

# **The Metabolism Advantage: An 8-Week Program To Rev Up Your Body's Fat-Burning Machine---At Any Age By John Berardi**

**By John Berardi**

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Adult Summer Reading Program; homework machine. The Metabolism Advantage An 8-week Program to Rev up your Body's Fat-burning Machine--at Any Age By Berardi,

Metabolism is the process your body uses to convert food into energy. If your weight loss has plateaued, it could be a sign that your metabolism is in need of a boost.

The Metabolism Advantage An 8-Week Program to Rev Up Your Body's Fat-Burning Machine---At Any Age Author: John Berardi  
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The following workout from Berardi's new book, The Metabolism Advantage, Alternate between Workout A and Workout B two or three times a week,

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John Berardi's "The Metabolism Advantage" is a home run. I speak from first hand experience of John's teachings through his published articles, website, DVDS and now

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author of The Metabolism Advantage (p7, Rodale, 2006). You can plan up to four cheat meals per week as long you don't binge during these times.

The Metabolism Advantage and that's what The Metabolism Advantage an 8-week plan based on 10 years of research and work with thousands of people around the

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