommending replacing at least some wheat (flour, pasta, cereal, bread ect) with alternatives such as almond or coconut flour. I found some interesting information in here, especially regarding supplements but the amount of typos and clunky sentences makes it a little harder to accept the author as an authority on the subject.

Lisa says

I found this book incredibly comprehensive in it's explanation of how our bodies use food sources, hormones, enzymes, vitamins and minerals. It was very helpful in understanding nutritional supplements as well as using food to optimize our bodies for health. Brief discussions on splenda and equal have turned me off to them for good (and working to get my family off them as well).

A must read for anyone who wants to learn some great details about how our bodies work on food sources.

In depth but not overwhelming, a book I know I will refer to again and again.

Elizabeth deWolfe says

this had some interesting information... but was kind of obviously self-published (oh grammar errors!). still, interesting and had some good ideas for eating healthier.

Amy says

bought an ebook copy after checking out at the library, because I think I might like to reference back to a few topics, but didn't think it was worth the \$23 for a print copy from Amazon. I read the fourth revision and it had quite a few typos and editing errors, obviously the work of a small or independent publisher without the benefit of a copy editor. Apart from that, the information was, as I said, mostly useful.

travelgirlut says

This book was painful. It's like semicolons threw up all over the book, and not a single one was actually placed correctly. The bad editing and jumbled flow of the book made it really hard to get any quality information from the actual text.

I expected there to be definitive instructions, like if you have this problem take these supplements, avoid these foods, etc. But the advice was all vague. Supplements are listed and they say what they might be good for, but it's never said if the reader should take all of them or just pick and choose the ones that sound good. (I actually emailed the author this very question and she responded that I could just take the ones that sound good to me. Very professional.) And while most of them have dosage suggestions, some did not.

The section that actually talks about different problems is all over the place. You might be reading about one subject, and all of a sudden you're reading about probiotics, and then it's back to the topic you were on. I had a lot of trouble getting any sense of flow from the book.

I read an ebook version of this, and I know it was missing at least one chart that I could see in the Amazon preview of the book. The formatting of the text was not very good either. Obviously an example of taking a print book and just changing the format and calling it an ebook.

So taken as a whole, I just don't think the few bits of good advice you might garner from digging through this book are worth the trouble of scarring your eyes reading such poorly edited material.

Lisaw says

One of the best books I've read explaining in detail how food actually works in the body, where deficiencies lie, cause & effect. What you will get from this book that I have not been able to find elsewhere is a science-backed easy to understand, clearly organized guide of how to remedy common issues and maintain health

through knowledge of food and/or supplements. Each of this author's books will help you build an understanding of your own body, empowering you by making you knowledgeable about the facts. Cuts right through the hype and overwhelming misinformation we're bombarded with. And so very EFFECTIVE! This is more of a easy to digest, light-weight course than a quick, easy feel good text. You will want to keep it around for reference.
