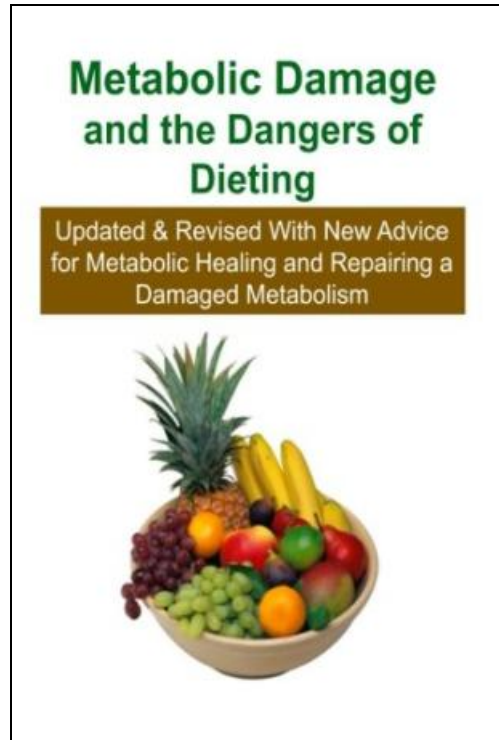


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Createspace, United States, 2015. Paperback. Condition: New. Revised, Updated. Language: English . Brand New Book ***** Print on Demand *****. Metabolic Damage and the Dangers of Dieting: Updated Revised With New Advice for Metabolic Healing and Repairing a Damaged Metabolism Metabolic damage is a common buzz word in the world of fitness these days. It is in fact a reality and not just a myth which you can take lightly. Health and fitness experts rarely address the issue of metabolic damage there is both anecdotal and scientific evidence to suggest that dieting slows down your metabolism. The exact causes of metabolic damage are not totally understood yet, it can so happen that the unintentional energy conservation, hormonal changes and muscle loss which occur while dieting all lead to reducing your metabolic rate. This eBook will reveal everything you need to know about metabolic damage, dangers you might face with dieting and how you can heal yourself from this damage.

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