

Eat for Heat The Metabolic Approach to Food and Drink



BOOK DETAILS

- Author : Matt Stone
- Pages : 112 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1484989317

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BOOK SYNOPSIS

Eat for Heat is best described as a complementary concept that has yet to be discussed anywhere in the world of health, diet, and nutrition. The book takes a close look at the modern habit of compulsive beverage consumption, mass prescriptions to “drink 8, 8-ounce glasses of water per day,” phobias about salt and sugar, and turns them all upside down in classic 180DegreeHealth style. The objective? Increase the concentration of the fluid in our bodies for increased core body temperature (rise in metabolism), increased circulation to the extremities for warm hands and feet, and taking the burden off of the stress system. The concept is extremely simple. Eat for Heat discusses simple principles on how to make minor changes to your meals and drinking habits to keep your body in a better metabolic “zone” all day every day. It can apply to any dietary belief system, and can even yield tremendous health benefits to those eating just a regular Western diet. Everyone can benefit from the simple concept within.

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