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# Secrets To A Healthy Metabolism



## Synopsis

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!

## Book Information

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## Customer Reviews

Maria Emmerich is a wellness expert in nutrition and exercise physiology. She shares a passion for helping others reach their goals of optimal health. Do you need help with your

diet, exercise, hormones, mood, or just need some emotional support along your journey to health? ~ Maria is the nutritionist for you. ~ She struggled with her weight throughout childhood and decided enough was enough. ~ She went to college to learn about health and wellness so she could help others stop wasting their time being discouraged with their outward appearance. ~ ~ Maria understands the connection between food and how it makes us all feel on the inside and out. ~ Here the one-on-one attention to clients is unbeatable. ~

Since reading *Wheat Belly*, I have drastically changed my way of life. I have cut wheat, sugar and gone low carb with high fat and protein. No one has assisted me more in that transition than Maria's "Secrets to a Healthy Metabolism" and her cookbooks. No longer restricted to just eating meat and scrambled eggs, Maria's suggestions allow me to eat beautiful and tasty food. She has recipes for wheat less bread, cakes, pancakes, and so much more. Her recipes rely heavily on almond and coconut flours, healthy oils and fats (olive and coconut), healthy sweeteners and lots of eggs. While some of these ingredients are initially costly, I find that making my family's meals and cutting out fast food has actually saved us money. We no longer buy expensive snack foods either. As for the weight loss portion, I am not extremely overweight, yet I lost 16 pounds and several inches in the first three weeks following Maria's advice. I felt so much better and more energized. I had always subscribed to the illusion that you needed to drastically cut your calories and go fat free to lose weight ~ yet I had always ended up feeling tired, gross and hungry! And I would always gain the weight back. No longer ~ eating lots of healthy fats and proteins, like Maria suggests, makes you feel full, satisfied and it's great for your body. If you're looking for a healthy and EFFECTIVE way to live your life, lose weight and feel good ~ than Maria's book is for you. This is not a quick fix and you're done; Maria's book is about a positive lifestyle change. Don't deprive yourself ~ education yourself and lose that weight.

WOW! This is by far the most informative, helpful and wonderful book I have ever read on health, nutrition, diet, weight loss, etc....and trust me....I've read MOST OF 'EM! Maria actually explains everything very informatively, but also effectively so the average person can understand it. Furthermore, she has easy to read charts at the end of the chapters so visually it's easier to read and understand as well! Not only is this book informative, but it's also interesting! I found myself saying aloud, "Wow?? Really??" quite often. For my own part, thanks to Maria's help, I've altered my

diet slightly and added in some much needed supplements. The result is more energy, weight loss, and not feeling deprived, and curbing my EMOTIONAL EATING (by adding just one important supplement that I can no longer live without!). Knowledge is power...and this book will provide that. Worth every penny!!!

I have been following Maria's writings through her Blog and her Cook Books for over 2 years. She has been instrumental in my life and new lifestyle. I was diagnosed as a diabetic in 1994 and I gained over 100 pounds over the next 18 years. My weight was over 280 pounds, diabetes and high blood pressure, I was lost and confused about food. My eating was completely out of control until Maria became a part of my life. It did not happen overnight, My wife and I made a huge lifestyle change. I have recently been told by my Doctor that I am no longer diabetic. I have gone from 286 pounds to 180 pounds over the next year & a half. I have gone from a size 52 waist to a size 34 waist. Maria's cookbooks have helped my wife and I maintain our weight loss by healthy eating and alternative way of making our favorite meals. Her Blog and her books are full of information about understanding the body and what goes into it as well as how it affects you and causes illness. It is done in a way that I can understand. Maria, her husband and her beautiful children have become a big part of my life. I own all of her books. She is my food guide. My whole family are believers in her works. I highly recommend her to anyone looking for a healthier way to eat and understand what goes in your body and how it affects you.

Maria's books are flawless! Her entire website is chock full of helpful information whether you're keto or not, but having her explain specific things in different books is even more desirable because of the detail she goes into on each topic. Thanks!

May be a little dated but good information. Maria's later books have some differences in opinion on Keto eating.

I like the book. The program is somewhat less structured than what I need (I would've like more example meal plans) but the advice contained was very solid, well researched, and factual. I liked the idea of an IF day, an over feeding day, and a protein day. I will try that for sure. I like the supplement suggestions and exercise advice that can be customized to my needs. I plan to check out at least one if not all of her cookbooks. I have already reduced and nearly eliminated grains and reduced carbs and all sugar for several years prior to reading this but needed some plateau advice

and I think this book will help me push past it at last so maybe I can lose those remaining lbs.

I don't usually take the time to write reviews, but because I love this book so much and I refer to it (and her other book) daily, I feel it deserves my raving review too. Not only is there a wealth of information in this book, about new school thinking concerning diet & nutrition and supplements, but also the way Maria explains it, you just...get it. This book has truly changed my life regarding how I eat, what I eat, and best of all, freed my mind from the notion that "fats are bad". I've started eating full fat, I've cut the carbs and sugars out, and I've added in a few supplements here and there. And quite frankly, I've never felt better or so satisfied with food in my entire life! I also use and study her recipes, which are key to making the transition from a carb/sugar/grain eating lifestyle, to a healthier sugarless and grain-less lifestyle. It's one thing to understand WHY you need to eat a certain way, but cooking that way is a whole other ballgame! Do yourself a favor and get this book. You won't be sorry!

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