



With a
Life-Changing
4-Week Liver
Detox

THE

metabolism reset diet

- repair your liver
- stop storing fat
- and lose weight
naturally

ALAN CHRISTIANSON, NMD

AUTHOR OF THE NEW YORK TIMES BESTSELLER THE ADRENAL RESET DIET

Dr. Alan Christianson

The Metabolism Reset Diet: Repair Your Liver, Stop Storing Fat, and Lose Weight Naturally



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Dr. An overloaded liver can only just store fuel as fats - which slows your fat burning capacity and qualified prospects to unwanted weight gain. The path to becoming naturally thin isn't as impossible as it might seem. In The Rate of metabolism Reset Diet, you'll unlock the main element to rapid, sustained excess weight loss and lower blood sugar with a four-week cleanse that heals your liver and gives your metabolism new life. The concealed truth is usually that your liver is actually the important to a healthy metabolism. Even though you cut out sugars and carbs, you can still have a problem with weight loss and high blood glucose. Alan Christianson, top naturopathic physician and bestselling author of The Adrenal Reset Diet, introduces a four-week cleanse that heals damage to the liver, assisting readers unlock the main element to fast weight loss and lower blood sugar. When it is not functioning correctly, it loses the capability to burn energy. Once your liver regains its ability to manage your metabolism, you'll have fewer food craving, steady energy, better digestion, and a fat burning capacity that works optimally. Filled with comprehensive guidelines, food plans, recipes, and tips on maintenance, The Metabolism Reset Diet can help readers achieve optimal liver function to lose excess weight and get healthy fast. With Dr. This proven diet is carefully constructed to supply your liver with the nutrition it needs without over fueling, providing your body with healthy levels of protein, fibers, micronutrients, and phytonutrients that support liver function. Unlike so many diets that require visitors to stick to a difficult and restrictive plan, following a liver-friendly diet program will ensure that your weight and energy stay steady, even if your daily diet changes. Alan Christianson's clinically proven program, you can reverse harm to your liver in only four weeks.



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