



The Fast Metabolism Diet: By Haylie Pomroy | Digest & Review: Eat More Food and Lose More Weight

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***The Fast Metabolism Diet* by Haylie Pomroy | Digest & Review**

The Fast Metabolism Diet is the #1 Bestseller in General Women's Health and the New York Times Bestseller of 2015. Through her book, the celebrity nutritionist, Haylie Pomroy, gives away her secrets; helping thousands of readers accelerate their metabolism and drop weight. Primarily, the Fast Metabolism Diet practices combining whole foods in different combinations to "keep your metabolism guessing," making it work faster and harder. Haylie Pomroy has helped many clients drop up to twenty pounds in four weeks. By using the fast-burning power food (the metabolism whisperer), Haylie shows that food is not the nemesis, but the regimen required to speed up your lethargic, damaged metabolism and revolutionize your body into a fat-burning kiln.

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With this digest companion, you'll enjoy:

- A digest of the *The Fast Metabolism Diet*
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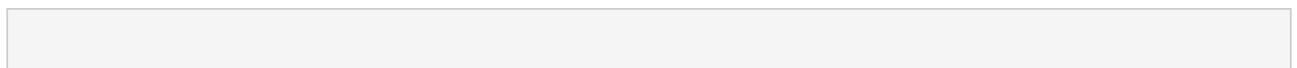
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