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The Stark Naked 21-Day Metabolic Reset: Effortless Weight Loss, Rejuvenating Sleep, Limitless Energy, More Mojo (Paperback)

By Brad Davidson

HarperOne, United States, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. A groundbreaking lifestyle plan to help you attain lasting peak levels of health and fitness by resetting and optimizing your metabolism--resulting in a lean, strong body, more energy, mental sharpness, better sleep, a heightened sex drive, and increased resiliency to stress. Are you totally over feeling tired, sick, and under-sexed? Wondering why you aren't seeing results even though you're eating all the right foods and hitting the gym? Forget everything you think you know. You won't lose weight or improve your health cutting calories and carbs or relying on longer and harder workouts. Those old school approaches are actually detrimental to your health. You've got to reset and optimize your metabolism. In The Stark Naked 21-Day Metabolic Reset, fitness expert and co-founder of Stark fitness Brad Davidson shares his exclusive two-tiered program to help you feel great and perform at consistent peak level--with boundless energy that lasts. Davidson begins by showing you how to repair your metabolism by reducing common stressors and removing food sensitivities and toxins that cause inflammation, weight gain and burn out. He then teaches you how to optimize...



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