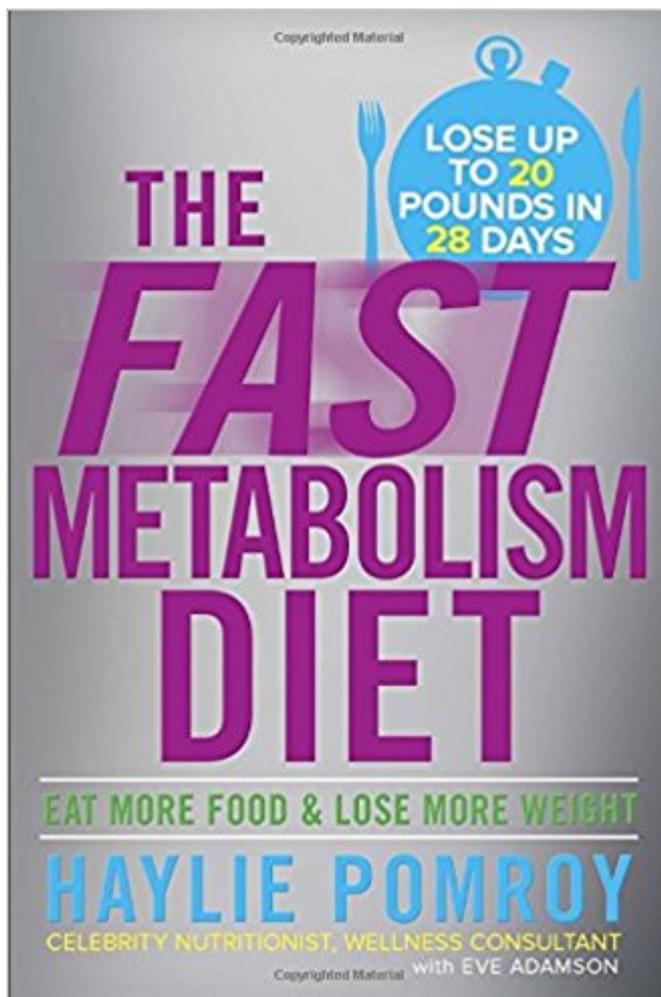


The book was found

# The Fast Metabolism Diet: Eat More Food And Lose More Weight



## Synopsis

Haylie Pomroy has helped countless clients lose up to 20 pounds in just 4 weeks through the fat-burning power of food. Hailed as “the metabolism whisperer,” Haylie reminds us that food is not the enemy, it’s the rehab needed to rev-up your sluggish, broken-down metabolism and turn your body into a fat-burning furnace. On this plan you’re going to eat a lot. You’re going to eat three full meals and at least two snacks a day and you’re still going to lose weight. What you’re not going to do is count a single calorie or fat gram. You’re going not to ban entire food groups. You’re not going to go carb-free or vegan or go cold turkey on the foods you love. Instead, you’re going to rotate what you’re eating throughout each week according to a simple and proven plan carefully designed to induce precise physiological changes that will set your metabolism on fire.

Phase I (Monday-Tuesday): Lots of carbs and fruits  
Phase II (Wednesday-Thursday): Lots of proteins and veggies  
Phase III (Friday-Sunday): All of the above, plus healthy fats and oils

By keeping your metabolism guessing in this specific and deliberate way, you’ll get it working faster. This isn’t just a theory, it’s the results-based product of Haylie Pomroy’s successful programs. It’s worked for celebrities, for athletes, and for people with chronic illnesses who need to lose weight, doctor’s orders. Now it’s going to work for you. In 4 weeks not only will you see the weight fall off, you’ll also see your cholesterol drop, your blood sugar stabilize, your energy increase, your sleep improve, and your stress dramatically reduce. All thanks to the miraculous power of real, delicious, satisfying food!

Complete with 4 weeks of meal plans and over 50 recipes including vegetarian, organic, and gluten-free options this is the silver bullet for the chronic dieter who has tried every fad diet and failed, the first time dieter attempting to kick her metabolism into gear, and anyone who wants to naturally and safely eat her way to a skinner, healthier self.

## Book Information

Hardcover: 272 pages

Publisher: Harmony Books (2012)

Language: English

ISBN-10: 0307986276

ISBN-13: 978-0307986276

Product Dimensions: 6.4 x 1 x 9.5 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 3,574 customer reviews

Best Sellers Rank: #433 in Books (See Top 100 in Books) #2 in [Books > Health, Fitness & Dieting > Women's Health > General](#) #3 in [Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism](#) #14 in [Books > Health, Fitness & Dieting > Nutrition](#)

## Customer Reviews

Q&A with Haylie Pomroy Q. Why is metabolism so important? A. First of all, metabolism isn't a thing—it's a process! It's how your body converts food into either fuel or body substance (muscle, fat, bone, blood). If you have a fast metabolism, your body easily processes nutrients into heat and energy, or into creating a strong body. If you've got a slow metabolism, you're storing it instead of burning it—and more of your food ends up stuck to your thighs and belly as fat. The good news is that you can CHANGE your metabolism by eating the right foods. Q. In the book you talk about the importance of switching up what you eat and how it can help you lose weight. Can you explain? A. To start fixing your broken-down metabolism and lose weight, you've got to re-train it: You have to confuse it to lose it. And by eating the right nutrient-dense whole foods on the right days and at the right times, that's exactly how you'll get your metabolism burning fast and hot, like it should be. It sounds like magic, but it's really just good, solid science. The book is the product of 20 years of clinical experience, of helping people lose weight and keep it off. It's worked for my clients—many of them athletes and celebrities—and it can work for you too. Each phase of the diet—and the specific foods within that phase—sets off precise reactions in your body, coaxing it to unlock and burn fat. It's the constant switcheroo that forces your metabolism to get going again! Phase One focuses on fruit and whole grains Phase Two emphasizes alkalizing veggies and lean proteins Phase Three balances proteins, veggies, fruit, and whole grains, plus healthy fats Q. And I don't have to count calories? A. Nope! Your metabolism doesn't count calories and neither should you, as long as you follow the diet's guidelines for which foods to eat and when to eat them. A "calorie" has nothing to do with your weight or metabolism; it's actually a unit of measure—the amount of energy it takes to raise the temperature of one gram of water one degree Celsius! Q. Is this diet really for everybody? A. The Fast Metabolism lifestyle is the way we SHOULD be eating all the time, not just for the 28-day course of the diet! With The Fast Metabolism Diet, you'll learn healthy eating habits that will improve your physical and mental well-being, no matter how much weight you need to lose. There's plenty of

flexibility for working around food allergies or sensitivities, and any other restrictions imposed by medical conditions. Q. So you're saying real food, not processed is the way to go? A. We eat only real food on the Fast Metabolism Diet. Nothing fake, nothing with an ingredient list as long as your arm. Fat-free and sugar-free diet junk are off the table too. The diet lists healthy portion sizes too. You've got to fuel that metabolism. And you won't go hungry. In fact, many of my clients are surprised how much food they get to eat. So say bye-bye to frozen low-cal dinners and fat-free "diet" foods. That's fake food. It's just a load of chemicals that drag down your metabolism. Luckily, real food is really pretty easy. The Fast Metabolism Diet book includes more than 50 super-simple recipes including family favorites like my Slow-Cooker Chili and Pepperoncini Pork Roast that you can tailor to your preferences and cooking style. Q. So what happens after I've reached my goal? A. Learn how to live the Fast Metabolism lifestyle! Once you create your fast metabolism, you get to use it! Enjoy barbecues, birthday parties, holiday feasts and really enjoy them. With the Fast Metabolism Diet, you'll learn how to keep that metabolic fire roaring so you can handle every diet curve life throws your way. By the time you hit your goal weight, you'll have built exactly the habits you need to live a balanced, food-loving life. You don't have to follow the phases anymore (although you can). Just follow the diet's rules for maintenance and remember the true meaning of "DIET": Did I Eat Today? --This text refers to the Audio CD edition.

"This is not a fad diet. It's a medically proven method of food as medicine to fight obesity, cure chronic illness, and heal a broken metabolism. Haylie's years of experience and wisdom blends the perfectly delicious plan to create revolutionary results." -Dr. Jacqueline Fields M.D. "Without question, Haylie is the biggest celebrity weight loss guru | period. And here's the reason so many stars and athletes flock to her: it works, and it's easy. Unlike all of the "quick-fix" gimmicks and fad diets, the weight STAYS off. I dropped 25 lbs. in the first month, and 10 more after, all with great food, and no counting calories. I call her my witch (the good kind). It's not magic, but it sure feels like it." -David Swift, CEO Swift Entertainment "As I was reading The Fast Metabolism Diet I felt like the kid from Chorus Line who sang 'I can Do That.' So I'm doing the diet and watching the 20 ugly pounds drop |. Buy a case of books and watch your neighborhood shrink to right size." -Albert Clayton Gaulden, founding director, The Sedona Intensive and author of You're Not Who You Think You Are and Signs and Wonders.

I have been on this program for 7 days so far. I know it may seem a bit early to post a review, but wanted to do so now for two reasons; first, I am excited by my results so far - I have already lost 9 pounds - and second, I was dismayed by the inaccurate review (V. Canfield) that deterred me from trying this diet program months ago. First - about me so you know what you are dealing with. This is my first review ever. I am at least 60 pounds over weight. I have lost (and gained back) weight on at least three different programs and know I will lose weight with Weight Watchers if I really work at it and am very patient - but I knew it would take a long time and lots of deprivation to lose all that I need to lose to improve my health. Before I found this book I was pretty discouraged. I am tired of counting calories and had already worked out for myself that "calories" are a largely inaccurate concept when applied to food. I am pre-diabetic and have joint and skin issues. If that seems like too much sharing, I apologize. Personally, I hate reading reviews without enough information to understand the writer's point of view. I read the basic details provided above and knew adhering to this program would involve a huge change in my lifestyle. I have a friend (a tiny, little friend who needed to lose about 20 pounds) who had lost weight on the FMD and she loved it. She loved the app and just followed it - but I needed more convincing. More motivation. When I first read about the diet I was hoping for something easier, looking for a way to eat more of what I love (cheese, sugar and corn) and wanting a magic wand. Then I read V. Canfield's review and it gave me the excuse I was looking for - I told my friend that the diet was a starvation program it would be unhealthy to eat so few 'calories'. She was surprised and told me that she never got hungry and had a hard time eating all of the food on the program. I went on WW Simply Filling program and told myself it would be ok - I would just have to starve and work out for years - sigh. I lost 3 pounds in two weeks and then I gained it all back - plus one more. I went to the FMD website and read more and more about it. Desperate to stave off impending diabetes, I decided I would just buy the book and read it. I read it twice. I got excited about the science and appreciated the psychology of constantly changing things up every few days. It took me 3 weeks of organization and food testing and tasting to get ready to try the diet. I cleaned out at least half of my pantry and my fridge and finally convinced my husband to give it a try (he needs to lose 35 pounds). We eat constantly. Sometimes I don't think I can get all of the food down. I am NEVER hungry - and I really like the food. I hate lettuce and celery and really prefer fried food to grilled; I can't tell you how much I love icing - but I discovered something new - I LOVE real food. Who knew? Blueberries and strawberries taste sweet to me now and I had no idea how much better organic hummus tastes. And calories? Today I am scheduled to eat 1785 "calories". I am down 9 pounds and my husband lost 7. My skin is clearer. Unbelievably we can both see a difference in our bellies - I have lost 15 pounds before and not seen this much

change. This is exciting. I find it very sad that V. Canfield's inaccurate representation of the program (the calorie counts artificially assume that you can only eat from the cook book, chooses some very lean recipes and then ignores that veggies are unlimited) review has turned so many people away from this program. If you are inclined to be swayed by V. Canfield - please read the FMD website first. Note that this diet has a great many credible proponents and has obviously worked for so many people. I kept trying to find detractors and really couldn't - other than V. Canfield who not only seems to be a sort of semi-professional "commenter" but, based on the review, didn't even try the program. Change takes work. This is a program that makes that work more of an eating evolution - not a life time of deprivation. \*\*\*\*UPDATE\*\*\*\* 1/7/2015. I have been on the FMD program for 9 months now (except for the period between Thanksgiving and New Years Day) and have lost 95 pounds! I stuck to the program religiously until September - so 6 months. Then I started eating on the maintenance plan (basically phase 3 with the food from all the phases thrown in) and I continued to lose weight - just more slowly. When I get stuck, I just do a couple of phase 2 days and that usually helps me to lose a couple of pounds. I absolutely love eating this way. I feel fantastic and have left all of my health problems behind. I have energy to spare. I truly understand the concept of using food as medicine now. Beginning Thanksgiving week, I started eating holiday foods - so sugar, corn, wheat etc. The first week or so I was careful to just cheat a bit here and there. At first, I actually lost 8 pounds after T'giving, so I started feeling a bit bullet proof, obviously I had cured my metabolism and could now eat whatever I wanted, I thought. Grin! By Christmas time I was eating enough sugar that I was beginning to retain fluid, feel pain in my joints and have indigestion - all things that disappeared on the program. I gained back 5 of the 8 pounds I lost right after Thanksgiving and it has taken me a week to get rid of the sugar again - it is incredibly addictive! I managed it pretty easily by eating phase 3 again - with extra fruit and fat whenever I felt sugar cravings. I have lost 2 pounds this week and I am beginning to feel better. Over the holiday, while eating the sugar, my face got puffy, especially under my eyes. Loosing this much weight, I was really worried I would have horribly saggy skin (I am 55) - but I was looking pretty good until this past month when my face looked bloated and my eyes puffy from eating holiday foods. Sugar really is evil! I am in this for the long haul - aiming to lose at least 100 pounds - so stay tuned! I almost forgot to mention that my husband quickly and easily lost 30 pounds (of course!) and then decided he could go back to coffee with cream and pizza, etc. He gained back 8 pounds before he decided he really preferred the way he felt on the program - so he is still eating with me most days. \*\*\*1/23/2015 FOOT NOTE: I started this program to lose weight and I thought of my improved health as a natural benefit of weighing less, until I saw this video:

<https://www.youtube.com/watch?v=fWXrRftyOMYNow> I fully understand the truth behind the FMD. Once you watch this you will never look at food in America the same way again!

Starting this diet is a challenge. It took me a week (at least) to get comfortable with it. I ended up printing the lists and using that. The app was helpful in reminding me when to eat but not very flexible. I did the diet to the best of my ability - I did not give up coffee but went to 1 cup. The first weeks I didn't realize that the fruits you could eat on days 1 & 2 (watermelon) could not be eaten on days 5 and 6. I did not drink all the water, but increased from what I usually did. Days 3 & 4 were hard but I could do it since it was only 2 days. I learned to make spelt bread in my bread machine which was a lifesaver. Anyway... in spite of all of my imperfections with the diet I lost 18 lbs. 18 !! I am 50, and have no had that kind of success for many years. I mostly stuck with the plan for 7 more weeks and lost a total of 29 lbs. The weight stayed off for several months until recently when I began eating too much sugar etc again and I gained back 4 lbs, but I am back on the diet and confident I will lose the 4 lbs and then some. I think what helped me with this diet is I was never bored or sick of the food choices. Push through the challenging early days it is so worth it. You can do this! And at least for me, being perfect was not necessary. Do the best you can.

This diet plan will change the way you eat permanently, because you will feel so much better you will want to stay on it. At least that is the way it is for me. I haven't experienced the dramatic weight loss like some people do on Atkins etc., but it is steady and the it is not boring. There is so much variety. Don't be put off by the author's name dropping without dropping names. For some people, thinking that they are doing something celebrities and the rich and powerful are doing lends credibility. I usually run from someone who touts celebrity ties. But, for me, the author's creds came from her background in Ag science, where a complete understanding of metabolism is essential for preparing those who feed millions of people.

This book offered a lot of sane information and it truly made me think about food and how it affects my body. A friend told me about this diet and I just pulled up some information off of the internet about it and my friend sent me the food for the phases and I started it. Then I brought the book. I would suggest people read the book first before starting. There's A LOT of food, fresh vegetables and fruit, etc. I would suggest before starting to look at the recipes, make a food list and budget wisely. I only did this for a week because it was too expensive for me and my food budget. However, even doing this for a week, I noticed a difference with my eating and water usage. This actually got

me back on the road of exercising and eating better, something that I was having a hard time doing. If you work out regularly, it may be a challenge for you for the 28 days since you can only do what it says for you to do for those phases. All in all, and if you can afford it, this is a wonderful diet to be on. It's only 28 days, but it's somewhat a strict 28 days. BUT...there is a lot of food involved and some foods you may not have thought to eat and cook with but I did on this one and glad that now I have added different vegetables to my eating habits. This book is full of information about our bodies and how it reacts to food. You may want to buy a 20oz water bottle or something bigger, you suppose to drink half of your body size in water, yes you will be peeing a lot...hahaha. No sugar or regular flour, you can use almond flour - gluten free products. You can use Stevia or Xylitol. No corn or corn tortillas. Well you get the gist of it once you read the book. Try your local library first to see if they have the book before you buy it. GOOD LUCK.

[Download to continue reading...](#)

High Metabolism Diet: How To Transform Your Body Increasing Your Metabolism (Free Checklist Included) [Metabolism Diet, Metabolism Cookbook, Metabolism Book Metabolism Diet Cookbook, Metabolism Miracle] The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 ) Paperback Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) The Fast Metabolism Diet: Eat More Food and Lose More Weight The Fast Metabolism Diet Cookbook: Eat Even More Food and Lose Even More Weight PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Fast Metabolism and Weight Loss: How to Boost Your Metabolism and Lose Weight Weight

Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)