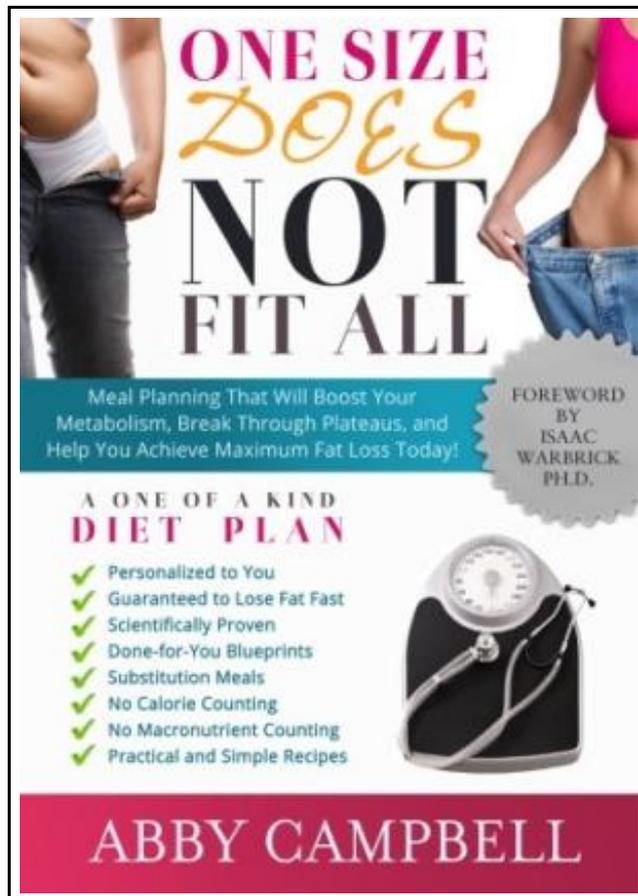# One Size Does Not Fit All Diet Plan: Meal Planning That Will Boost Your Metabolism, Breakthrough Plateaus, and Help You Achieve Maximum Fat Loss Today!

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Body Works Publications, United States, 2013. Paperback. Book Condition: New. 254 x 175 mm. Language: English . Brand New Book ***** Print on Demand *****. 10 THINGS DIETS WON T TELL YOU? And why they cause weight plateaus that you can t break and put you on the yo-yo diet cycle: A calorie is not just a calorie. Your healthy foods are not healthy. Your brain is signaling starvation mode. Your metabolism and thyroid are slowing down. You crave and binge because your body isn t getting the needed nutrients. Food additives are causing food addictions. You won t lose weight if you re consuming excitotoxins and neurotoxins which are present in some food additives. USDA guidelines are for those needing to gain weight. Calorie counting is for the experts. Their diet books are a one-size-fits-all approach. YOU COULD BE ENDANGERING YOUR METABOLISM AND DIETING FOR NOTHING! For example, did you know that: The USDA fails to provide recommendations for individuals with different goals? liminating any of the macronutrients (such as protein, carbohydrates, and fats) is detrimental to your health? If you don t get enough protein, your muscles will catabolize or break down which slows fat loss? If you don t get enough starchy carbohydrates, your thyroid and metabolism will slow or come to a halt? If you don t get enough dietary fats, you will age faster and body fat loss will be slow? Food manufacturers put one of four additives in packaged foods to addict you? Individualization is not prescribed by diet books, whether a person is 150 pounds or 250 pounds? Most diets prescribe such a low calorie diet that it doesn t even provide enough energy for your vitals? STOP WASTING TIME YO-YO DIETING! You can t count on diet books that are a one-size-fits-all...

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