



Fast Metabolism Food Rx: 7 Powerful Prescriptions to Feed Your Body Back to Health

Haylie Pomroy

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WANT TO FEEL GREAT, DISEASE-PROOF YOUR BODY, AND LIVE AT YOUR IDEAL WEIGHT? THEN, EAT YOUR MEDICINE

Haylie Pomroy, celebrated nutritionist, and #1 *New York Times* bestselling author of *The Fast Metabolism Diet*, shares a food prescription for the 7 most common ways your metabolism misfires and leads to exhaustion, excess weight, and illness. With her targeted eating plans you can feed your body back to a vibrant, energetic, and thriving state.

When multiple health challenges threatened the author's life, it set her on an investigative journey that was life-changing—and lifesaving. In this book, she shares her personal story for the first time, as well as the powerful food programs she created based on the methods and philosophies that saved her life and helped her thrive. For decades now, these same food therapies have provided profound clinical results in her clinics where she's treated thousands of others.

Our bodies are always talking, communicating their needs. We just need to learn how to listen. Sometimes they whisper to us—our energy is off, we just don't feel right, we have indigestion or IBS, or our body shape is morphing in ways we don't recognize or like. Sometimes our bodies speak up and change our biochemistry in order to get our attention, by pushing our cholesterol a little higher, making us irritable, reactive, or 'foggy.' At other times our bodies are screaming for help, we have become pre- or full-blown diabetic and our immune systems are confused and attacking us. Every one of these health signals hides a specific problem, and for which food, not drugs, is the answer.

So, if you're suffering from GI issues, fatigue, out of whack hormones, mood and cognition difficulties, elevated cholesterol, blood sugar control problems, or an autoimmune problem, *Food Rx* has the solution for you.

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