



Maximized Metabolix: A Diet Based on Hormones and Desserts

Dr. Ben Lerner

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Revised April 2014 NY Times, USA Today and Wall Street Journal Best-Selling Author Dr Ben Lerner with contributions from experts in field of nutrition. The evidence is in: Lose weight, Get healthy, Defy aging. Maximized your metabolism Choose a diet specific to your needs Reduce the factors that speed up aging: inflammation, oxidation, and AGEs Switch from being a sugar burner to being a fat burner Special appendices for athletes, pregnancy, children's nutrition, and choosing the right supplementation program.

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