



The Ultrametabolism Cookbook: 200 Delicious Recipes That Will Turn on Your Fat-Burning DNA

By Mark Hyman

Simon & Schuster. Other book format. Book Condition: new. BRAND NEW, The Ultrametabolism Cookbook: 200 Delicious Recipes That Will Turn on Your Fat-Burning DNA, Mark Hyman, From the Three-Time "New York Times" Bestselling Author of "Ultraprevention, Ultrametabolism, " and "The Ultrasimple Diet." In "UltraMetabolism," Dr. Mark Hyman brought the new science of weight loss to the general public. By learning to work with the body instead of against it, you can ignite your natural fat-burning furnace and reprogram your body to burn fat and keep it off for good. In "UltraMetabolism," Dr. Mark Hyman brought the new science of weight loss to the general public. By learning to work with the body instead of against it, you can ignite your natural fat-burning furnace and reprogram your body to burn fat and keep it off for good. Simply put, eat the right foods and send instructions of weight loss and health; eat the wrong foods and send messages of weight gain and disease. "The UltraMetabolism Cookbook" puts Ultra-Metabolism into overdrive with 200 convenient, easy-to-prepare, and, of course, delicious recipes for the right foods that will bring on a lifetime of good health and healthy weight. The first part of the book...



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