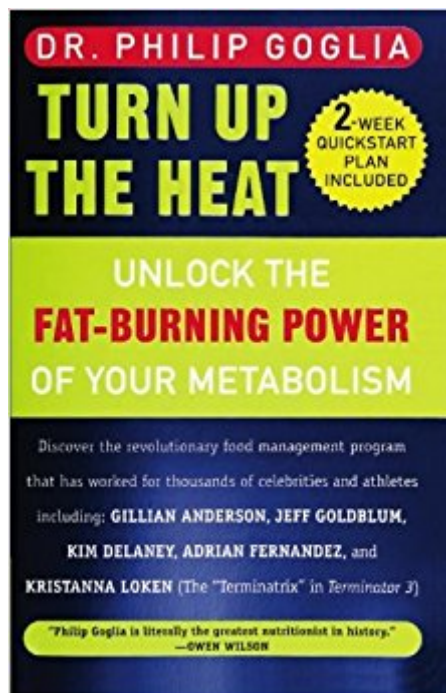




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Turn Up The Heat: Unlock The Fat-Burning Power Of Your Metabolism



Synopsis

Turn Up the Heat By Dr. Philip L. Goglia : Unlock the Fat-Burning Power of Your Metabolism. The only nutrition book you will ever need. Throw the rest away!

Book Information

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Customer Reviews

Philip Goglia is literally the greatest nutritionist in history. -- Owen Wilson Philip is an expert at nutrition and training. His knowledge is second to no one. -- Jeff Goldblum Working with Philip changed my life. -- Gillian Anderson --This text refers to an out of print or unavailable edition of this title.

Dr. Philip Goglia is the founder of G Systems Concepts, the premiere nutrition and fitness clinic in Los Angeles. Goglia has been a registered nutritionist for over 20 years and also serves on the board for The Madison's Foundation and City of Hope medical center's Board of Governors. Philip designs realistic and achievable nutrition and exercise programs that focus on an individual's own unique metabolic needs, lifestyle, eating habits, stress, and workload. His clients include people who have never exercised to new mothers, professional athletes and Hollywood celebrities, including Jeff Goldblum, Kim Delaney, Mickey Rourke, Laura Dern, Gillian Anderson, Howie Long, and Owen Wilson. Goglia most recently worked with Kristanna Loken to get her in shape for her role as the Terminatrix in the movie "Terminator 3." Viking Penguin recently published his book, "Turn up the Heat - Unlock the Fat Burning Power of Your Metabolism." Goglia has appeared in numerous

magazines and television programs including People, Allure, Elle, Self, Men's Fitness, First for Woman, Dr. Phil, and CNN.

I lost 5 lbs the first 2 weeks and have been parked there for about a month. No fault of the program. The concept of this program is understanding your metabolic makeup and working it. I'm fat-protein metabolism and should consume 50% protein, 25% fat, 25% carbohydrates daily. I stick to this structure even though I don't follow the program 100% everyday. Also you must eat every 3-4 hrs to maintain good blood sugar levels throughout the day. Plus drink your weight in water everyday. I do have more energy. Drinking that much water everyday is difficult esp on the weekends when there is less structure to my day. Overall I think this program works but you have to work it. It's good knowing my metabolic type. Before starting see your MD to get basic lab work (CBC, CMP, lipid panel). I used labs that were a few months old. You don't have to be a pro but it helps if you have a good knowledge of health. If you're a complete amateur you may find this program difficult. I do wish Dr G would write an up to date version because it's difficult knowing which eating plan to select (hence 4 stars) and some of the information is outdated.

Clearly the only way I have seemed to drop a few pounds in no time. It is very sensible too.

It's hard to read and is for Americans the blood work here has different number and readings. Still trying to read it.

Love this, makes sense and I am seeing changes in my body in only a week and a half!

This book was an interesting read. Not only are there ways to change eating habits but also exercise options. The reader has to determine whether or not they are willing to invest the time and energy to see this diet through till it starts to work.

Augh. Really tough to follow Prescribed diet.

Excellent book.

Excellent

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