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# make over your METABOLISM

4 Weeks  
To a Faster  
Metabolism  
And a Fitter,  
Firmer Body

**Robert  
Reames**

# **Make Over Your Metabolism 4 Weeks To A Faster Metabolism And A Fitter Firmer You**

**Robert Reames**



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pregnancy overtraining in younger runners and preventing amenorrhoea in female distance runners is also highlighted

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Jamesonn,2020-10-16 More often than not weight loss measures in women are associated with calorie restriction and different forms of fasting If you are not keen about limiting the number of meals that you can eat daily then you may still lose your excess weight even if you eat 3 full meals and 2 snacks per day by following the metabolism boosting diet Women mostly have more body fat and less muscle mass than men and this mainly affects their metabolic rate and the number of calories that their body burns As one of the more popular forms of diet especially among celebrities is based on the principle of a fast metabolism Rather than counting how much carbs and fats you are going to consume per meal this diet allows its followers to eat foods that would promote a speedy metabolism and avoid foods that can slow down metabolic processes within your body In general there are three phases that females must go through to accelerate their metabolism This guide provides information about achieving this ideal metabolic state by explaining the various systematic yet simple changes that they have to make in their diet and lifestyle They would also find several helpful tips that would enable them to create their metabolism boosting meal plans prepare and cook dishes that would boost their metabolism and sustain a fast metabolism until they have reached their ultimate fitness goals Read through each section to discover how women can lose weight through the metabolism boosting diet **The 4-Week Fast Metabolism Diet Plan** April Murray,Leila Farina,2019-12-10

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