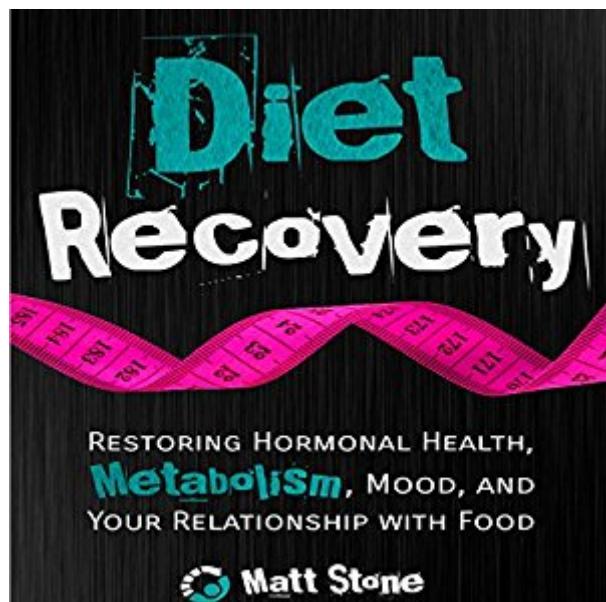


The book was found

Diet Recovery: Restoring Hormonal Health, Metabolism, Mood, And Your Relationship With Food



Synopsis

Have you noticed since starting all this "healthy" eating, dieting, perfect Paleo diets, wholesome Vegan escapades, and all that glorious exercise that you did in the name of better health and a better appearance...That you look and feel worse? Eating pretty much any overly restricted diet will do these things to you. Throw some "healthy" exercise in there with it and you've got a recipe for shutting down your entire system. It's all caused by a drop in metabolic rate. Diet Recovery is your guide to bringing your metabolism back up to its ideal level. When you've had enough and you are ready to stop dieting forever, get your health back on track, stop obsessing over your body fat percentage, be happy, and join the rest of society by eating somewhat normal again, there's no better book in print for you to turn to. No more debilitating New Year's resolutions to run a daily marathon on cabbage soup this year- quit beating yourself up, and stop the dieting madness! Eat the food!

Book Information

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Customer Reviews

This book could be written in one essay of about ten pages, which would detail why you should listen to Matt, what's wrong with the all-or-nothing perspective regarding any macro nutrient, an explanation of starvation, a list of foods that you should focus on eating as much of as possible and a list of those containing omega 6, which you should avoid. The premise is that you need to eat foods that don't contain large amounts of omega 6 and you should eat until you're bursting. This will increase your internal body temperature, which Matt hails as the best indicator of a well-functioning

metabolism. Matt deftly dismantles all of the most popular diets of our time, with the same argument: no matter which macro nutrient you are cutting out, there is a group of people somewhere in the world who don't experience heart disease, metabolic problems, and live long lives, who eat HUGE amounts of that exact thing you've been told will kill you. This is a solid argument and one I've thought myself. However, Matt would be wise to use his own argument against the recent claims that diets which are very high in omega-3 fatty acids are "bad". Why? Before Westernization, the Japanese ate a diet which was very high in omega-3s and they lived long lives. In fact, many peoples around the world ate diets which relied almost exclusively on seafood and they were not dying early of heart disease and diabetes. Therefore, I say, take the first argument, apply it to this issue, and eat the as much omega-3 dense food as your heart desires. Maybe even pop a few fish oil pills. I don't know of any people who eat diets that are high in omega-6 and don't have health problems. So that may be a great observation and something to take seriously.

I wanted it to work! I questioned on whether to really give it 1 star because I don't think it's a terrible idea BUT... I started diet recovery because I had been dieting with no success for almost a year. The book made sense and I got to do my favorite thing, eat! I even sucked it up when my pants stop fitting, and then my new bigger pants, and then uhhh... it just wasn't stopping. I actually remember a few nights where I was up, crying, reading Matt's books and the sections that say to keep going. But I couldn't. I was becoming morbidly obese and despite wonderful 99 degree temperature reads and feeling good and getting on a good exercise routine... It just wasn't working. The plan in this book just isn't for everyone. I don't know the science behind it but the reality is some people just gain weight easier than others. I'm one of those people. Luckily I also lose weight faster than most so I've found a manageable diet to get all the weight I gained following these books off. I've lost 50lbs and I feel amazing every day. I do feel the diet helped me build some muscle and that is nice. The book did help me psychology in that I know now I can have ice cream in the house and not die and I can even get pretty fat and not relapse in my eating disordered behaviors that I've been in recovery from for about 2 years. I got to be fat again without all the self hate, but I also had to be fat (no I'm not 150lb girl complaining about an extra 10lbs, I passed 300 after reading this book, a weight I hadn't seen in 10 years.) I need structured eating as much as I hate it, that it is my reality. I don't know when I'm hungry and when I'm not. I can't consume 4000 calories and lose or even maintain weight.

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