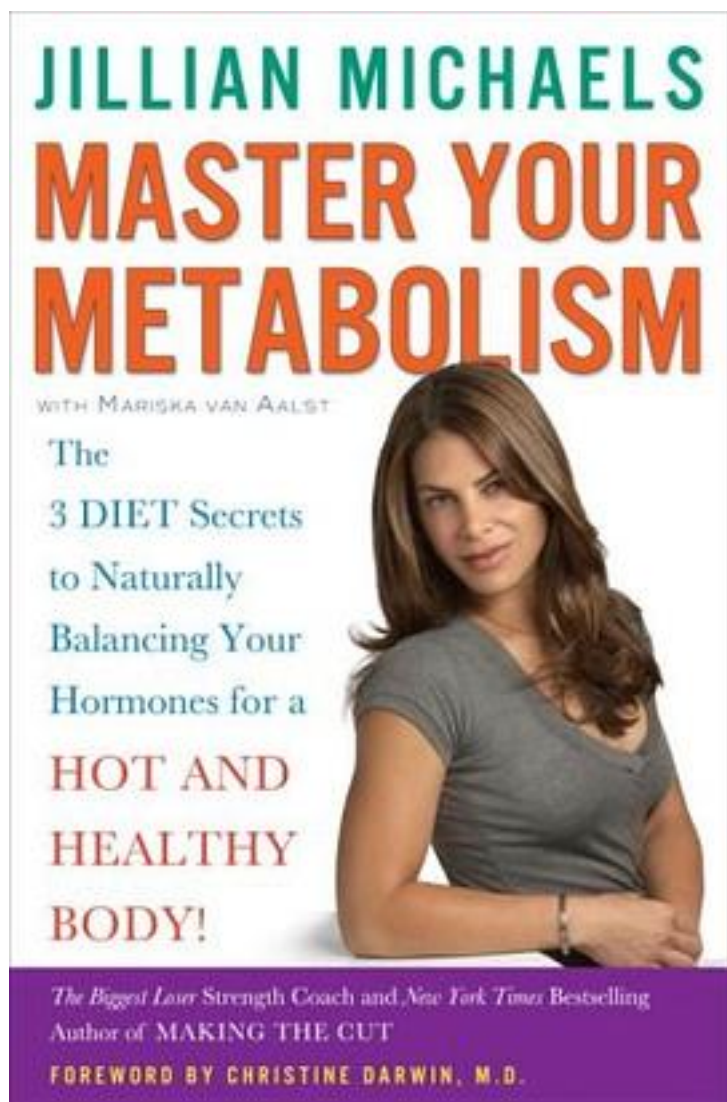


# Master Your Metabolism



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著者:Harrison, Lewis

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<p>Jump-start your weight loss with Master Your Metabolism. Author Lewis Harrison, a professional herbalist, has produced a comprehensive program that combines ancient herbal wisdom with current, cutting-edge medical research on naturally increasing metabolism. Harrison will show you how to navigate the hundreds of products on the herbal market for safe, effective results that can last a lifetime. <br />

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<p>Master Your Metabolism includes: <br />

--Secrets to reducing food cravings <br />

--The Glycemic Index, and what it means for you <br />

--Fabulous recipes, plus how to stock your pantry <br />

--Tips for detoxifying <br />

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<p>Harrison also</p>

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