



# **El Poder del Metabolismo (Power of Your Metabolism Spanish Version) (new edition) (Spanish Edition)**

*Frank Suarez*

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## **El Poder del Metabolismo (Power of Your Metabolism Spanish Version) (new edition) (Spanish Edition) Frank Suarez**

Here's a natural answer to the problem of losing excess weight and keeping it off--your metabolism. This book contains solutions and help for a slow metabolism, weight problems, obesity, diabetes, hypothyroidism and other related symptoms. It provides natural techniques, tested on more than 10,000 people, that can be used to speed up or repair a slow metabolism. These include metabolism-boosting nutrition, supplement recommendations tailored to your symptoms, and a body-temperature test. Now in Spanish.

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