



Jumpstart Your Metabolism: How To Lose Weight By Changing The Way You Breathe

Pam Grout

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If you've tried every conceivable combination of diet and exercise and still can't shed those extra pounds, then perhaps you haven't discovered the hidden key to weight loss -- proper breathing. By increasing the amount of oxygen you take in, you can help your body do a more efficient job of releasing hydrogen, the chief culprit in the storage of excess fat. And you'll be amazed at the benefits of learning to breathe the right way:

1. Reset your body's metabolism to burn calories more efficiently
2. Lose weight without complicated food restrictions or rigid exercise schedules
3. Feel more energized and less stressed

Breathing coach Pam Grout will show you how with thirteen "energy cocktails," simple but powerful breathing exercises that you can incorporate into your daily routine, whether you're at your desk, in your car, standing in line, watching TV -- nearly anywhere, anytime.

Easy to learn and fun to do, the program in *Jumpstart Your Metabolism* will help you jumpstart the rest of your life!



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