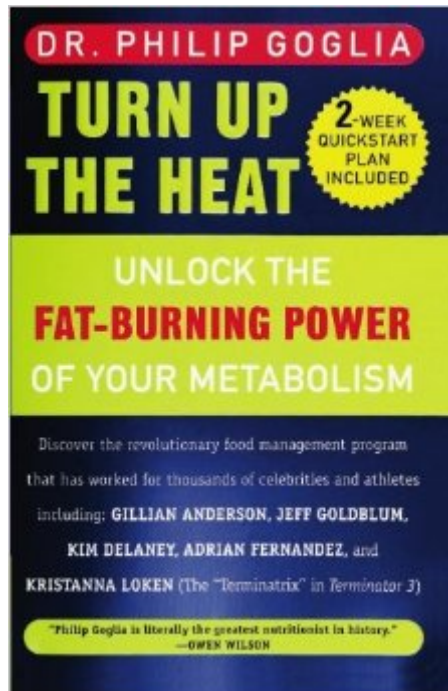


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# Turn Up The Heat: Unlock The Fat-Burning Power Of Your Metabolism



## Synopsis

Turn Up the Heat By Dr. Philip L. Goglia : Unlock the Fat-Burning Power of Your Metabolism. The only nutrition book you will ever need. Throw the rest away!

## Book Information

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Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (51 customer reviews)

Best Sellers Rank: #89,074 in Books (See Top 100 in Books) #50 in Â Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism #828 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #1312 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

I'm not overweight, but I want to improve my body composition. I've done a lot of research on the subject and I have come to the conclusion that the secret to reducing body fat is that there is no secret. The only way to do it in a healthy, safe, sustainable way is through proper diet & exercise. Before reading this book, I had two problems with my existing fitness regimen: (1) with regards to diet, I was eating nonfat foods and keeping within my calorie range, but I was eating too many carbs at the expense of not ingesting enough protein. I am much more focused now on eating nutritionally balanced meals. (2) I \*love\* cardio exercise, and would happily do step aerobics & cardio kickboxing exclusively. After reading Phil Goglia's book, it finally clicked that for my body type, I should be eating adding weight training to my exercise routine. The results have been great. I also like his theories on water consumption. I am drinking a heck of a lot more water than I used. I've cut out juice (I'd rather eat a piece of fruit) and aside from water, the only other liquid I drink regularly is milk (and chocolate milk at that!). At first I was worried that I may be drinking too much water, but my doctor assures me that a person can safely drink up to 3.5 gallons of water a day (~10L) without becoming ill. There have been reports of people becoming overhydrated and developing water toxicity, but those usually apply to people who either drink too much at one sitting (instead of

spreading it out throughout the day) or drink tons of water and don't eat. Note that some people say it's better to drink bottled spring water as opposed to only distilled water... I'm not sure if it's true but it's worth checking out.

Philip Goglia changed my life...he SAVED my life! I have struggled with my weight my entire life; I hit the 180's in middle school, by my freshman year of high school, I'd pushed up to 200lbs. I have tried hundreds [probably thousands] of approaches to weight loss, nothing worked (at least not for long), then I found "Turn Up The Heat" and Philip Goglia! I read the book, and as we all are at the threshold of a new diet i was filled with myriad emotions...hope, disbelief, intrigue...but I was hooked by one thing; Philip takes a scientific approach, a BIOLOGICAL approach to the body--his plan was like nothing I had seen before in the diet world [but have seen copycatted many times since--make no mistake--accept no substitutions...if you want the real-deal on metabolic weight loss, look up Philip Goglia...anyone else is just a second-rate knock off!] I followed Philip's instructions, I had a lipid profile done, I did the calculations, found my metabolic type, and began his 12-week initial program...that saying, "Today is the first day of the rest of your life"...that had never meant anything to me, now it does. "Turn Up the Heat" puts forth a plan that is so simple, so comprehensible, and so easy to follow [eating real food, and more of it than I had ever eaten on a diet, or even off a diet]...if you follow Philip's plan, if you stick to it and don't cheat, you too will change your life; change it FOREVER. At the end of my first 12 weeks i had transformed from a weak, constantly exhausted 5'7" 220lb trying-to-fade-into-the-background shapeless blob; into a 5'8"[my posture is THAT much better!] lean 160lbs. I LOOK 10 years younger [I'm 38], I FEEL 20 years younger! I've kept the weight off [and continued leaning down...

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