



Master Your Metabolism: The All-Natural (All-Herbal) Way to Lose Weight

Lewis Harrison

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Jump-start your weight loss with Master Your Metabolism. Author Lewis Harrison, a professional herbalist, has produced a comprehensive program that combines ancient herbal wisdom with current, cutting-edge medical research on naturally increasing metabolism. Harrison will show you how to navigate the hundreds of products on the herbal market for safe, effective results that can last a lifetime.

Master Your Metabolism includes:

- Secrets to reducing food cravings
- The Glycemic Index, and what it means for you
- Fabulous recipes, plus how to stock your pantry
- Tips for detoxifying

Harrison also provides easy-to-use sidebars listing the most popular herbs, their positive aspects, possible drawbacks and what works best for your specific body and personality type.

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