



# **How to Heal Your Metabolism: Learn How the Right Foods, Sleep, the Right Amount of Exercise, and Happiness Can Increase Your Metabolic Rate and Help Heal Your Broken Metabolism**

*Kate Deering*

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## **How to Heal Your Metabolism: Learn How the Right Foods, Sleep, the Right Amount of Exercise, and Happiness Can Increase Your Metabolic Rate and Help Heal Your Broken Metabolism** Kate Deering

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.

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