

# ***METABOLISM REVOLUTION***

***LOSE 14 POUNDS IN 14 DAYS  
AND KEEP IT OFF FOR LIFE***

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## ***INTRODUCTION***

**A**s I was sitting down to write this, my sixth book on health, nutrition, and weight loss, I took a lot of time to reflect on my last twenty-two years of clinical practice. I thought about who comes to see me and what they have typically endured on their path to get here. Most of them land in my office after they've suffered years of body shaming and food struggles. Most of them have spent a lot of time and financial resources trying to achieve weight loss. Many of them are mad at their bodies. They are frustrated with their bellies. They are angry at their thighs. Yet here they are, sitting across from me—whether in an actual chair or virtually as they open the pages of one of my books—and telling me they will do *anything*. They will give up *anything*, because they are desperate to achieve the weight loss that keeps eluding them. Some come to me with well over 100 pounds to lose, and the very thought of that is overwhelming. Some have lost a lot of weight in the past but have gained it back and can't seem to summon the energy or the will to go through that weight loss process again. They want me to give them a boost—to help them find the necessary courage, to help them find hope that they really can lose it, and lose it for good.

Over the years, I have learned it is important to take a step back and look at the industry my clients have turned to for help, for resources, and for products. When I do that, I see how damaging constant dieting has been to them. It has slowed their metabolisms and dulled their motivation. It has disappointed them over and over again, and it has not kept them healthy. In many cases, it has sapped their health and vitality until they feel like they have almost none left. They have learned that starvation is necessary. They have learned that weight loss takes huge effort. They have learned that dieting comes at a steep price. Many of them believe that they just can't do it anymore. This is why we need a revolution.

I wrote this book in the spirit of revolutionizing the concept of what it means and what it feels like to lose weight. Although you may have learned otherwise, the truth is that weight loss doesn't have to be painful or boring. It doesn't have to take over your whole life. It can be easier than you think. And it can be fast. It can be effective. It can be delicious. And it can be good for your health. You don't have to sacrifice your skin, muscle tone, energy level, or satiety for weight loss. And you don't ever, ever have to starve. In fact, you *must not starve*. You can and should lose weight by eating food. It's the only way to work with your body's natural processes.

As my practice and my writing have evolved, along with my commitment and insatiable thirst to be a lifelong learner, I have watched my clients carefully to find out what they want and need from me. My flagship book, *The Fast Metabolism Diet*, helped millions of people repair their metabolisms and, in the process, lose up to 20 pounds in twenty-eight days. My other books, including *The Fast Metabolism Diet Cookbook*, *The Burn*, and *Fast Metabolism Food Rx*, have helped people tackle very specific weight loss and health barriers. Now, for the first time, because it is my constant quest to give you what you seek from me, I am unveiling my very latest, fastest-acting weight-loss plan yet. *Metabolism Revolution* can help you lose up to 14 pounds in just fourteen days by melting fat and stoking your metabolism to burn at an unprecedented rate. And it's all centered around food.

But super-accelerated weight loss is not all that is new about *Metabolism Revolution*. We are going to do some things I have never done with my community before. We are going to define your ideal body weight. We are going to rank the current state of your metabolic dysfunction (how far off you are from having a fast metabolism right now). We are going to define a body-specific intervention. And in fourteen days, we are going to revolutionize your metabolism so you can burn fat at a fast and furious rate.

If you are new to my work, welcome to my world. I am your nutritionist now, and I will take you under my wing and lead you through the amazing and wonderful world of eating for rapid weight loss and the maintenance of a fast metabolism while boosting your health and vitality so you will feel and look better than you have in perhaps a very long time. In fourteen days, you will lay down muscle, stimulate collagen production, burn fat aggressively, and realize outrageous weight loss without starvation or deprivation—up to a pound a day, day after day after day. You will look slimmer, feel tighter, be firmer and stronger, and have more luminous skin, shinier hair, and stronger nails. We are going to create meal maps together, and you will know exactly what you need to do every day. Everything is easier with clear instruction and constant support, and that is exactly what you will get from me. It won't be complicated. It won't be time-consuming. But it will work.

It's super simple—follow your meal map and choose your foods from the Metabolism Revolution Food List, or use the Metabolism Revolution Recipes customized for each meal map. You won't even have to think about it—fourteen days, and boom: rapid weight loss. You'll blow past historical set points, jump-start a large weight loss, or finally vanquish those last few stubborn pounds. It all depends on your Metabolic Intervention Score, which we will calculate together—once you know it, you will know your exact rapid weight loss strategy.

After that, in Part 2, I will help you decide what to do next. Do you have more weight to lose? You have effective options. Are you at your goal weight? Then you are going to need to know how to keep

off that weight for life. The second half of this book contains a comprehensive 4 Life maintenance plan with a meal map for eating in a natural rhythm, a metabolism-stoking 4 Life Master Foods List, and answers to all your questions about the metabolic disruptors you will face living in our modern world. And when I say “4 life,” I mean forever. I mean for when life happens to you, for when you need food-based therapeutic intervention, for when you go through menopause, for when you have a baby, for when you lose your job. In other words, you need to know how to sustain your weight loss *in real life*. Because as nice as it would be to have a personal chef or even a mom who still packs your lunch every day, or maybe to have every meal and snack delivered to your door, even in those über-supported situations, life happens. It happens to us all.

No matter who you are or what your circumstances, I always want you to know that there is power on your plate to lose weight, and there is power on your plate to keep it off for life. By the end of this book, you will have the tools you need for rapid weight loss success and steady and pleasurable weight maintenance. You’ll be living the Fast Metabolism lifestyle with me, and I hope you will also join my active and inspirational community.

Even if losing weight fast in the past has not worked for you, this new plan promises to help you push past your set point and keep the weight off in ways that work for you, as an individual. There are many different reasons for weight gain, and many different paths to weight loss. In my other books, I target specific concerns, like thorough metabolic repair, weight loss plateaus for specific reasons, and chronic disease processes that can stall weight loss and impede health. Here I get more personal than I ever have before, with calculations that will customize your plan—so you can lose weight and regain health faster than ever. Rapid weight loss that also builds strength and health will not only help you feel better fast, but it will boost your confidence fast as you watch the number on the scale dropping every morning. The health piece happens simultaneously, as your nutrient-based weight loss triggers a cascade of positive metabolic changes that are real, proven, and documented. This

rapid weight loss is both permanent and therapeutic. When you lose weight by stoking the metabolism with food, get ready to enjoy:

- A reduction in stress hormones
- Stabilized insulin and blood sugar levels
- Increased metabolic rate
- More efficient fat burning
- More energy, strength, and endurance
- An improved mood and greater self-confidence

After following this new plan, you will feel like you have flown across the country to see me in my private clinic without ever having to leave home. By combining the two elements my audiences say they love the most—fast weight loss and lots of amazingly delicious recipes—with a never-before-published plan that utilizes tactical protein gram rotations and proprietary food combinations to create significant weight loss without the crash-diet fallout, the *Metabolism Revolution* has everything you need to succeed. In the following pages, you will find:

- Customizable, easy-to-follow meal maps for everybody, exactly like my clients use.
- Nearly 100 delicious, lip-smacking, low-effort recipes, just the way my clients and community love them—all brand new and never before seen, and gorgeously photographed in stunning color. (And stay tuned for even more on our website.)
- Clear, doable food lists with foods you can find in any supermarket. Nothing hard to find or pricey—just real, whole food you recognize, in combinations you may never have thought to enjoy before.
- Options for every special diet. Vegetarian or vegan? Can do. Grain-free? No problem. Contented omnivore? Done and done.
- Foodies and kitchen-phobes will also find everything to meet their needs. I've seen it all, and my clients range from sophis-

ticated amateur chefs to those who would rather do just about anything than spend a day in the kitchen. I've got options for everyone.

- Once your weight is vanquished, you'll get a solid maintenance plan to keep you there, so you never have to worry about weight regain. You'll have all the tools to keep you exactly where you are. Or, if the need arises, to help you lose even more weight, whenever you are ready.
- All your questions answered, from newbie queries like how to eat in restaurants or what to eat on the road, to FMD (Fast Metabolism Diet) veteran questions about how to coordinate my various programs and live the FMD life long-term. You'll find out my latest and greatest metabolism tricks for occasional splurges, power snacking, exactly how and what to eat at parties and other social events, and much, much more.

You are my client now, and we are on this journey together. You have all the benefits of my clinical knowledge. You have all my resources. This book is in your hands, and we are a team. It's a done deal. You are about to revolutionize your metabolism. You are about to start burning fat for fuel at a furious pace. And you are about to start losing weight and feeling better. I can hardly wait to see what your body is going to do for you when we give it everything it needs. Welcome to the Revolution.