



It Must Be My Metabolism

Reza Yavari

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A comprehensive plan to help you combat metabolic syndrome, lose weight, and restore overall health

First recognized by the World Health Organization in 1998, metabolic syndrome has become one of the hottest topics in health care. A collection of seemingly unrelated medical disorders, metabolic syndrome includes heart disease, excess abdominal fat, sleep problems, infertility, insulin resistance and full-fledged diabetes. When combined, these disorders pose a serious

health risk that doctors and consumers are increasingly aware of. *It Must Be My Metabolism* shows readers, step-by-step, how to make the changes necessary to lose the "apple" shape that so often comes at midlife, and regain both a youthful figure and better health.

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