



Secrets to a Healthy Metabolism

Maria Emmerich, Dr. William Davis

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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!

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