



The Protein Boost Diet: Improve Your Hormone Efficiency for a Fast Metabolism and Weight Loss

By Ridha Arem

Simon & Schuster. Paperback / softback. Book Condition: new. BRAND NEW, The Protein Boost Diet: Improve Your Hormone Efficiency for a Fast Metabolism and Weight Loss, Ridha Arem, Are you having a hard time losing weight? The author of the bestselling "The Thyroid Solution" explains how to boost your metabolism, improve overall wellness, and keep off those extra pounds, whether or not you have a thyroid problem. When you have a problem with your weight, even if your thyroid gland is perfectly normal, your metabolism-boosting hormones, including thyroid hormone and leptin, will be inefficient at burning fat. For many, improving hormone efficiency is the key to lasting weight loss--and world-renowned endocrinologist Dr. Ridha Arem can show you how to do this. He has successfully treated thousands of patients for weight problems with his comprehensive plan, including a new version of the Mediterranean Diet that increases protein and fiber and lowers glycemic index for eye-popping weight loss results. Now, in "The Protein Boost Diet," he makes this revolutionary program available to everyone for the first time. An easy way to rev up your metabolism and increase thyroid hormone efficiency for long-term weight loss, Dr. Arem's diet offers fifty simple, delicious recipes....



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