



A Review of Haylie Pomroy with Eve Adamson's The Fast Metabolism Diet: Eat More Food & Lose More Weight

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The Fast Metabolism Diet: by Haylie Pomroy with Eve Adamson | A Review

The Fast Metabolism Diet by Haylie Pomroy and Eve Adamson is an instructional overview of the diet plan Pomroy developed in her work as a dietician for a range of athletes and celebrities. The diet's objective is to repair dysfunctional metabolic processes to make the body more likely to burn food as fuel rather than storing it as fat...

This companion to The Fast Metabolism Diet includes:

- Overview of the book
- Important People
- Key Takeaways
- Analysis of Key Takeaways
- and much more!

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