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The Metabolic Effect Diet: Eat More, Work Out Less, and Actually Lose Weight While You Rest

Jade Teta, Keoni Teta

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“At last! Jade and Keoni not only blast the myth of aerobic exercise for fat loss but give you the science to understand the right way to eat and exercise to turn your body into a fat burning machine.”<?xml:namespace prefix = o ns = "urn:schemas-microsoft-com:office:office" />
— J. J. Virgin, nutritionist to Dr. Phil and author of *The Art of Losing It*

The Metabolic Effect Diet is the revolutionary fitness program that enables you to build muscle and lose weight by working out less! Developed by Jade Teta and Keoni Teta, *The Metabolic Effect* can help you get the body of your dreams by unlocking your fat-burning hormones. Now you can eat more, work out less, and actually lose weight while you rest.

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