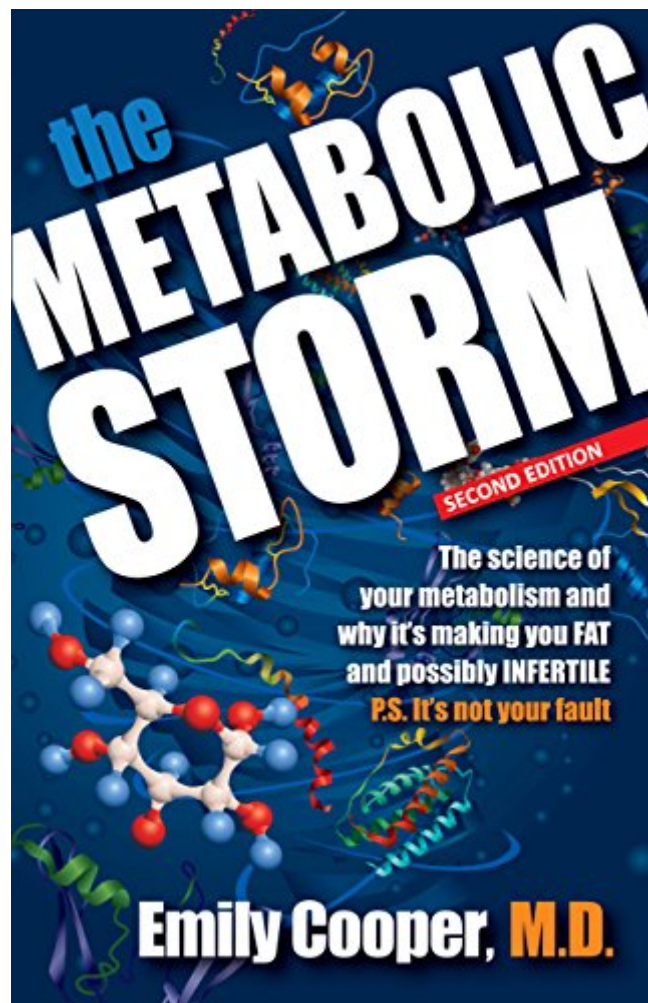


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The Metabolic Storm: The Science Of Your Metabolism And Why It's Making You FAT And Possibly INFERTILE



Synopsis

This is NOT a diet book. Forget everything you have ever heard about dieting and being overweight! Emily Cooper, M.D. has 25 years experience and is board certified in Obesity Medicine, Family Medicine, and Sports Medicine. She has worked with thousands of patients who have previously followed every conceivable deprivation diet and exercise program, yet their excess weight doesn't stay off and their health doesn't improve long term. In this new, expanded edition, Dr. Cooper presents science that obliterates myths about diets and obesity. She explains that the metabolic system is not only a complex system in itself but profoundly affects other body systems such as reproduction and fertility. The Metabolic Storm explains why weight issues are not the result of laziness, lack of commitment, or absence of willpower. It introduces the breakthroughs and answers discovered, but never properly disseminated, through more than 100 years of scientific research. Once you understand the metabolic system, you will never want to diet again. The new edition contains more self-strategies, additional information and dozens of new illustrations. Additional patient stories help readers understand that they are not alone in their struggles and that the science of metabolism brings great hope!

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Customer Reviews

Thank goodness we have Emily Cooper! She's possibly the only physician in North America who's not only had the "balls" to dive into the mega burly science of our metabolic systems, but had the courage to face the tremendous amount of resistance from the millions of voices preaching "Calories in, Calories out" thinking. For most people who want a quick fix, this isn't the book, or the doctor for you.... But if, like Neo in the Matrix, and you want to know the truth, this book is the BLUE PILL. There's no easy way around it, dealing with weight struggles and metabolic hurdles is scary business if you've ever been through it. If you are one of the MILLIONS who have been at a loss as to why, no matter how much you exercise or count calories, you simply don't lose body fat, you will find REAL, evidence -based answers in this book. It takes a physician / scientist who is brave enough to dive into the near infinite complexity of metabolism to lay it out, but more so, it takes patients who are also brave enough to face these problems the hard way: With science, not diets. One more thing: We absolutely MUST change our culture and language around overweight and obesity. Calling people "lazy, stupid, and gluttonous" (even hinting towards it in research) is NOT helping to fix the problem. Its making it worse. If you read this book and still have the opinion that people who struggle with weight are somehow weak in the mind, you simply need to 1) Read the book AGAIN, and 2) Examine everybody in your life that you care about, because chances are that obesity is touching your own inner circles.

The information was very helpful in understanding why some metabolisms are not "playing by the rules". However, there was little guidance on what I could do for myself other than to go find a metabolic specialist such as Dr. Cooper - and we are on opposite coasts. However, I have been focussing on eating frequent meals with lots of low starch vegetables and have lost 8 pounds painlessly. Here is hoping that I can continue this way.

Thank-you Dr. Cooper for enlightening the world on this subject. Every health care professional, insurance company, chronic dieter, mother and daughter should read this book and understand the science behind metabolism. I sat up for half the night the day I downloaded the book, couldn't put it down, even though as Dr. Cooper's patient she had explained this to me, seeing it in black and

white makes it more understandable. From the day I was 12 years old I had lost the same 20-40 pounds over and over and over. This cycle led me to the Atkins diet that shut me down completely, to the point if I started eating healthy vegetables again I gained 20 pounds. It wasn't what I was eating, my God I was exercising daily and taking diabetes medications, my weight never budged. Not until I got my Ghrelin, Leptin and MSH back into alignment did the pounds begin to fall off and I have never felt better in my entire life. So this is what normal is supposed to feel like. I've been robbed for 40 years of a normal and healthy life. Everyone who has struggled with weight, who has eaten the right things and still not been able to lose the pounds, AND THEIR DOCTORS should read this book. It doesn't happen for you, it's not a cheeseburger in paradise diet book, but will explain how the body SHOULD act when it is fed the right things, versus how some people's bodies react to foods and lack thereof.

Finally a book about weight problems and metabolism, we who suffer with this problem have been on every diet. We lose a little then gain back even more. Everyone you know has a suggestion for you! Walking would be easier if you just drop about 50 lbs. really, have you ever thought about how we feel as we diet year after year. Dr. Cooper has answers in her book. I am so happy to see someone that is actually working on the problem.

Hopefully Dr Cooper's voice will be heard above all the diet hype out there. It just makes sense. Listen to her America, before we diet ourselves to death! Her message of hope is a beacon of light to all of us who have struggled with little or no success.

Gives good information on why diets and exercise often make weight problems worse. It is up to YOU to go and get the blood tests with a good endocrinologist to determine what your particular needs are to address your issues. Most of the complaints about this book are that it doesn't have a "plan." It's NOT a plan, and it states that at the beginning and several times throughout. It's meant to help you understand why you're not having success with diets and exercise--because THEY are NOT the problem. You have to be tested by someone who can create the right solution with you.

Thank you Dr Cooper for sharing all the latest science with your patients. I am on the road to recovery.

Doctor Cooper is amazing! I've been on all the programs - Weight Watchers, Jenny Craig, Atkins,

South Beach. With each I'd have temporary success but eventually I'd gain it back and more. What I didn't know was I was impairing my metabolism and creating diet fog. Different medications I'd taken over the years also contributed to the metabolic problem. It's taken some time to unlock the doors in my metabolic loop, but I'm down about 45 pounds and still losing. I don't count calories or work out. I hope other doctors will be inspired to look into the research that Doctor Emily Cooper has uncovered. We need more doctors across the country to help turn around the perception that people are not trying hard enough to lose weight. It's not your fault!

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