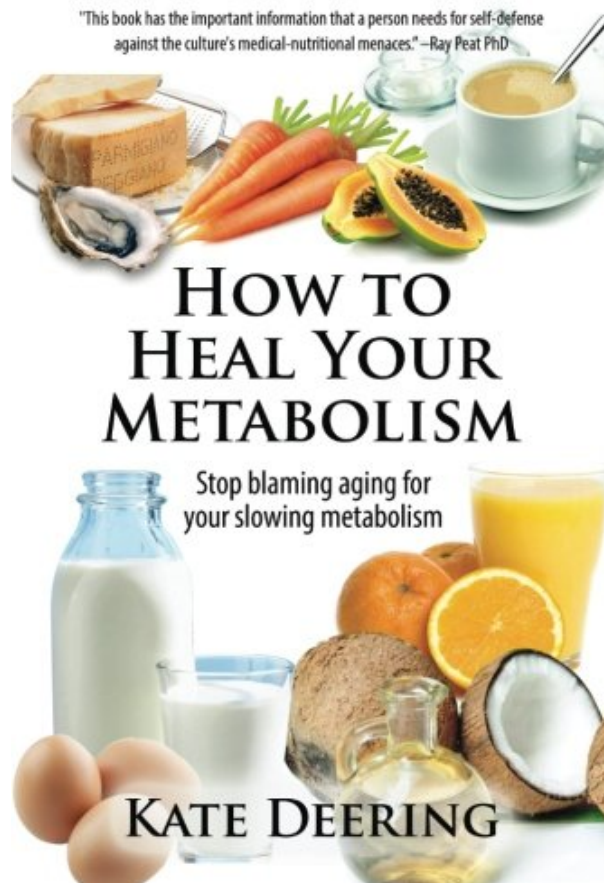


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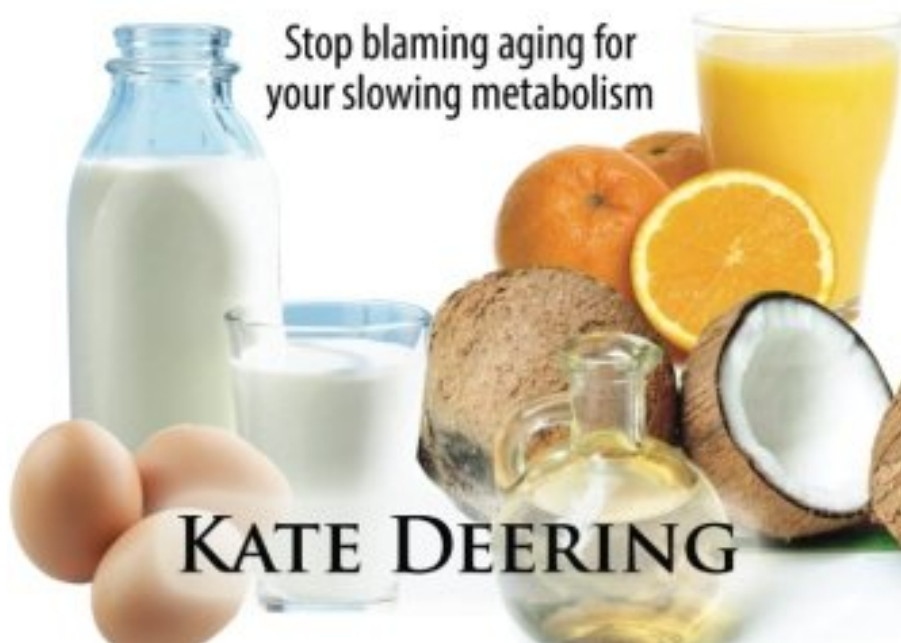


"This book has the important information that a person needs for self-defense against the culture's medical-nutritional menaces." –Ray Peat PhD



# HOW TO HEAL YOUR METABOLISM

Stop blaming aging for  
your slowing metabolism



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## **PDF**

How to Heal Your Metabolism will help educate you on how eating the right foods, eating the right amount of food, consuming the right food supplements, consuming the right amount of water, sleeping and resting, doing the right amount of exercise, and finding happiness will increase your metabolic rate and help heal your broken metabolism. How to Heal Your Metabolism will question everything you thought you knew about health and nutrition. If you are ready to understand nutrition and health in a completely different light, then you need to read this book.

- Sales Rank: #64535 in Books
- Published on: 2015-04-09
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .88" w x 6.00" l, 1.15 pounds
- Binding: Paperback
- 390 pages

Most helpful customer reviews

30 of 30 people found the following review helpful.

Amazing results after 2.5 months. Really improved the quality of my life.

By Miguel Fonseca

Context:

I bought this book, in July, and I have been implementing / following it's principles to the best of my ability ever since.

I come from a Low-Carb/Paleo background, and I used to do strength training, but all of that changed when I found out I had cancer. After I realized that LowCarb/Paleo doesn't make you immune to cancer (as it is sometimes implied by some authorities) and also that I didn't knew enough about cancer, I started researching about different theories/nutritional approaches that I could implement, either therapeutically or after I got better.

Eventually I came across Dr. Raymond Peat's articles, and although they can sometimes be a little cryptic, his ideas seemed very interesting and resonated with me, although I wasn't quite sure how to implement some of them in a more practical way, because he doesn't lay out a simple plan/approach.

This book came exactly at the right time and provided me with a more practical set of principles, based on Dr. Ray's work (and others).

What I did:

- I increased my calorie intake from a maximum of 2500 Kcal (Low-Carb/Paleo), to more than 3000 Kcal a day (50%-60% Carbs), using whole foods, following the principles laid out in the book.

- I stopped strength training (Wendler 5/3/1) because I needed a break and also to start enjoying exercise again, so I started doing isolation/bodybuilding stuff 2 times a week (1 movement for the biceps/triceps/pecs/abs/lats), and 2 days a week I started doing squats/deadlifts (light stuff), pushups/dips and some type of pull up.
- Every training session lasts only 30 minutes, and I NEVER get to the point where I am breathing heavy, the point is to do more total reps/weight/total volume than last time on each exercise.
- I started reintroducing dairy slowly, as I had really strong reactions to it (and some other foods as well, although not as intense), such as abdominal pain/"loose bowels", that would sometimes last for weeks. I started with cheese and then moved on to milk.
- I started going to bed early EVERY day.

#### Results:

- My body fat went down, to the point I can now see my Abs and a lot of veins throughout my body, which lost its "fluffy" type look.
- My body weight went from 176 lbs to 163 lbs, although some was lost muscle because I stopped strength training.
- My sleep it's not perfect (it hasn't been for a long time and it's still a work in progress), but it improved significantly in quality, since it's much deeper than before and it's usually full of dreams.
- Temperature (under the tongue) has upped from some cadaveric lows to close to normal levels (36.4 to 37.2 degrees throughout the day) and it's still a work in progress I think.
- I can drink milk again (at least up until 800 mL in a row), without any noticeable adverse reactions, and there is no more sensitivity to any of the foods that previously gave problems as well.
- I think that there was also a redistribution of fat throughout my body (less fat in my face, arms and legs), but I'm not 100% sure, as I don't have a lot of fat anymore.
- My head feels clearer, my ability to think has definitely improved.
- I just feel better overall.

P.s.: This journey hasn't been all rosy, in spite of all of the positive changes that I have described. There were some setbacks along the way, but you will have to push forward (within reason) in order to be successful with this approach, particularly if you have high stress hormones throughout the day, in which case you will feel like crap for a while, because those hormones will go down, so that your thyroid can slowly start taking over, and that might take a while, depending on your particular situation.

Dairy tolerance will start going up also, in time. Keep increasing the amounts progressively, and don't be afraid to cut dairy off, for a day or two, if you start having adverse reactions. Let the body "reset" then start again from where you left off or a lower amount.

19 of 20 people found the following review helpful.

Free from dieting!!!

By Raquel

Great information!!! I have been doing what this book suggests and feel so much more content and free with food! I was previously on a no carb and no sugar diet and although at first it is effective with losing weight it ultimately slowed down my metabolism. I now follow what this book suggests and I am at the weight I wanted to be without doing anything extreme or strict. I feel that I healed my thyroid and metabolism and now I eat as much as I feel like. My weight was previously 140 and I am now at 118 lbs. I drink raw milk daily and orange juice daily. I also have gelatin and bone broth several times a week. When I weighed 140 lbs I worked out everyday very hard. Now I hardly work out just because I'm busy with my daughter and I'm maintaining my weight at 118lbs.

11 of 11 people found the following review helpful.

A rare gem

By Brad Abrahams

Too often we see thin, unsubstantial, unreferenced books in the health and wellness realm. Mostly I suspect due to a lack of any deeper understanding of the subjects therein. This book is a rare gem; surprisingly comprehensive, non-dogmatic, yet reads breezily. It's built on the very strong but very unconventional (and relatively dense) research of Dr. Raymond Peat (and others). Their findings are woven together and disseminated by the author in very practical, actionable ways anyone can apply to themselves. I also appreciate the emphasis given on foods over supplements. Thanks to the author for filling the void :)

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