

# how to lose weight from birth control

## Understanding Birth Control and Weight Management

**how to lose weight from birth control** is a common concern for many individuals seeking to manage their reproductive health while also prioritizing their physical well-being. It's a complex interplay, as hormonal contraceptives can influence metabolism, appetite, and fluid retention, leading to perceived or actual weight fluctuations. This article delves into the intricate relationship between various birth control methods and weight, offering a comprehensive guide to navigating this aspect of hormonal contraception. We will explore how different birth control types might affect weight, discuss underlying mechanisms, and provide actionable strategies for weight loss and management while on these medications. Understanding these factors is crucial for making informed decisions about contraception and achieving personal health goals.

- Introduction to Birth Control and Weight
- How Different Birth Control Methods Impact Weight
- Mechanisms Behind Birth Control-Related Weight Changes
- Strategies for Healthy Weight Loss While on Birth Control
- Dietary Adjustments for Weight Management
- Exercise and Physical Activity Recommendations
- Consulting Healthcare Professionals

## How Different Birth Control Methods Impact Weight

The type of birth control a person uses can significantly influence their experience with weight management. Not all hormonal contraceptives are created equal in their potential impact on body weight. Understanding these differences is the first step in addressing concerns about gaining or losing weight.

## **Combined Oral Contraceptives (COCs) and Weight**

Combined oral contraceptives, which contain both estrogen and progestin, are among the most commonly prescribed birth control pills. Historically, there have been widespread reports of weight gain associated with COCs. While some studies suggest a direct link between certain formulations and increased appetite or fluid retention, others indicate that significant weight gain is not a common side effect for the majority of users. The perception of weight gain can also be influenced by other life changes occurring simultaneously.

## **Progestin-Only Pills (POPs) and Weight Changes**

Progestin-only pills, often referred to as the "mini-pill," contain only progestin. These are a good option for individuals who cannot take estrogen. While generally considered to have a lower impact on weight compared to COCs, some individuals report weight changes, including potential increases in appetite or fluid retention. However, the evidence linking POPs directly to significant weight gain is less robust than for some older formulations of COCs.

## **Injectable Contraceptives (e.g., Depo-Provera) and Weight Gain**

Injectable contraceptives, such as medroxyprogesterone acetate (Depo-Provera), are a long-acting reversible contraceptive (LARC). Depo-Provera is known to be associated with a higher likelihood of weight gain for some users compared to other methods. The mechanism is thought to involve increased appetite stimulation and potential alterations in metabolism. For individuals concerned about weight gain, this method may require closer monitoring and proactive lifestyle interventions.

## **Hormonal IUDs and Weight Management**

Hormonal intrauterine devices (IUDs), such as those containing levonorgestrel, release progestin directly into the uterus. These methods are highly effective and have a localized effect, meaning systemic hormone levels are generally lower. Consequently, hormonal IUDs are less frequently associated with significant weight gain compared to systemic hormonal contraceptives like pills or injections. Most studies have not found a strong link between hormonal IUD use and weight changes.

## **Contraceptive Implants and Weight**

Contraceptive implants, such as the etonogestrel implant, are another LARC method that releases progestin. Similar to hormonal IUDs, the impact on overall body weight is typically minimal for most users. While some individuals may experience minor fluctuations, significant weight gain is not a common or widely reported side effect of contraceptive implants. Their localized action helps minimize systemic hormonal effects.

# Mechanisms Behind Birth Control-Related Weight Changes

Understanding the physiological pathways through which birth control might influence weight is essential for developing effective management strategies. These mechanisms can be multifaceted and vary depending on the type and dosage of hormones involved.

## Hormonal Influence on Appetite and Metabolism

Hormones play a critical role in regulating appetite, satiety, and metabolic rate. Estrogen and progestin, the primary hormones in many contraceptives, can interact with brain receptors that control hunger signals. Some individuals may experience an increased appetite, leading to higher calorie intake. Additionally, hormonal shifts can subtly affect metabolic processes, although the extent to which this contributes to significant weight gain is debated and often appears to be more about caloric balance.

## Fluid Retention and Bloating

One of the common culprits behind perceived weight gain, especially in the initial stages of starting hormonal birth control, is fluid retention. Certain hormones can cause the body to hold onto more salt and water, leading to a feeling of bloating and a temporary increase on the scale. This is often not actual fat gain but rather a redistribution of body water.

## Muscle Mass Changes

Some research, particularly concerning injectable contraceptives, has explored potential links to changes in body composition, including a possible decrease in lean muscle mass and an increase in fat mass over extended periods of use. Muscle tissue burns more calories than fat tissue, so a shift in composition could theoretically influence metabolic rate. However, this is an area that requires more definitive research and is not a universal experience.

## Psychological Factors and Lifestyle Adaptations

It's important to acknowledge that life events often coincide with starting or changing birth control methods. Stress, changes in routine, or even the relief of not having to worry about pregnancy can unconsciously lead to dietary or activity level modifications. These lifestyle factors, rather than the hormones themselves, might be the primary drivers of weight changes for some individuals.

# Strategies for Healthy Weight Loss While on Birth Control

Losing weight while using birth control is entirely achievable with a focused and healthy approach. The key is to implement sustainable lifestyle changes that address the underlying principles of energy balance: calorie intake and expenditure.

## Creating a Calorie Deficit

The fundamental principle of weight loss is to consume fewer calories than your body expends. This calorie deficit forces your body to tap into stored fat for energy. When considering weight loss on birth control, it's vital to ensure your dietary approach is nutrient-dense and sustainable, rather than overly restrictive, which can negatively impact your overall health and hormonal balance.

## The Role of Balanced Nutrition

A balanced diet rich in whole foods is crucial. Focus on lean proteins, complex carbohydrates, healthy fats, and plenty of fruits and vegetables. These provide essential nutrients, fiber, and help you feel fuller for longer, making it easier to manage your calorie intake. Avoiding processed foods, sugary drinks, and excessive saturated fats will significantly contribute to weight loss efforts.

## Regular Physical Activity and Exercise

Regular exercise is a cornerstone of any successful weight loss plan. It helps burn calories, build muscle mass (which boosts metabolism), and improve overall health. A combination of cardiovascular exercises and strength training is ideal for maximizing results.

- **Cardiovascular Exercise:** Aim for at least 150 minutes of moderate-intensity aerobic activity per week, such as brisk walking, jogging, swimming, or cycling.
- **Strength Training:** Incorporate strength training exercises at least two days per week to build and maintain muscle mass. This can include lifting weights, using resistance bands, or performing bodyweight exercises.
- **Consistency is Key:** Finding activities you enjoy will make it easier to stick with a routine long-term.

## **Hydration and its Importance**

Staying adequately hydrated is often overlooked but plays a vital role in weight management. Water can help boost metabolism, promote feelings of fullness, and aid in detoxification. Aim to drink plenty of water throughout the day, especially before meals.

## **Mindful Eating Practices**

Paying attention to your hunger and fullness cues can prevent overeating. Practice mindful eating by savoring your food, eating slowly, and avoiding distractions during meals. This helps you better recognize when you are truly satisfied.

## **Prioritizing Sleep**

Inadequate sleep can disrupt hormone balance, including those that regulate appetite and metabolism, potentially leading to increased cravings for unhealthy foods and hindering weight loss efforts. Aim for 7-9 hours of quality sleep per night.

## **Dietary Adjustments for Weight Management**

Making specific dietary adjustments can greatly support your weight loss journey, especially when you are using birth control. The focus should be on nutrient density and sustainable eating habits.

## **Increasing Fiber Intake**

High-fiber foods, such as fruits, vegetables, whole grains, and legumes, promote satiety and can help regulate blood sugar levels, reducing cravings. Fiber also aids in digestion and can help mitigate any potential constipation that some hormonal methods might cause.

## **Choosing Lean Protein Sources**

Lean protein sources, like chicken breast, fish, beans, lentils, and tofu, are essential for building and maintaining muscle mass. Protein also has a higher thermic effect than carbohydrates or fats, meaning your body burns more calories digesting it, and it helps keep you feeling full.

## **Incorporating Healthy Fats**

Healthy fats found in avocados, nuts, seeds, and olive oil are important for hormone production and overall health. They also contribute to satiety and can help manage appetite when consumed in moderation.

## **Limiting Processed Foods and Sugary Drinks**

These items are typically high in calories, unhealthy fats, and added sugars, offering little nutritional value. Reducing their consumption is a straightforward way to cut down on empty calories and support weight loss.

## **Exercise and Physical Activity Recommendations**

A well-rounded exercise plan is crucial for not only burning calories but also for improving your overall health and body composition, which can be beneficial regardless of your birth control method.

### **Cardiovascular Exercise for Calorie Burning**

Cardio workouts are excellent for burning calories and improving cardiovascular health. Activities like running, cycling, dancing, or even vigorous house cleaning can contribute significantly to your daily calorie expenditure. Aim for a mix of moderate and vigorous intensity to maximize benefits.

### **Strength Training for Metabolism Boost**

Building muscle through strength training is vital for long-term weight management. Muscle tissue is metabolically active, meaning it burns more calories at rest than fat tissue. Incorporating resistance training 2-3 times per week can help increase your resting metabolic rate.

### **The Importance of Consistency and Progression**

The most effective exercise plans are those that are adhered to consistently. Start with an intensity and duration that is manageable and gradually increase it as you get fitter. Listening to your body and allowing for rest and recovery is also paramount to prevent injury and burnout.

### **Finding Enjoyable Activities**

The best exercise routine is one you actually enjoy. Experiment with different activities until you find

something that motivates you. This could be anything from joining a sports team to hiking in nature or attending a dance class.

## **Consulting Healthcare Professionals**

Navigating weight management while on birth control can sometimes be complex, and professional guidance is invaluable. Don't hesitate to seek expert advice to tailor a plan that is safe and effective for your individual needs.

## **Discussing Concerns with Your Doctor**

Your primary healthcare provider or gynecologist is the best resource for discussing your concerns about birth control and weight. They can assess your current birth control method, discuss potential alternatives if weight is a significant issue, and rule out any underlying medical conditions that might be contributing to weight changes.

## **Working with a Registered Dietitian**

A registered dietitian can provide personalized dietary advice and help you create a sustainable eating plan that meets your nutritional needs while supporting your weight loss goals. They can offer practical strategies for meal planning and making healthy food choices.

## **Seeking Support from a Certified Personal Trainer**

A certified personal trainer can help you develop a safe and effective exercise program tailored to your fitness level and goals. They can guide you on proper form, exercise selection, and progression to maximize your workout results.

## **Monitoring Progress and Adjustments**

Regular check-ins with your healthcare team can help you monitor your progress, address any challenges, and make necessary adjustments to your birth control, diet, or exercise plan. This ongoing support ensures you stay on track towards achieving your health objectives.

## **FAQ: How to Lose Weight From Birth Control**

## **Q: Can birth control cause weight gain?**

A: Some birth control methods, particularly older formulations or injectables like Depo-Provera, have been associated with weight gain in some individuals. This can be due to increased appetite, fluid retention, or subtle metabolic changes. However, many modern contraceptives have a minimal impact on weight for most users.

## **Q: How quickly can I expect to lose weight if I'm on birth control?**

A: The timeline for weight loss is highly individual and depends on factors like your diet, exercise habits, metabolism, and any potential hormonal influences from your birth control. Sustainable weight loss typically occurs gradually, around 1-2 pounds per week.

## **Q: Should I stop taking my birth control to lose weight?**

A: It is generally not recommended to stop taking your birth control solely for weight loss without consulting your doctor. There are often effective strategies for weight loss while continuing your chosen contraceptive method. Discuss your concerns with your healthcare provider first.

## **Q: What are the best exercises for losing weight while on birth control?**

A: A combination of cardiovascular exercises (like running, swimming, or cycling) and strength training is highly effective. Cardio burns calories, while strength training builds muscle, which boosts metabolism. Consistency is key.

## **Q: Are there specific foods I should avoid if I'm trying to lose weight on birth control?**

A: It's advisable to limit processed foods, sugary drinks, excessive saturated fats, and refined carbohydrates. Focusing on whole, unprocessed foods like fruits, vegetables, lean proteins, and whole grains will be more beneficial.

## **Q: How can I manage fluid retention that might be related to birth control?**

A: Adequate hydration, reducing sodium intake, and regular exercise can help manage fluid retention. Some birth control methods are more prone to this than others, so discussing specific concerns with your doctor is recommended.

## **Q: Is it possible to lose weight if my birth control method is known to cause weight gain?**

A: Yes, it is often possible. While some methods may present more challenges, a consistent calorie deficit through diet and regular exercise is the most effective strategy for weight loss, regardless of your birth control. You might also discuss alternative birth control options with your doctor if weight gain is a significant side effect.

## **Q: How does birth control affect metabolism and weight loss?**

A: Hormones in birth control can potentially influence metabolism by affecting appetite regulation and energy expenditure. However, the impact is often subtle and highly individual. Lifestyle factors like diet and exercise play a much larger role in determining weight loss outcomes.

## **How To Lose Weight From Birth Control**

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**how to lose weight from birth control:** *Birth Control and Controlling Birth* Helen B. Holmes, Betty B. Hoskins, Michael Gross, 2012-12-06 Women most fully experience the consequences of human reproductive technologies. Men who convene to evaluate such technologies discuss them : the women who must accept, avoid, or even resist these technologies; the women who consume technologies they did not devise; the women who are the objects of policies made by women is neither sought nor listened to. The men. So often the input and perspectives that women bring to the privileged insights consideration of technologies in human reproduction are the subject of these volumes, which constitute the revised and edited record of a Workshop on Ethical Issues in Human Reproduction Technology: Analysis by Women (EIR TAW), held in June, 1979, at Hampshire College in Amherst, Massachusetts. Some 80 members of the workshop, 90 percent of them women (from 24 states), represented diverse occupations and personal histories, different races and classes, varied political commitments. They included doctors, nurses, and scientists, lay midwives, consumer advocates, historians, and sociologists, lawyers, policy analysts, and ethicists. Each session, however, made plain that ethics is an everyday concern for women in general, as well as an academic profession for some.

**how to lose weight from birth control:** *Talking Sex With Your Kids* Amber Madison, 2010-02-18 Forget feeling embarrassed about having the talk with your kids. Research shows you're the one they want to hear from when it comes to sex ed. Now you have a unique advantage to getting through to your child as Amber Madison lets you in on what your kids are really thinking. As a twenty-six-year-old award-winning author and lecturer, she's taught thousands of parents how to approach kids so they'll really listen. Inside this helpful guide, you learn: How to get comfortable enough to be open with your children Everything you need to know about sexually transmitted diseases and contraception The best way to talk to girls The most successful way to get through to

boys How to deal with the unexpected And most importantly, yes, your kids will listen to you With insider advice on how to speak frankly without giving TMI (too much information), Talking Sex with Your Kids will encourage you to teach them to be safe and smart when it comes to sex.

**how to lose weight from birth control:** *New Dimensions in Women's Health* Linda Lewis Alexander, 2014 A Fully Revised and Updated Edition of the Classic Women's Health Text *New Dimensions in Women's Health: Sixth Edition* is a comprehensive and practical text that offers students the tools to understand the health of women of all cultures, races, ethnicities, socioeconomic backgrounds, and sexual orientations. The fully revised and updated sixth edition gives women critical information needed to optimize their well-being, avoid illness and injury, and support their health. Each chapter presents in-depth coverage of an important aspect of women's health and examines the contributing epidemiological, historical, psycho-social, cultural, ethical, legal, political, and economic influences. This text is appropriate for undergraduate students studying Health Education, Nursing, and Women's Studies as well as students in general health education electives. Key features: Discusses exercise, nutrition, and weight management. Explores interpersonal and social dimensions of women's health. Includes quotes from real women, which offer students varied perspectives, opinions, and thoughts from women of all ages, races, and cultures. Profiles of Remarkable Women sections highlight individual women who contributed to the health and well-being of women. Topics for Discussion at the end of each chapter encourage students to consider their opinions on a topic and to explore the philosophical dimensions surrounding issues of women's health. Addresses issues regarding sexual health and sexuality, as well as sexual violence as a public health problem. Presents a practical approach to understanding the health of all women inclusive of race, ethnicity, socioeconomic status, culture, and orientation. Each chapter reviews an important dimension of a woman's general health and examines the contributing epidemiological, historical, psychosocial, cultural, ethical, legal, political, and economic influences.

**how to lose weight from birth control:** *New Dimensions in Women's Health* Linda Lewis Alexander, Judith H. LaRosa, Helaine Bader, Susan Garfield, 2024-07-19 Revised and update to keep pace with changing issues that affect all women, the new Ninth Edition of the best-selling *New Dimensions in Women's Health* continues to provide a modern look at the health of women of all cultures, races, ethnicities, socioeconomic backgrounds, and sexual orientations. Written for undergraduate students within health education, nursing, and women's studies programs, the text provides readers with the critical information needed to optimize their well-being, avoid illness and injury, and support their overall health. The authors took great care to provide in-depth coverage of important aspects of women's health and to examine the contributing epidemiological, historical, psychosocial, cultural, ethical, legal, political, and economic influences. The Ninth Edition includes:

- The impact of the COVID-19 pandemic on many aspects of women's health, from the workplace to violence, substance abuse and more.
- Updates related to the Affordable Care Act and post-Med

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**how to lose weight from birth control:** *The Thyroid Solution (Third Edition)* Ridha Arem,

2017-06-20 An updated and expanded edition of a trusted resource, which explains how to use diet, exercise, stress control, and hormone treatments to maintain thyroid health *The Thyroid Solution* is a must-read for anyone who suffers from thyroid disease. Written by a medical pioneer and leading authority in the field of thyroid research, this groundbreaking book offers Dr. Ridha Adem's practical program for maintaining thyroid health through diet, exercise, and stress control—and through his revolutionary medical plan, which combines two types of hormone treatments and produces astounding results. This revised edition includes information on • the discovered links between thyroid issues and fatigue • a unique treatment program to overcome the physical and mental effects of thyroid disease • the best ways to combat Hashimoto's thyroiditis and Graves' disease • optimal treatment of thyroid imbalance before, during, and after pregnancy • strategies to minimize cardiovascular risks related to thyroid disease • how thyroid hormone affects weight, metabolism, and eating behavior Featuring a thyroid- and immune-system-friendly diet for healthy and successful weight loss, inspiring patient histories, and interviews that document the dramatic success of Dr. Adem's bold new treatments, *The Thyroid Solution* remains the essential resource for doctors and patients on maintaining thyroid and immune-system wellness. Praise for *The Thyroid Solution* "Dr. Adem uncovers the root causes of thyroid disease and lays out an innovative program to help you overcome thyroid dysfunction."—Amy Myers, M.D. "Clear, comprehensive, and incredibly useful . . . the best thyroid resource I have ever read."—Kathleen DesMaisons, Ph.D., author of *Your Last Diet!* "Quite simply the best thyroid book on the market today . . . Dr. Adem validates what I have found in my practice for more than twenty years, especially the importance of T3. I highly recommend this book."—Elizabeth Lee Vliet, M.D., author of *Screaming to Be Heard: Hormone Connections Women Suspect . . . and Doctors Still Ignore*

**how to lose weight from birth control: Just Get on the Pill** Krystale E. Littlejohn, 2021-08-31 The average woman concerned about pregnancy spends approximately thirty years trying to prevent conception. She largely does so alone using prescription birth control, a phenomenon often taken for granted as natural and beneficial in the United States. In *Just Get on the Pill*, Littlejohn draws on interviews to show how young women come to take responsibility for prescription birth control as the woman's method and relinquish control of external condoms as the man's method. She uncovers how gendered compulsory birth control—in which women are held accountable for preventing and resolving pregnancies in gender-constrained ways—encroaches on women's reproductive autonomy and erodes their ability to protect themselves from disease. In tracing the gendered politics of pregnancy prevention, Littlejohn argues that the gender division of labor in birth control is not natural. It is unjust--

**how to lose weight from birth control: Birth Control** Paul Quinn, 2019-03-07 This book will serve as a scientifically accurate yet easy-to-read introduction to birth control for teens and young adults. The information, guidance, and resources it offers will help readers to make better decisions regarding their sexual health. From barrier methods such as condoms and diaphragms to oral contraceptive pills and from hormone-based implants and injectables to permanent sterilization techniques, there are a number of ways to prevent unwanted pregnancy today. But which are the most effective, and how do you choose the method that's right for you? What about side effects and long-term implications for health, such as increased risk for cancer? Does birth control affect your chances of getting pregnant in the future? *Birth Control: Your Questions Answered*, a part of Greenwood's Q&A Health Guides series, provides clear, concise answers to these and other questions young readers may have about this sometimes embarrassing, yet very important, topic. Each book in this series follows a reader-friendly question-and-answer format that anticipates readers' needs and concerns. Prevalent myths and misconceptions are identified and dispelled, and a collection of case studies illustrates key concepts and issues through relatable stories and insightful recommendations. The book also includes a section on health literacy, equipping teens and young adults with practical tools and strategies for finding, evaluating, and using credible sources of health information both on and off the internet—important skills that contribute to a lifetime of healthy decision-making.

**how to lose weight from birth control: Perfect Hormone Balance for Fertility** Robert A. Greene, M.D., Laurie Tarkan, 2008-04-29 FOR THE ONE IN FIVE COUPLES WHO EXPERIENCE DIFFICULTY CONCEIVING You have more than one hundred hormones circulating in your body-reproductive hormones, pregnancy hormones, sex hormones, metabolic hormones, and stress hormones-relaying messages from tissue to tissue, organ to organ, brain to body, and body to brain. An equilibrium, a perfect balance in both partners, often determines your ability to conceive and support a pregnancy. When your body is imbalanced, conception becomes very difficult. Luckily, hormonal imbalances can be corrected. Drawing on the latest research in this field-which links underlying hormonal issues with infertility in men and women-Dr. Robert Greene, fertility specialist, ob/gyn, and reproductive endocrinologist, has created the Perfect Balance Fertility Program to help patients attain the optimal hormonal health that is necessary for conception. In Dr. Robert Greene's Perfect Hormone Balance for Fertility, he shares his groundbreaking program so you can: •Identify and correct the causes of the hormonal issues that affect fertility •Use nutrition, exercise, and stress-reduction techniques to achieve a healthy equilibrium through a personalized plan •Determine when it's time for basic or advanced reproductive techniques, such as IVF, and learn how to be your own advocate so you can avoid costly and unnecessary tests and treatments Comprehensive, friendly, and accessible, Dr. Robert Greene's Perfect Hormone Balance for Fertility reveals all your best options for achieving the optimal hormonal levels that will positively impact your chances for a successful pregnancy.

**how to lose weight from birth control: Do You Have a Tipped Uterus?** Melissa Wolf, 2014-02-01 Did you know, every woman has a tipped uterus, and ovarian cysts are usually normal (even when they burst)? Have you ever wondered how to balance your hormones, why you have to repeat yourself at the doctor's office or why your yeast infection keeps coming back? Have you agonized about your pap smear results or worried that you may have cancer? What exactly is a pap smear anyway? In Do You Have a Tipped Uterus: 69 Things Your Gynecologist Wishes You Knew, board-certified obstetrics and gynecology physician, Dr. Melissa Wolf, addresses the questions most commonly asked in her gynecology office with both humor and medical expertise. She also details practical strategies for weight management, enhanced mood, improved libido, and most importantly, what to do when you encounter your gynecologist in public (hint: don't worry, she won't remember your vagina)!

**how to lose weight from birth control: Listen to Your Body** Niels H. Lauersen, 2000 Completely revised and updated with the latest medical information, Listen to Your Body is the classic guide to women's health. Using a sensitive Q&A format, trusted physician and well-known advocate for women's health Dr. Niels Lauersen demystifies the medical issues that deeply concern today's women, among them: How to recognize and treat PMS and menstrual cramps The most effective ways to overcome endometriosis What causes infertility in women and men, and explanations of The newest fertility treatments Choosing the contraceptive that fits your lifestyle Fibrocystic disease and other breast conditions How to cope with miscarriage, ectopic pregnancy, and abortion State-of-the-art treatment options for sexually transmitted diseases, including HIV How to avoid unnecessary surgery for fibroids and ovarian cysts Reliable, sympathetic, and comprehensive, Listen to Your Body encourages you to take charge of your gynecological health.

**how to lose weight from birth control: Navy Medicine** , 2004

**how to lose weight from birth control: The Secret to Low Carb Success** Laura Richard, 2004-01-01 This revised edition includes the latest expert advice and diet resources, offering cutting-edge information on every major low-carb diet that's popular today. Original.

**how to lose weight from birth control: (UK Edition) Rebalance your metabolism in 21 days - the Original** Arno Schikowsky, Dr. Rudolf Binder , Christian Mörwald, 2015-03-02 This book is a comprehensive guide that will help you to undertake the 21 Day Metabolic Diet properly and successfully. To date, hundreds of thousands of People have done it with unprecedented success. The authors have made a conscious effort to keep their explanations simple and clear as to the method and Background behind it. They explain in an easily understandable way why so many

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