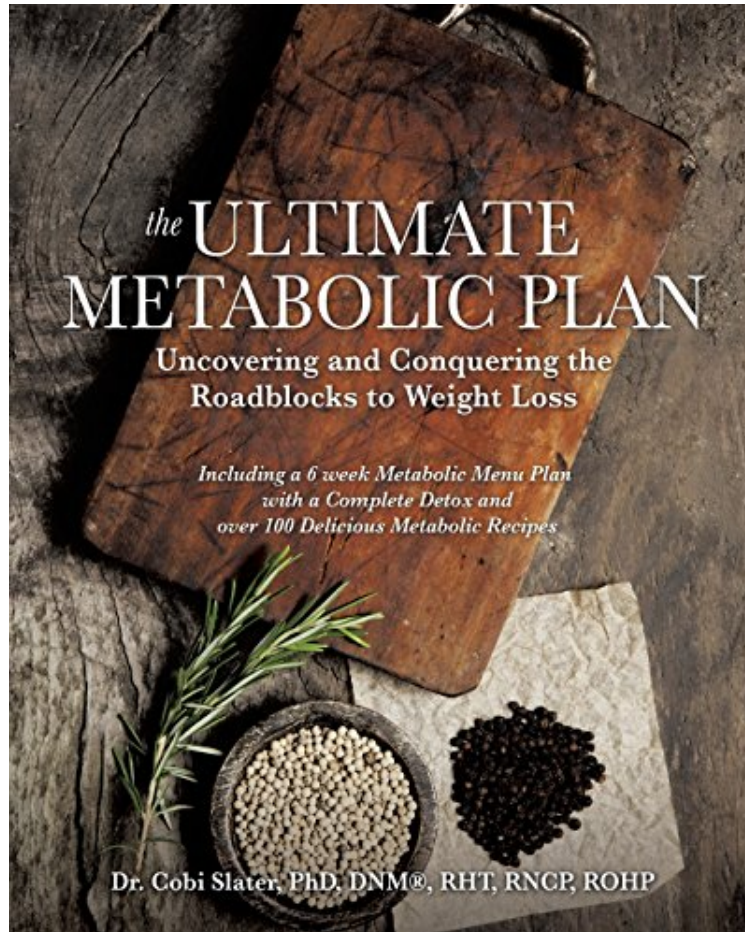


(Read free ebook) The Ultimate Metabolic Plan

The Ultimate Metabolic Plan

Cobi Slater

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#4107960 in Books 2015-02-19Original language:EnglishPDF # 1 10.00 x .61 x 7.991, 1.28 #File Name: 1498423248292 pages | File size: 58.Mb

Cobi Slater : The Ultimate Metabolic Plan before purchasing it in order to gage whether or not it would be worth my time, and all praised The Ultimate Metabolic Plan:

0 of 0 people found the following review helpful. A hit!By KMUnlike some of the other books on the market, this book is clearly written by a real doctor who knows her stuff. I learned so much from this book - it makes me want to put my whole family on this 6 week plan and get back to eating healthy so we can sleep better and have more energy.0 of 1 people found the following review helpful. Thumbs DownBy JZWI was really disappointed to find that, while some of the information is helpful about the causes of slow metabolism, the way she addresses this issue is counterproductive. For example: the meal plans include eating meat every day, and sometimes twice a day. It also includes a lot of dairy. This is not consistent with what I've been reading regarding how to achieve a balanced and healthy body from sources such as Forks Over Knives and the China Study. Also, for the 6-week plan to work it is required that you buy several supplements, while we know we can get all that we need from eating a healthy whole foods, plant-based diet.

For many people, losing weight is much more than just cutting calories and increasing exercise. The age old theory of weight loss being no more than calories in versus calories out has been disproved by the masses. Weight loss resistance is becoming more and more prevalent because the underlying reasons for sluggish metabolisms are continually overlooked. Living a completely balanced and healthy lifestyle without weight fluctuations is possible when you discover and conquer which roadblocks are the underlying root causes of weight loss resistance. The roadblocks to weight loss resistance uncovered in The Ultimate Metabolic Plan include the following: Liver Toxicity and Weight Gain Stress and the Adrenals The Thyroid Connection and Weight Gain Estrogen Dominance Food Allergies The Hidden Yeast Issue- Candida The Sleep Connection The Detrimental Effects of Sugar Insulin Resistance Medications that Cause Weight Gain Top Lab Tests which Uncover Hidden Road Blocks to Weight Loss The Ultimate Metabolic Plan includes a 6 week guided nutritional plan containing a complete detoxification program. Menu plans, recommendations for metabolic supplements as well as over 100 metabolic recipes are also incorporated in this life changing book. Dr Cobi Slater is a Board Certified Doctor of Natural Medicine, Registered Herbal Therapist, Registered Nutritionist and she also holds a PhD in Natural Health Sciences. Dr. Cobi is the founder of Essential Health Natural Wellness Clinic located in Maple Ridge, British Columbia, Canada. Dr Cobi is extremely passionate about helping others heal naturally as well as empowering patients to live a life of optimal health. Dr Cobi is a regular guest on many international radio and TV health shows. She also contributes to numerous publications as a health expert. Dr Cobi has helped thousands of patients regain their health through lifestyle changes resulting in a freedom to enjoy life like never before! Dr Cobi grew up in an environment with her mother ceaselessly searching for various natural remedies to heal herself from a life-threatening illness. As a witness to her mother's dedication to nurture herself back to health through the use of natural medicine therapies which did not have the many side effects of chemical drugs, Dr. Cobi recognized that one's health is not exclusive to the physical body. It became obvious that optimal health and wellbeing stem from an intimate connection between the body, mind and spirit. Dr. Cobi's inspiration to pursue a holistic approach to health and wellbeing led her to establish Essential Health Natural Wellness Clinic. Essential Health is dedicated to providing professional, safe and effective complementary healthcare through the use of research and evidence-based natural medicine therapies. Offering assistance for chronic disease, hormone issues, immune health, allergies, skin problems, digestive complaints, nutrition counseling and lifestyle counseling to name a few, Essential Health educates and empowers individuals to achieve an optimal state of health and wellbeing.