



Understanding Metabolism: The Truth About Counting Calories, Sustainable Weight Loss, and Metabolic Damage

Scott Abel

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This book acts as a kind of "prequel" to *Beyond Metabolism*.

In *Understanding Metabolism* Scott Abel discusses the truth about metabolic damage, the truth about calorie counting and calorie math, and what will and what won't lead to a healthy, robust metabolism and a fast metabolism.

- Learn about:**
- What realistic protein needs are if you're weight training.
 - Why diets fail when they don't take metabolism into account.
 - What causes metabolic damage, and the reality of repairing metabolic damage or healing a broken metabolism.
 - The truth about cardio, and why more cardio can make you fat.
 - How less exercise can lead to a faster metabolism.
 - Why the current "calorie-burning" focus of exercise is flawed and ineffective for optimal metabolic function and weight loss.
 - What kinds of exercises and training is best for an optimized metabolism.
 - Is caffeine okay? What about artificial sweeteners? Should I be aware of gluten? The book also has in-depth discussions of current trends like Paleo Dieting, the DNA Diet, and more.

Learn the proper diet for a fast metabolism and health, longterm metabolic function. Learn what you need to know to lose weight... and KEEP it off! Get *Understanding Metabolism* now!

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