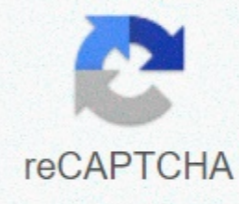




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Let's take a look at what metabolic feeding is all about, and whether it's a solution you should consider. I will then take you through the how and why metabolic factor helps you lose weight. Then I'll talk about the metabolic cookbook, and why it's a great alternative to metabolic factor. Your body is constantly burning calories to keep working. The number of calories you burn and where they come from (carbohydrates, fats or proteins) depends on many factors. Genetics, age, exercise, what you eat, and many other things play a role. A metabolic diet increases your metabolic rate, so you burn more calories even at rest. It also gets your body to burn fat rather than carbohydrates. That's why it can help you lose weight and look better. The truth is that not everyone needs to boost their metabolism. Some lucky people burn naturally through everything they eat, never needing to worry about excess pounds. And if you need to lose weight, exercise can be a great way to do it. There are even dietary supplements that can increase your body's fat burning capacity, whether you exercise or not. A metabolic-stimulating diet is not the only way to lose weight. But, if: You feel constantly tired and have low energy levels You have an injury or a health condition that limits your ability to exercise You have to lose weight quickly You have tried other diets, but the weight keeps coming back You have a lot of weight to lose So a metabolic-stimulating diet can be a great solution for you. Of course, if you have health conditions, it is best to discuss with your doctor first before trying Metabolic Factor (or any other food program). In a nutshell, it is a 22-day metabolic diet program designed by Dr. Johnny Bowden. It is designed to boost your metabolism and teach your body to burn fat instead of storing it. There are many metabolic diet programs out there, and not all of them are worth your time. The metabolic factor, however, is based on sound research. The author, Dr. Johnny Bowen, is a certified nutritionist and qualified psychologist. His decades of experience helping clients lose weight are wrapped in this program. This program is based on the fact that you can naturally boost your body's metabolism by eating the right foods at the right time. It controls your regular carbohydrate intake and encourages you to eat healthy fats. You also get Carbohydrate-rich cheat meals to prevent your body from going into starvation mode and fat storage. IGF-1, Youth hormone The backbone of the metabolic factor is IGF-1. Simply put, IGF-1 is a youth hormone responsible for the growth of several organs in the body. It is also responsible for stimulating the burning of fats in the body. As you age, IGF-1 levels in your body drop. But there's a way to bring back levels using food, and that's what metabolic factor is all about. Metabolic Metabolic teaches you that it's not about taking all your favorite foods out of your diet. It's more about knowing when to eat them. Healthy foods and exercise will not help metabolic factor also claims that many so-called health foods are actually bad for you. They can severely slow down your metabolic rate instead of encouraging your body to burn through those calories. And Dr. Bowden also claims that exercise is not the best way to achieve the weight loss you were looking for. It actually tells you that if you're not already exercising when you start on metabolic factor, then you should wait until after those first 22 days to start. Metabolic factor quiz: This quiz is 100% free, and you can take it here. He will ask you several questions about your eating and exercise habits, and then ask for an email where you want to receive your free report. The Quick Start Guide: This is less of a guide and more of a summary of the entire eBook. It's a high-level look at what to expect from the book, but it has some value. You can already start the diet after reading this guide, even if you haven't gone through the rest of the eBook. The Master Plan of Metabolic Factors: This is 115 pages of information about metabolism and how it can work for you. He explains how to follow the diet, but it is much more than that. It's an in-depth science textbook behind Metabolic Factor. Find out which foods stimulate metabolism, and slow down It's about eating the right foods at the right time You may have to cheat meals full of carbohydrate exercises to avoid because they slow down your metabolism down the metabolic factor quiz, quick start guide, and plan are the basis of the eBook. But Dr. Johnny Bowden is launching a few bonuses to soften the offer: 10-minute meals: they're quick, easy-to-prepare meals designed to work for the whole family. Most of them take 10 minutes or less to throw together and are quite tasty even for kids to enjoy. Metabolic Factor Progress Tracker: This is a small calendar that you can use to track your daily progress. You can measure fat loss from certain parts of your body. Motivational emails: The author uses his training and experience as a psychologist to send you motivational information every day throughout your 22-day program to help you move forward. Weekly coaching calls: These are not actual one-on-one phone calls with Dr. Bowden. Instead, you have access to four pre-recorded coaching calls from one a week. Just like all diets, Metabolic Factor has some good points about it. Some of what I like most about it: Even if you don't lose weight, this diet includes lots of healthy foods that will do wonders for your skin, hair, and overall health. You can get a printed version of the program if you don't like digital things It has a lot of useful information about metabolism, so you can learn what foods are Healthier and why If you are one of those people who likes motivational things, you will get lots of emails from the author to help you in your weight loss journey The recipes in the book use common ingredients and easy to find Without counting calories. If you're something like me, having to count all those calories quickly puts me off trying to diet. Metabolic Factor doesn't ask you to do so and simply lets you focus on eating the right foods. Not a fad diet: Metabolic factor is not keto, paleo, or anything else happens to be right now. Yes, it will reduce your overall carbohydrate intake, but it sticks to a healthy way of eating. A 60-day refund guarantee allows you to try the program for yourself before deciding if it's really worth your time. But there are a few not-so-great things about metabolic factor too, and that's why I opted for another metabolic boost diet instead. Most recipes are meat-based. If you're vegetarian, or don't want to eat a lot of meat, this book doesn't give you many opportunities. The assertion that you don't need exercise is strange. Yes, it is scientifically proven that nutrition is the largest part of fat or lean that we are. But no matter how perfect your diet, you'll never get those beautifully toned muscles if you don't exercise. The 10-minute recipes are not really 10 minutes. Many of the recipes in this bonus guide take a good amount of more than 10 minutes to prepare. On the bright side, there is a certain variety here. It is not as easy as he claims to be. The author states that this program requires no will. Error. Metabolic factor may be less restrictive than some other diets, but it is still a diet. This means a lifestyle change, and you won't be able to eat some of your favorite foods. Pretty expensive. Metabolic Factor gives the impression that it gives you so much information, and in some ways it does. But its real value is in the lessons about metabolism it gives, as its recipe selection is not the biggest or the best around. And people like me who don't care much about all the cheering speeches prefer to leave out the motivational bonuses in favor of a lower price tag. If you're like me and you're looking at Metabolic Factor, but you're wondering if there's a better, cheaper alternative, there are. There is an excellent metabolic diet program that directly to the hunt and makes you eat tasty and eat right to burn fat. Try Metabolic Cooking by Karine Losier and Dave Ruel If you don't have much time to read through this detailed review, you can go straight to the metabolic kitchen and dive in. Let me share my story and tell you how metabolic cooking is what finally worked for me. I'm not really one of those people who had a lot of weight to lose. I exercise regularly, and I was reasonably fit. But I had these stubborn pockets of fat, especially especially my hips and waist, which just wouldn't go. Now I've tried all kinds of exercise programs, from training for a 10km marathon to 60-day military training camps. I even tried fat burning supplements. Yes, there was an improvement in overall fitness, but that excess fat just wouldn't go away. And I'm not really a scrap eater either. In fact, I drank a lot of water and ate very healthily. Or at least I thought I was eating pretty healthy. What was I doing wrong? One day, it hit me. If all this exercise had not done the trick, it might have been my diet. Maybe I was just eating the wrong things or the good things in the wrong quantities. When I finally discovered the metabolic diet, I was intrigued and started doing research on the subject. Someone at work mentioned that they had read about Metabolic Factor, so I checked it out. But some things put me off. Metabolic Factor Cons A lot of material to read: yes, I understand, knowing how great the science behind the diet works is great. But I'm happy with the basics explained on the Metabolic Factor website. I'm busy, and I don't want to spend hours and hours reading anymore. I just want to get on the diet and start. I don't need all these motivations. I'm more of the go-it-alone type, and all I want is good concrete facts. I don't really want these emails and calls, especially since I pay more because they are part of the program. The selection of recipes is not that great. I'm not vegetarian, but meat is still not a big part of my diet. Most Metabolic Factor recipes have meat in them. This leaves a fairly small choice if meat is not your thing. Metabolic Factor is quite expensive. Of course, it gives a good reading about what metabolism is and how it works. But if these are the recipes you're looking for, you won't get the best value for money with this book. Then I met a friend I hadn't seen in a few weeks, and she looked much skinnier than I remembered her. She radiated positively good health, despite sitting and eating a hamburger and fries with me. How? I asked. His answer was metabolic cooking. She had been on the program for only three weeks, and she looked like a superstar. And she certainly didn't feel stressed or hungry. Now you're probably pretty busy as it is and don't have time to spend in the kitchen learning gourmet cooking techniques. And I guess you don't want to bother with crazy ingredient lists either. You just want healthy, hot and tasty meals that you can easily prepare for your whole family. If you are looking for a non-nonsense cookbook that will give you ready-to-eat, hassle-free meals that don't cost an arm and a leg, Metabolic Cooking is for you. Easy and tasty recipes supported by science The book's lead author, Karine Losier, is more than just a chef. She also has a passion for fitness and holds a master's degree in She challenged herself to create tasty recipes that actually work to boost your metabolism, but are realistic and easy to prepare. And all of its recipes follow a simple but effective 3-step fat burning protocol. You don't have to read pages and pages of information to understand what's going on. Nutri metabolic profile. Food combinations and the time of day you eat them is what affects the speed or slowing down of your metabolism is. The metabolic cookbook has an easy-to-understand profile system that tells you which recipes are good for fat burning and when. No complicated math or conjecture. Metabolic adaptation phenomenon: Food cycling. If you eat the same foods all the time, your body will adapt, and your metabolism will slow down. Metabolic cookbook recipes automatically vary your recipes to include new ingredients that prevent metabolic slowdown, Thermocharged Fat Burning Ingredients. All the best fat burning foods and food combinations are listed for you here. No need to guess when you pick ingredients for your meals, even if you have your own recipe. There are many reasons to love the metabolic cookbook. Here's what the full packaging gives you: more than 250 fat-burning recipes, fast and easy to prepare built-in nutritional system List of the best foods to burn fat 10 cooking rules and nutrition for permanent weight loss How to beat metabolic adaptation How to create your own fat burning recipes How to manage your food budget and meal preparation Great cooking resources like shopping lists and food logs Bonuses Fat Loss Guide How to Make Metabolic Salads and Dressings How to Make Fat Burning Seasoning Metabolic Fast Leaves: Recipe Finder, Conversion Table, Shopping Lists and Much More And best of all, Metabolic Cookbook is affordable. But hey, if you still have reservations, no worries. It comes with a 60-day refund guarantee. What's he not going to like? Conclusion If you want to try the metabolic diet, then I would say go for metabolic cooking. It's a simple and affordable approach to permanent weight loss. You will get results quickly without buying expensive ingredients and spending hours in the kitchen. Metabolic Cookbook has over 250 delicious recipes for all tastes, but best of all, it teaches you how to build your own. You'll learn exactly what foods to combine and time of day to eat them so you can turn your body into a fat burning machine. The recipes in this book are so easy and tasty, and your kids and family will love them too. Too much. Too much.