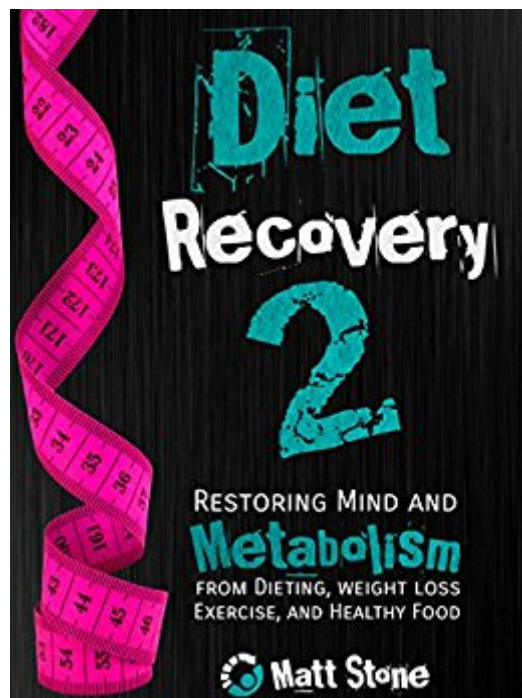


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# Diet Recovery 2: Restoring Mind And Metabolism From Dieting, Weight Loss, Exercise, And Healthy Food (Diet Recovery Series)



## Synopsis

Diet Recovery 2: Restoring Mind and Metabolism from Dieting, Weight Loss, Exercise, and Healthy Food is the ultimate guide to breaking free from the empty hunt for the perfect diet and the counterproductive pursuit of losing weight. It's true, whether you are cutting carbs, or fats, or eating a vegetarian diet, or going Paleo, or eating a truckload of fiber - or even reducing your calorie intake... All of it has been proven ineffective in every weight loss study ever conducted. No matter what form of dietary restriction you impose upon yourself, your likelihood of not only regaining any weight lost in the initial 6-month diet honeymoon period, but actually ending up fatter than when you started, is a virtual guarantee. Those that do manage to succeed with intentional weight reduction or harsh dietary restrictions are the people who often do the most damage! Dieting at a young age is not just a prominent risk factor for the development of obesity, diabetes, and heart disease. It's a huge risk factor for developing an eating disorder as well- the most common psychological disease that shaves 25 years off of one's life expectancy. Needless to say, if you are already viewing a page about a book entitled "Diet Recovery 2," you probably already know this and are looking to break free from repetitive dieting cycles and the obsessive habit of micromanaging the details of your diet-of-the-month. And that's what Diet Recovery 2 is meant to help you accomplish, once and for all. Don't you miss just being able to eat and not think about it? Be able to go out with friends or home for the holidays without worry and fear about what's going to be served as if having gluten or refined sugar is on par with a game of Russian Roulette? When you are ready to let go, this can be your guide- vastly more freeing and probably more effective because of it than the original version of the book. Over the years one mantra has grown louder and louder..."The Gods of Health are much kinder than you think they are." Being healthy is a lot easier than you are making it out to be. Far more than just the equivalent to Nicorette gum for diets to help you quit your addiction, Diet Recovery 2 really is a "health book," too. It contains a foolproof and fully up-to-date strategy for restoring optimal metabolic rate and overcoming the many health problems that can be caused by restrictive eating and attempts at forced weight loss. Nothing, not even thyroid hormone drugs, are likely to raise your metabolism to the extent that following this general diet and lifestyle prescription will. And it's all very simple- just the biggest results with the absolute smallest changes. No wagons to fall off of. No rebellious splurges right around the next corner. With the help of Diet Recovery 2, you should not only be able to overcome your diet obsession and eat normally again, but you can also confidently expect to:- Raise your body temperature significantly- most returning to the normal 98.6 degrees F or above in just a few weeks- Become "fat proof," more or less incapable of gaining body fat eating whatever you want, in the quantity you desire, with or without exercise- See major

health improvements in areas that were being impaired by the metabolism-suppressing effect of restricted diets- Learn how to make small changes in your diet to function properly in such areas as digestion, metabolism, sex drive and function, sleep, mood, dental health, and others- Completely eliminate all strong cravings for any and every food 100% in just a matter of weeks- Eradicate binge eating, emotional eating, and other behaviors only seen when a person is consciously interfering with his or her food intake- Actually see big improvements in how your body looks (more muscle, less fat, better proportions) a year or two down the road from having fully completed the diet recovery process And more. Available in Kindle, paper

## **Book Information**

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## **Customer Reviews**

Do you want escape the responsibility of thinking critically, blindly follow meticulous protocols from "credentialed" medical "experts," spend your waking hours fretting over precise macronutrient ratios and taking 20 supplements, and ignore the fact that the "healthier" you are the sicker you become? If so, this is NOT the book for you. On the other hand, if your quality of life has suffered from

preoccupation with healthy eating, and you want to remember (or discover for the first time) what it feels like to trust yourself and your body's signals, Matt Stone's "Diet Recovery 2" will be a tremendous force for encouraging you to LIVE. This book should definitely appeal to chronic dieters, but I think it is also very valuable to those who followed strict nutrition protocols for "health reasons" rather than weight loss. I was always a thin, active person who never saw the need to restrict calories or follow rigorous exercise programs. However, after college I began endurance running for "fun," and that began a multiple-year journey into textbook and internet health research that consumed my life. The more I learned the more restrictive I became. Improving my health became a fulltime job, with thousands of hours spent learning and practicing Paleo, gluten-free, casein-free, local organic plastic-free vegetarianism, etc. The healthier I became, the sicker and more anxious I felt. Over three years I experienced a dramatic decline into hypothyroidism (FT3 2.0), anemia (B12, folate, and iron deficient), fibromyalgia, chronic fatigue, low cortisol, "stage 6" adrenal fatigue, Wilson's temperature syndrome, MTHFR mutation, dysautonomia, etc.

I gave this 4 stars because I've been following Matt's protocol for about 2 months and have seen great improvement. It's still a little early to tell but it seems to be effective in restoring my metabolism. There is also some harsh language in the book but I expected it because of his other books and because it's Matt Stone. Language doesn't really bother me though. Just FYI if that matters to you. I will add that he includes a few pictures of nude female bodies to show changes in body composition and to inappropriately prove his point. (cuz that's how he rolls...) It didn't take away from the message for me, but it's nice to have a heads up I guess. I wrote a blog post with my 'review' so I'll just post it here: I'd tried every diet under the sun to lose weight. Well, it turns out that it isn't just me and my broken will power. It's the nature of tinkering with your body. I had decided to 'go primal' to kick this 'problem' once and for all. I had some success. In fact, RAPID success. But that's the problem. Like I said, I know HOW to lose weight. I can do it well. But each time, I get cold and shivery like a chihuahua in a pool (and not half as cute!) and start to show signs of metabolic distress (anyone else have a peeling scalp and hair falling out in clumps? No? Just me then.) This is where rapid weight loss can get dangerous. I've realized that as much as I want to be my ideal size without too much extra junk in the trunk, I don't want my metabolism to suffer for it. Enter the whole friggin' point of this post. I'd previously read a book written by Matt Stone called Diet Recovery & another called Eat for Heat. He's funny, smart, irreverent, and well-versed in the latest dietary dogma. Anything you've tried, he's done too.

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