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the METABOLIC STORM

SECOND EDITION

The science of
your metabolism and
why it's making you **FAT**
and possibly **INFERTILE**
P.S. It's not your fault

Emily Cooper, **M.D.**

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Emily Cooper

The Metabolic Storm, Second Edition



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The Leading Authority in the us on Metabolism and Fat Gain Dr. Emily Cooper must be the leading authority in the us, if not the globe on body rate of metabolism and weight gain. Dr. Thank goodness we've Emily Cooper! In her publication, *The Metabolic Storm*, you will learn the way the organs of the body communicate with the brain and then how that communication pathway breaks down leading to increased appetite, a slower fat burning capacity and chronic fat gain. Cooper can be, is that she has never had an individual become a diabetic. Cooper shares her strategies produced by nothing but doggedly pursuing the reality with her individuals over her profession for solving for all those metabolic "glitches" and returning her individuals to a standard weight.? In addition, rather than to become disappointed, Dr. Dr.. It is good for the practitioner and patient alike. Cooper procedures in Seattle, Washington and you will work with her at her clinic, The Cooper Center for Metabolism. Many thanks, Dr. Emily Cooper.. Doctor Cooper is amazing! I've been on all the programs - Fat Watchers, Jenny Craig, Atkins, South Beach. With each I'd have temporary success but ultimately I'd gain it back again and more. What I didn't know was I was emparing my metabolism and creating diet fog. Different medications I'd bought out the years also contributed to the metabolic issue. It's taken some time to unlock the doors in my metabolic loop, but I'm down about 45 pounds and still loosing. It is good for an informative perspective. I am hoping additional doctors will be inspired to look into the research that Doctor Emily Cooper offers uncovered. We need more doctors in the united states to help change the perception that people are not trying hard enough to lose excess weight. I honestly feel that she's ahead of the curve, and I can't wait for others to begin to implement this approach to weight. Amazing, existence changing, and what my body has been telling all of us... I started Fat Watchers at 18, and leveled out at approximately 155 pounds. I am a healthcare practitioner that works with nutritional therapy. Over the next a decade, I gained back dual the amount of weight I initially lost on WW. I am on a journey in the last few years through therapy and yoga exercise to reconnect to my own body. This book may be the missing piece for me - putting the science behind what I've sensed. The author presents details regarding the complicated metabolic system. In case you are one of the MILLIONS who've been at a loss as to why, no matter just how much you workout or count calories, you simply don't lose surplus fat, you will see REAL, evidence -structured answers in this publication. It's not your fault! Mind blowing My doctor recommended that I actually read this book. After I finished it i was furious. Five Stars awesome read! The many amazing metric which proves just how much an authority Dr.?. My doctor has started me in a medicine regimen to greatly help heal my metabolic issues.. Gives you possible check on weight loss - A complex topic easy to understand This book is possible check for people who have been dieting more than once in their life and also have been wondering why the weight always comes back. Dr. Cooper clarifies why dieting isn't the solution. She shows you the information about the different probable causes for this struggle in the metabolic program. Her facts are based on her own research and from other scientists. She is in a position to explain the complex metabolic program in a manner that even non researchers understand it. I really like this publication it pointed me in to the right direction, finally. Finally, somebody who's in it for the science and wellbeing of her individuals. Not for the shock aspect of a new diet. Cooper, who wasn't even trained in endocrinology, used her intellectual curiosity and medical intuitiveness to "crack the code" around why height/weight proportional people abruptly start gaining pounds and then can't reduce it. She's most likely the only physician in North America who's not only experienced the "balls" to dive in to the mega burly research of our metabolic systems, but got the courage to face the tremendous amount of resistance from the millions of voices preaching "Calories in, Calories out" thinking. It is your decision to go and obtain the blood tests with an excellent endocrinologist to know what your particular needs are to handle your issues.... But if, like Neo in the Matrix, and you want

to know the truth, this book is the BLUE PILL. There's no easy method around it, coping with excess weight struggles and metabolic hurdles is certainly scary business if you have ever experienced it. I really like how she shares her knowledge and is humble plenty of to share where we need to see further research and development. It requires a physician / scientist who is brave enough to dive into the near infinite complexity of rate of metabolism to lay it out, but more so, it takes sufferers who are also brave enough to face these problems the hard method: With science, not diets. One more thing: We absolutely MUST change our tradition and language around overweight and weight problems. Contacting people "lazy, stupid, and gluttonous" (actually hinting towards it in analysis) isn't helping to fix the problem. Its rendering it worse. If you read this publication and still possess the opinion that people who struggle with weight are in some way weak in the mind, you simply need to 1) Read the reserve AGAIN, and 2) Examine everybody in your daily life that you care about, because chances are that obesity is touching your own inner circles. This reserve and this doctor changed my entire life! As a person that has struggled with my weight for my entire life, reading this reserve has helped me to comprehend that while my behaviors have contributed to the underlying problems, this is NOT my fault.. Gives good details on why diet plans and exercise often help to make weight problems worse. For most people who want a quick fix, this isn't the publication, or the doctor for you. The majority of the complaints about this publication are that it generally does not have a "plan.. Total waste of money and time Total waste of money and time. You have to be tested by somebody who can create the right solution with you. Informative however, not necessarily helpful. This was an insightful publication recommended if you ask me by one of my sufferers..? No solutions at all. I don't count calories or work out. I'm a patient, still shedding, no dieting, no workout. Cooper is a head in intellectual thought, a guiding light, a treasure, and an inspiration to all those in the world who have been let down by the medical establishment and also have been shamed by society for being overweight. nonetheless it doesn't really provide people things they can actively do per say, so much as getting tests done and medication. Excellent book about metabolism's connection to weight management and other . It's designed to help you understand why you're not having success with diet programs and exercise--because THEY aren't the problem. This book doesn't really let you know how to fix any of the complications that it talks about. Maybe a great starting point. Five Stars Extremely interesting read. How could it be that medical professionals have know for almost a century that dieting simply doesn't work? great for individuals to comprehend how everything works! Five Stars Great reserve and the greatest Doctor around! Gives good details on why diets and exercise often make weight . Great read This was a very good read. After trying to cut back to get down to my WW goal pounds, I was sick - fainting, shaky, no longer in a position to tolerate dairy or eggs.. Dr. It has provided me a far more in depth look at the scientific causes of obesity and is currently driving me to accomplish more research. It kind of feels like it is maybe a push to find a professional that's knowledgeable or do even more investigating, but I sensed kind of allow down by having less instruction as what folks could perhaps do themselves. I'll revise this review at a later date to inform you how I'm doing." IT ISN'T a plan, and it says that at the beginning and several times throughout. Excellent book in metabolism's connection to weight management and other health issues!



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