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The UltraMetabolism Cookbook: 200 Delicious Recipes that...

Edition Description. -- The UltraMetabolism Cookbook The first part of the book reacquaints the reader with the UltraMetabolism plan and then offers a wide variety of delicious, easily prepared dishes for both Phase I -- the three-week detoxification of your system -- and Phase II, which rebalances your metabolism in four weeks and offers the way to a healthy metabolism for life!

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A great complement to his _UltraMetabolism_ book, Mark Hyman's recipe book contains 200 ultra-delicious ways to put the UltraMetabolism approach into practice. The first part of the book highlights the essentials of the UltraMetabolism approach (i.e., the "why to"), and the rest of the book contains recipes that integrate this approach (i.e., the "how to") with an incredibly do-able plan.