



**The Power of Your Metabolism: The Causes and the Solutions to the Slow Metabolism" That Is Creating Weight Problems and an Obesity Epidemic"THE POWER OF YOUR METABOLISM: THE CAUSES AND THE SOLUTIONS TO THE SLOW METABOLISM" THAT IS CREATING WEIGHT PROBLEMS AND AN OBESITY EPIDEMIC" by Suarez, Frank (Author) on Jul-01-2009 Paperback**

*Frank Suarez*

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The Power of Your Metabolism teaches you to use your metabolism to lose weight and keep it off. It includes natural techniques (tested on more than 10, 000 people) to be used in order to increase or repair a slow metabolism. Includes metabolism-boosting nutrition, supplement recommendations depending on your symptoms, and a body-temperature test. The book provides solutions and help for: a slow metabolism, weight problems, obesity, diabetes, hypothyroidism and other related symptoms.



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