

Dr. Gillers Medical Makeover has already sold more than one-half million copies. Here, he shows thousands of readers how to boost their metabolism, reduce cravings, improve their health, cope with stress, and maintain weight loss permanently.

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A combination of a regular walking program with appropriate aerobic and weight exercise is essential for best results. The Maximum Metabolism exercise plan.

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J Fish Biol. Jan;88(1) doi: /jfb Epub Nov Measurement and relevance of maximum metabolic rate in fishes. Norin T(1). Another basic low-calorie diet, this one dressed up with some questionable extras.

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