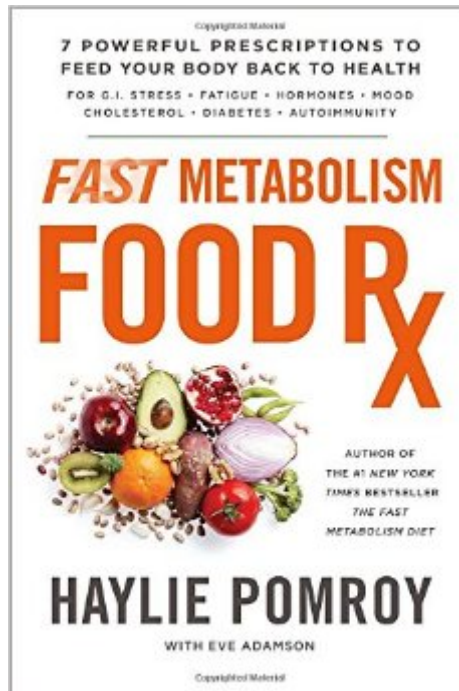


The book was found

Fast Metabolism Food Rx: 7 Powerful Prescriptions To Feed Your Body Back To Health



Synopsis

WANT TO FEEL GREAT, DISEASE-PROOF YOUR BODY, AND LIVE AT YOUR IDEAL WEIGHT? THEN, EAT YOUR MEDICINE Â Haylie Pomroy, celebrated nutritionist, and #1 New York Times bestselling author of *The Fast Metabolism Diet*, shares a food prescription for the 7 most common ways your metabolism misfires and leads to exhaustion, excess weight, and illness. With her targeted eating plans you can feed your body back to a vibrant, energetic, and thriving state. When multiple health challenges threatened the author's life, it set her on an investigative journey that was life-changing and lifesaving. In this book, she shares her personal story for the first time, as well as the powerful food programs she created based on the methods and philosophies that saved her life and helped her thrive. For decades now, these same food therapies have provided profound clinical results in her clinics where she's treated thousands of others. Our bodies are always talking, communicating their needs. We just need to learn how to listen. Sometimes they whisper to us "our energy is off, we just don't feel right, we have indigestion or IBS, or our body shape is morphing in ways we don't recognize or like. Sometimes our bodies speak up and change our biochemistry in order to get our attention, by pushing our cholesterol a little higher, making us irritable, reactive, or "foggy." At other times our bodies are screaming for help, we have become pre- or full-blown diabetic and our immune systems are confused and attacking us. Every one of these health signals hides a specific problem, and for which food, not drugs, is the answer. So, if you're suffering from GI issues, fatigue, out of whack hormones, mood and cognition difficulties, elevated cholesterol, blood sugar control problems, or an autoimmune problem, Food Rx has the solution for you.

Book Information

Hardcover: 304 pages

Publisher: Harmony; 1 edition (February 23, 2016)

Language: English

ISBN-10: 080414107X

ISBN-13: 978-0804141079

Product Dimensions: 6.4 x 0.9 x 9.6 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â See all reviews Â (135 customer reviews)

Best Sellers Rank: #6,137 in Books (See Top 100 in Books) #23 in Books > Health, Fitness & Dieting > Women's Health > General #94 in Books > Health, Fitness & Dieting > Nutrition #144

Customer Reviews

I went through the Fast Metabolism Diet last fall and dropped 26 pounds, hitting my ideal weight. I am not on the program now, but because my metabolism was repaired, I now have maintained my ideal weight and sleep better and feel great... and I am still eating! Now her new book, Fast Metabolism Food Rx, brings a new dimension to metabolic repair, and addresses chronic health issues that face many people today. She provides a simple to follow quiz that helps you identify the ideal food prescription for you and your issues. Listen to your body and take your food medicine. I highly recommend this program and book, as it paves the way to real lifestyle change and health without drugs.- Randy (Linda's Husband)

Today in the US 70% of the population is reliant on at least one prescription drug. Among those eligible for Medicare, 90% are on five or more medications! I'm happy to say I'm not taking any prescription medication and don't intend to be when I'm eligible for Medicare, either. The information in Haylie Pomroy's new book, Fast Metabolism Food Rx, is my weapon to remain healthy. In 2013, I was overfed and undernourished. I craved carbs but the more I ate them, the worse I felt. I read Ms. Pomroy's first book, The Fast Metabolism Diet, and began to follow her style of eating. I have never eaten more food and still lost weight and inches! My cravings disappeared and my energy levels skyrocketed. With her new book, Ms. Pomroy has given us 7 new eating plans that address many common, and some less common, health issues. But instead of recommending medication, her prescription is food. Much tastier than popping pills, less expensive than trips to the drug store, and no side effects! Your "pharmacy" is now as close as your kitchen. Start eating your way to better health with Haylie Pomroy's Fast Metabolism Rx!

When I heard about Haylie Pomroy's new book Fast Metabolism Food RX was coming out I knew I had to get it. You see when I followed her first book, Fast Metabolism Diet, I lost 70 pounds in 5 months. I first heard about Haylie Pomroy on Dr. Oz, in 2013. She has been the miracle that I knew was out there. As someone who has been dieting her whole life, this plan was so easy and amazing. Haylie's newest book Food RX goes over the most common ailments most people suffer today. They are GI stress, fatigue, hormones, mood cholesterol, diabetes, autoimmunity, mood and cognition difficulties. Haylie shows us how our bodies are talking to us, and what to do about through food. Food is medicine. She has a prescription, for each one of these ailments. She gives you

specific food lists to follow, and she has recipes also that are so delicious. I was most touched by Haylie's honest, emotional, description she faced herself early on in her career and how food help her to overcome those challenges.

We all have a "thing" we'd like to improve about our overall health. Regardless of what you're struggling with, this book has a plan that will address the issue. If you aren't a believer that nutrition is the key to healing what ails you, then read this. It not only has specific and manageable meal plans to help address your symptoms, but it also provides direction in how to work in harmony with your doctor to achieve maximum results. Additionally, you'll be inspired by powerful quotes and the author's personal testimony. Haylie Pomroy has done a fantastic job of compiling success strategies for every type of person.

I discovered Haylie Pomroy on Dr. Oz when she launched her NY Best Selling book The Fast Metabolism Diet April, 2013. I followed that book and lost 25 pounds that hadn't budged for over 2 years with other diet plans. I loved her use of normal regular food to heal your metabolism!! This past Black Friday I saw on you could pre-order her new book Fast Metabolism Food Rx so knowing her use of natural foods to heal I pre-ordered. I was lucky to receive an advance copy and after I began to read it I was like no way was I going to cancel my pre-order, this book is too important to not get another copy and give to a family member suffering from several of the health problems listed in the book!!! Haylie has a wonderful way with her reading audience of making you feel like you are her client in her clinic discussing your own health issues. she makes you feel like she is your nutritionist guiding you down the road to a healthier you, not by medicating you but using every day natural foods as your pharmacy.....she helps you to make your kitchen your pharmacy!! If you or any one you know is having issues with GI, Stress, Fatigue, Hormones, Mood Disorders, Cholesterol, Diabetes and Autoimmune please encourage them to get this book!! There is a quizz in the book that tells which plan you need to start with, a food map, a master food list and an additional list of the 20 power foods to eat for your health plan..... everything is natural foods you find in your grocery store!!!! took the quizz and began the GI plan two weeks ago and am loving the recipes and all the wonderful foods I get to eat!! Even though these plans aren't specifically for weight loss I am happy to say I have lost 4 pounds on the GI Plan!! Thank you again Haylie Pomroy for another book on healing your body with food as our medicine!!!

[Download to continue reading...](#)

Fast Metabolism Food Rx: 7 Powerful Prescriptions to Feed Your Body Back to Health Feed Zone

Portables: A Cookbook of On-the-Go Food for Athletes (The Feed Zone Series) The Fast Metabolism Diet: Eat More Food and Lose More Weight Your Best Health Care Now: Get Doctor Discounts, Save With Better Health Insurance, Find Affordable Prescriptions The Food Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To) 8 Steps to Reverse Your PCOS: A Proven Program to Reset Your Hormones, Repair Your Metabolism, and Restore Your Fertility Burn the Fat, Feed the Muscle: Transform Your Body Forever Using the Secrets of the Leanest People in the World Feed Your Horse Like a Horse: Optimize Your Horse's Nutrition for a Lifetime of Vibrant Health Rice Cooker Meals: Fast Home Cooking for Busy People: How to feed a family of four quickly and easily for under \$10 (with leftovers!) and have less ... up so you'll be out of the kitchen quicker! 30-Minute One-Pot Meals: Feed Your Family Incredible Food in Less Time and With Less Cleanup Watch Your Back!: How the Back Pain Industry Is Costing Us More and Giving Us Less_and What You Can Do to Inform and Empower Yourself in Seeking ... Culture and Politics of Health Care Work) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! Meditate Your Weight: A 21-Day Retreat to Optimize Your Metabolism and Feel Great The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Fast Food, Fast Talk: Service Work and the Routinization of Everyday Life The Crystal Healer: Crystal prescriptions that will change your life forever Food Politics: How the Food Industry Influences Nutrition and Health (California Studies in Food and Culture) Food Politics: How the Food Industry Influences Nutrition, and Health, Revised and Expanded Edition (California Studies in Food and Culture) Homemade: Finnish Rye, Feed Sack Fashion, and Other Simple Ingredients from My Life in Food

[Dmca](#)