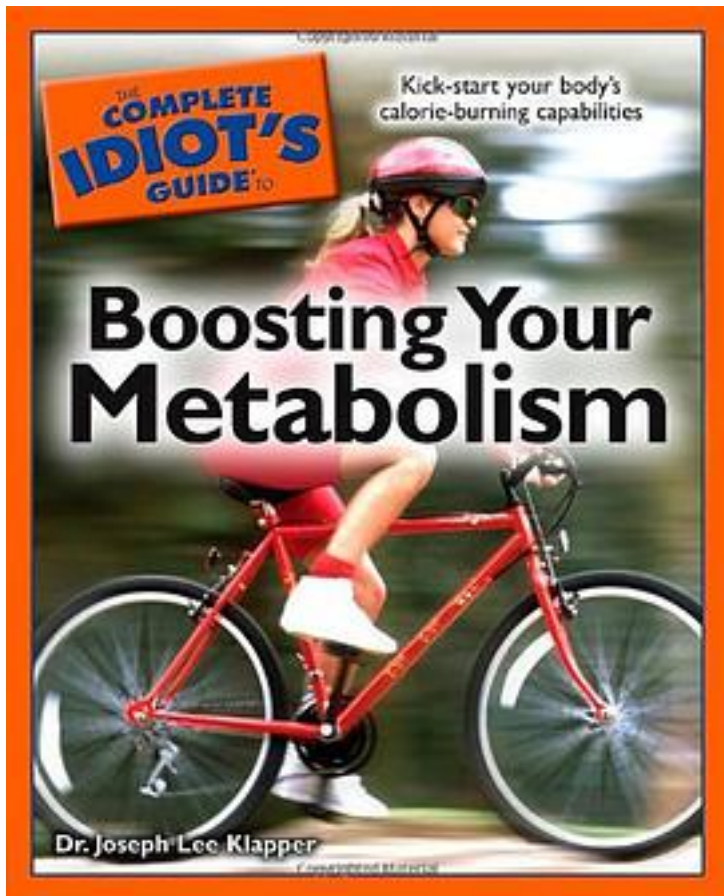


The Complete Idiot's Guide to Boosting Your Metabolism



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Make your body work for its own good.

In The Complete Idiot's Guide® to Boosting Your Metabolism , noted cardiologist Dr.

Joseph Lee Klapper takes readers from what the metabolism is and how it works through the many ways to raise it—including by what we eat and drink, both independently and in combination. Also, Dr. Klapper’s exercise plan helps readers to reduce fat and increase muscle, and his recipes show readers how delicious it can be to be a booster!

- Not a “quick-fix, long-term failure” plan, this book offers a lifestyle change that will lead to sustained improvement
- Explains factors beyond readers’ control—heredity, age, and sex—and helps them boost the metabolism they have
- Medically proven diet information and a sound exercise plan

作者介绍:

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