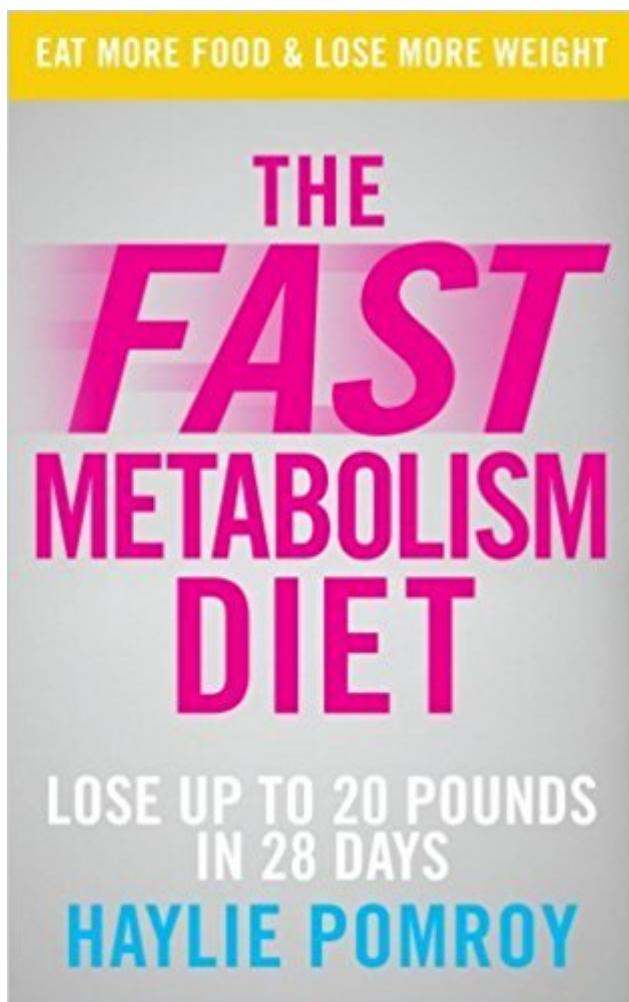


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# **The Fast Metabolism Diet: Lose Up To 20 Pounds In 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power And Lose 20lbs In 4 Weeks By Pomroy. Haylie ( 2013 ) Paperback**





## Book Information

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## Customer Reviews

I have been on this program for 7 days so far. I know it may seem a bit early to post a review, but wanted to do so now for two reasons; first, I am excited by my results so far - I have already lost 9 pounds - and second, I was dismayed by the inaccurate review (V. Canfield) that deterred me from trying this diet program months ago. First - about me so you know what you are dealing with. This is my first review ever. I am at least 60 pounds over weight. I have lost (and gained back) weight on at least three different programs and know I will lose weight with Weight Watchers if I really work at it and am very patient - but I knew it would take a long time and lots of deprivation to lose all that I need to lose to improve my health. Before I found this book I was pretty discouraged. I am tired of counting calories and had already worked out for myself that "calories" are a largely inaccurate concept when applied to food. I am pre-diabetic and have joint and skin issues. If that seems like too much sharing, I apologize. Personally, I hate reading reviews without enough information to understand the writer's point of view. I read the basic details provided above and knew adhering to this program would involve a huge change in my lifestyle. I have a friend (a tiny, little friend who needed to lose about 20 pounds) who had lost weight on the FMD and she loved it. She loved the app and just followed it - but I needed more convincing. More motivation. When I first read about the diet I was hoping for something easier, looking for a way to eat more of what I love (cheese, sugar and corn) and wanting a magic wand. Then I read V. Canfield's review and it gave me the excuse I was looking for - I told my friend that the diet was a starvation program it would be unhealthy to eat so few 'calories'. She was surprised and told me that she never got hungry and had a hard time eating all of the food on the program. I went on WW Simply Filling program and told myself it would be ok - I would just have to starve and work out for years - sigh. I lost 3 pounds in two weeks and then I gained it all back - plus one more. I went to the FMD website and read more and more about it. Desperate to stave off impending diabetes, I decided I would just buy the book and read it. I read it twice. I got excited about the science and appreciated the psychology of constantly changing

things up every few days. It took me 3 weeks of organization and food testing and tasting to get ready to try the diet. I cleaned out at least half of my pantry and my fridge and finally convinced my husband to give it a try (he needs to lose 35 pounds). We eat constantly. Sometimes I don't think I can get all of the food down. I am NEVER hungry - and I really like the food. I hate lettuce and celery and really prefer fried food to grilled; I can't tell you how much I love icing - but I discovered something new - I LOVE real food. Who knew? Blueberries and strawberries taste sweet to me now and I had no idea how much better organic hummus tastes. And calories? Today I am scheduled to eat 1785 "calories". I am down 9 pounds and my husband lost 7. My skin is clearer. Unbelievably we can both see a difference in our bellies - I have lost 15 pounds before and not seen this much change. This is exciting. I find it very sad that V. Canfield's inaccurate representation of the program (the calorie counts artificially assume that you can only eat from the cook book, chooses some very lean recipes and then ignores that veggies are unlimited) review has turned so many people away from this program. If you are inclined to be swayed by V. Canfield - please read the FMD website first. Note that this diet has a great many creditable proponents and has obviously worked for so many people. I kept trying to find detractors and really couldn't - other than V. Canfield who not only seems to be a sort of semi-professional "commenter" but, based on the review, didn't even try the program. Change takes work. This is a program that makes that work more of an eating evolution - not a life time of deprivation. \*\*\*\*UPDATE\*\*\*\* 1/7/2015. I have been on the FMD program for 9 months now (except for the period between Thanksgiving and New Years Day) and have lost 95 pounds! I stuck to the program religiously until September - so 6 months. Then I started eating on the maintenance plan (basically phase 3 with the food from all the phases thrown in) and I continued to lose weight - just more slowly. When I get stuck, I just do a couple of phase 2 days and that usually helps me to lose a couple of pounds. I absolutely love eating this way. I feel fantastic and have left all of my health problems behind. I have energy to spare. I truly understand the concept of using food as medicine now. Beginning Thanksgiving week, I started eating holiday foods - so sugar, corn, wheat etc. The first week or so I was careful to just cheat a bit here and there. At first, I actually lost 8 pounds after T'giving, so I started feeling a bit bullet proof, obviously I had cured my metabolism and could now eat whatever I wanted, I thought. Grin! By Christmas time I was eating enough sugar that I was beginning to retain fluid, feel pain in my joints and have indigestion - all things that disappeared on the program. I gained back 5 of the 8 pounds I lost right after Thanksgiving and it has taken me a week to get rid of the sugar again - it is incredibly addictive! I managed it pretty easily by eating phase 3 again - with extra fruit and fat whenever I felt sugar cravings. I have lost 2 pounds this week and I am beginning to feel better. Over the holiday, while

eating the sugar, my face got puffy, especially under my eyes. Loosing this much weight, I was really worried I would have horribly saggy skin (I am 55) - but I was looking pretty good until this past month when my face looked bloated and my eyes puffy from eating holiday foods. Sugar really is evil! I am in this for the long haul - aiming to lose at least 100 pounds - so stay tuned! I almost forgot to mention that my husband quickly and easily lost 30 pounds (of course!) and then decided he could go back to coffee with cream and pizza, etc. He gained back 8 pounds before he decided he really preferred the way he felt on the program - so he is still eating with me most days.\*\*\*1/23/2015 FOOT NOTE: I started this program to lose weight and I thought of my improved health as a natural benefit of weighing less, until I saw this video:

<https://www.youtube.com/watch?v=fWXrRftyOMY>Now I fully understand the truth behind the FMD. Once you watch this you will never look at food in America the same way again!

Starting this diet is a challenge. It took me a week (at least) to get comfortable with it. I ended up printing the lists and using that. The app was helpful in reminding me when to eat but not very flexible. I did the diet to the best of my ability - I did not give up coffee but went to 1 cup. The first weeks I didn't realize that the fruits you could eat on days 1 & 2 (watermelon) could not be eaten on days 5 and 6. I did not drink all the water, but increased from what I usually did. Days 3 & 4 were hard but I could do it since it was only 2 days. I learned to make spelt bread in my bread machine which was a lifesaver. Anyway... in spite of all of my imperfections with the diet I lost 18 lbs. 18 !! I am 50, and have no had that kind of success for many years. I mostly stuck with the plan for 7 more weeks and lost a total of 29 lbs. The weight stayed off for several months until recently when I began eating too much sugar etc again and I gained back 4 lbs, but I am back on the diet and confident I will lose the 4 lbs and then some. I think what helped me with this diet is I was never bored or sick of the food choices. Push through the challenging early days it is so worth it. You can do this! And at least for me, being perfect was not necessary. Do the best you can.

This diet plan will change the way you eat permanently, because you will feel so much better you will want to stay on it. At least that is the way it is for me. I haven't experienced the dramatic weight loss like some people do on Atkins etc., but it is steady and the it is not boring. There is so much variety. Don't be put off by the author's name dropping without dropping names. For some people, thinking that they are doing something celebrities and the rich and powerful are doing lends credibility. I usually run from someone who touts celebrity ties. But, for me, the author's creds came from her background in Ag science, where a complete understanding of metabolism is essential for

preparing those who feed millions of people.

This book offered a lot of sane information and it truly made me think about food and how it affects my body. A friend told me about this diet and I just pulled up some information off of the internet about it and my friend sent me the food for the phases and I started it. Then I brought the book. I would suggest people read the book first before starting. There's A LOT of food, fresh vegetables and fruit, etc. I would suggest before starting to look at the recipes, make a food list and budget wisely. I only did this for a week because it was too expensive for me and my food budget. However, even doing this for a week, I noticed a difference with my eating and water usage. This actually got me back on the road of exercising and eating better, something that I was having a hard time doing. If you work out regularly, it may be a challenge for you for the 28 days since you can only do what it says for you to do for those phases. All in all, and if you can afford it, this is a wonderful diet to be on. It's only 28 days, but it's somewhat a strict 28 days. BUT...there is a lot of food involved and some foods you may not have thought to eat and cook with but I did on this one and glad that now I have added different vegetables to my eating habits. This book is full of information about our bodies and how it reacts to food. You may want to buy a 20oz water bottle or something bigger, you suppose to drink half of your body size in water, yes you will be peeing a lot...hahaha. No sugar or regular flour, you can use almond flour - gluten free products. You can use Stevia or Xylitol. No corn or corn tortillas. Well you get the jist of it once you read the book. Try your local library first to see if they have the book before you buy it. GOOD LUCK.

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