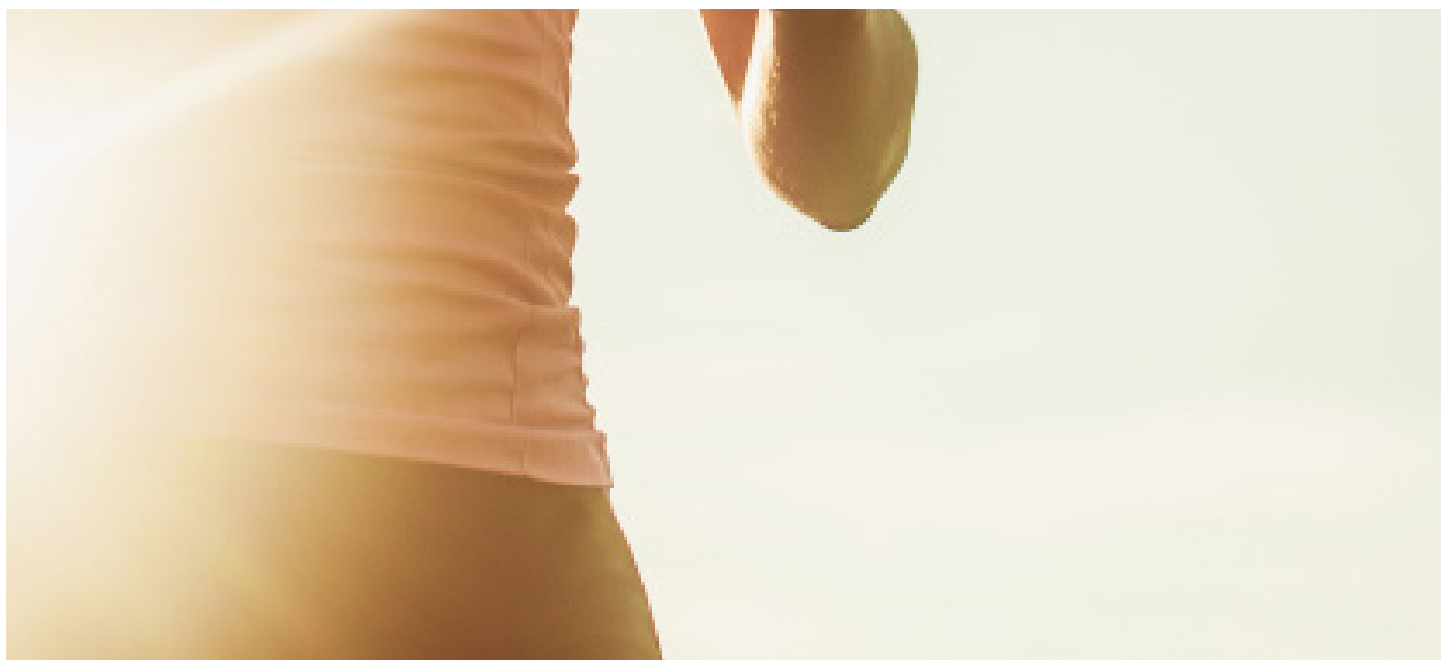




14 DAY
TRANSFORMATION



**MASTER YOUR
METABOLISM**



Are you ready to turn up the burn?

CONGRATULATIONS!

And welcome to KMHC's 14-day whole-body transformation focused on metabolism.

By committing to the program prescribed within these pages, you'll ignite your internal fat-burning machine. In a mere two weeks, you'll notice you'll have shifted the way your body utilizes and processes food (and fat!) and awaken to a body that is leaner, sharper, and brighter. If you put in the effort, your skin will glow, you will feel firmer in all the right places, and you will have rewired your metabolism!

Parts of this transformation will resemble what you may know of the Paleo diet and lifestyle. This is because there are elements of Paleo that are proven to work to fire up the metabolism and promote weight loss. In fact, a 2008 study in the *European Journal of Clinical Nutrition* found that after three weeks of eating Paleo, participants lost weight, lowered BMI, and lowered waist circumference.¹

WHAT TO EXPECT

Does this take dedication? Absolutely.

Change doesn't happen overnight; it's the smaller everyday shifts that add up to BIG results over time. Sticking with the plan is the only way to get to the sustainable results you crave: A metabolism that more efficiently powers your body—a body you love to see in the mirror.

Does it involve deprivation? Well, that depends on your definition of deprivation...



"You have to get up every morning and tell yourself, 'I can do this.'" —Unknown



If you enjoy eating an abundance of whole foods—fruits, vegetables, and protein—you’re not going to feel deprived.

If you need guidance with how to prepare healthy food so it also tastes delicious, and is easy to prepare, you’ll receive recipes and tips to help you make this life-style work for you in the long haul.

Consider me your personal lifestyle concierge during the next two weeks—and know that the entire staff at KMHC are here for you every step of the way. Read through this guide in its entirety along with the accompanying online resource guide for the motivation—and mentorship—you need to Master Your Metabolism.

As always, to your good health,
Karen

THE GUIDELINES

Limit eating out.

In order to Master Your Metabolism, you’re going to want to reduce your dinner dates for the next two weeks. This isn’t something you’ll need to adhere to for the long haul, but to see results during your Transformation, try to commit to prepping your meals at home.

Here are some tips to make eating in as easy—and enjoyable!—as possible:

- Read through sample recipes and plan your meals in advance.
- Make a list.
- Designate a day—and time—to go grocery shopping. (Don’t go when you’re hungry!)
- Recruit family and friends to help cook.
- Prep food in advance. Do a big batch of cooking on the weekend.
- Cut veggies and fruit and keep it in the fridge for easy access.
- Invest in some nice containers to bring your food “on the go.”

If you need to eat out during your Transformation, choose lean protein and vegetable options, avoiding sauces, bread, and alcohol and dessert. You can also order off-menu at many restaurants, so ask your server to bring you a serving of lean protein, two sides of veggies, and a leafy green salad.





Prep your pantry.

You'll want to give your pantry a clean sweep before embarking on your two-week transformation.

WHAT TO DITCH	WHAT TO KEEP OR GET
<ul style="list-style-type: none">Anything with preservativesBreadCandyCheeseCrackersCreamerDairyFloursFrozen mealsMargarinePastriesPotato chipsPretzelsProcessed deli meatSodaSugarVegetable oils	<ul style="list-style-type: none">Almond butterAlmond milkAvocado oilCacao powderCoconut aminosCoconut milkCoconut oilDried fruitFresh fruitGreen teaHimalayan sea saltMCT Lean MCT oilNitrate-free jerkyNutsOlive oilOrganic vegetables



A-to-Z GUIDE TO MICRONUTRIENTS

VITAMIN A

apricots, asparagus, butternut squash, carrots, cayenne pepper, liver, parsley, spinach, sweet peppers, sweet potato

B VITAMINS

avocado, bananas, beef (grass-fed), chicken, lentils, liver, salmon (wild), sardines, tuna, turkey

VITAMIN C

broccoli, cauliflower, celery, lemon, parsley, raspberries, strawberries, sweet peppers, zucchini

VITAMIN D

cod, eggs, prawns, sardines, shrimp, sunlight

VITAMIN E

almonds, avocado, blueberries, hazelnuts, spinach, Swiss chard, sunflower seeds

VITAMIN K1

basil, broccoli, cabbage, collard greens, kale, parsley, spinach, Swiss chard

VITAMIN K2

egg yolks, grass-fed butter, organ meats

CALCIUM

basil, cinnamon, collard greens, kale, spinach, Swiss chard

COPPER

calf’s liver, cashews, eggplant, kale, shiitake mushrooms, sesame seeds, spinach, zucchini

IODINE

eggs, cod, sardines, sea vegetables, strawberries

IRON

asparagus, basil, beef (grass-fed) cinnamon, green beans, shiitake mushrooms, spinach, Swiss chard, turkey (pasture-raised), turmeric, venison

MAGNESIUM

broccoli, cucumber, flaxseed, pumpkin seeds, spinach, Swiss chard

POTASSIUM

bananas, beet greens, butternut squash, celery, sweet potatoes, Swiss chard

SELENIUM

Brazil nuts, cod, prawns, salmon, sardines, shiitake mushrooms, shrimp, tuna

ZINC

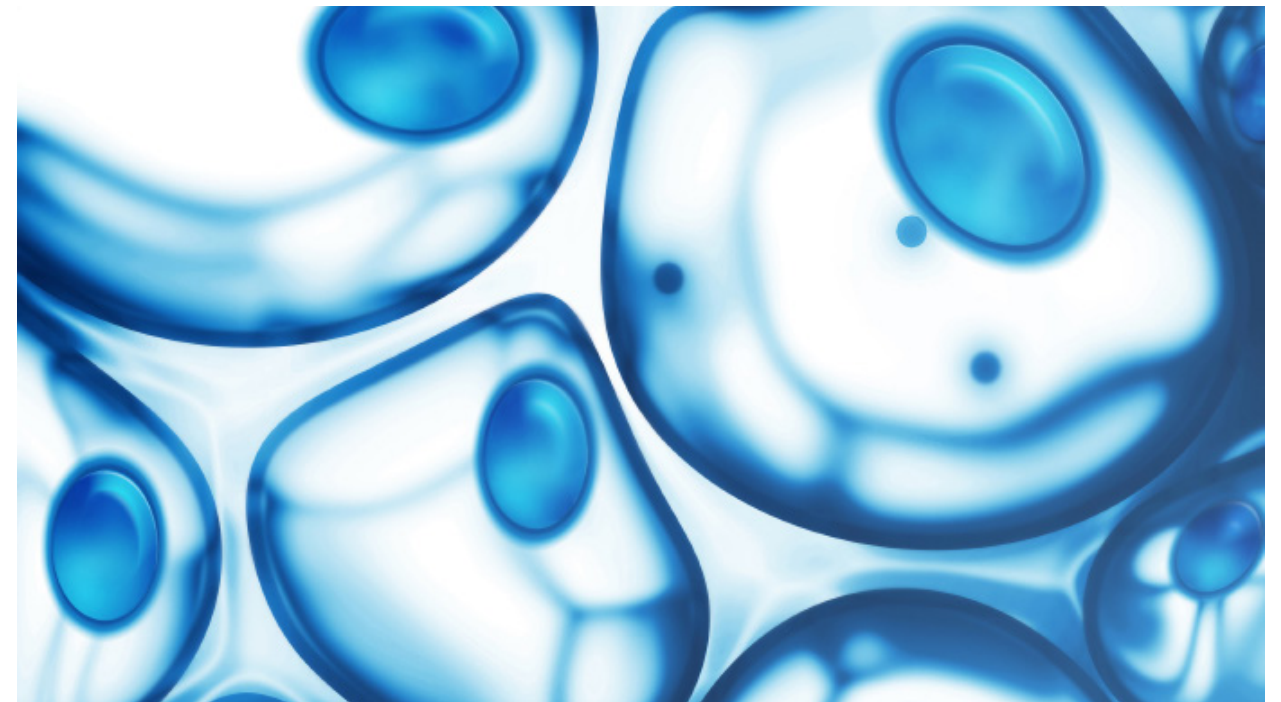
beef (grass-fed), calf’s liver, lamb, portobello mushrooms, oysters, pumpkin seeds, sesame seeds, spinach, turkey (pasture-raised), venison, zucchini



Your timeframe.

For the next two weeks, you’ll receive a daily email with reminders, tips, and inspiration to keep you on track. Be sure to read these each morning to stay motivated! We recommend you get everything prepped the weekend before and you begin your transformation on a Monday. For even better results, you may choose to go a full month living within these guidelines. After 14 days you will be empowered and well-equipped to continue on your own.

It's on.



THE GOAL: KETOSIS

Why keto is the way to go.

When your body has no access to food (i.e.: when you are asleep or eating fewer carbohydrates), it will burn fat and create molecules called ketones.

When your body breaks down fats, it creates fatty acids that are burned off in the liver during a process called beta-oxidation. The end result is the creation of ketones, which are used as fuel by the muscles and brain.

These fatty acids are used by the brain cells when carbohydrate—glucose or glycogen—or food intake is low. In other words, when you reduce your sugar and carb intake (resulting in no more glucose or glycogen for your body to use as fuel), ketosis kicks in and your body will use your stored and consumed fat as energy.

Studies show your body and brain actually prefer using ketones for energy and it runs 70% more efficiently on ketones than glucose!²

Many of the “TO-DOs” in this guide focus on getting you into a state of ketosis—in which you create and use ketones as your main fuel to Master Your Metabolism.



WATER IS YOUR BFF

Bottoms up!

TO DO:

- Hydrate in the morning ASAP— keep a glass of filtered water by your bedside so you remember to drink upon waking.
- For your second glass of the day, add lemon and/or make it warm.
- Continue drinking warm water throughout the day to help move lymphatic fluids and flush toxins.
- Drink only water during your Transformation.

WHY:

Drinking water can boost your body's ability to burn fat. And drinking warm water can help break up cellulite. Impaired lymphatic systems have been linked to cellulite, as trapped toxins lead to small pockets of fat across the body; over time, this can cause weight gain—or even obesity. By clearing out your lymphatic system, you can help eliminate cellulite and kick-start your weight-loss goals.

Staying properly hydrated is the only way we can effectively purge our bodies of toxins. Toxins are the unused junk your body doesn't need, and this waste is removed via your sweat, urine, and stool.

A study published in the *Journal of Clinical Endocrinology and Metabolism* found that drinking water increases metabolic rate by 30 percent in healthy men and women. The boost occurred within 10 minutes but reached a maximum 30–40 minutes after drinking water.³

Studies also suggest that drinking a few glasses of water before a meal can fill you up so you eat less. Note that many of the fiber-filled vegetables and fruits that you'll be consuming during your Transformation are high in water content!

Every metabolic process in the body, whether it be a muscle contraction or a biochemical reaction in the liver, requires water. If you get dehydrated, your tissues begin to dry out and chemical activity in your body is reduced, so you won't have the energy to do things like burn fat. If you're thirsty, constipated, tired, or urinating less, you may already be dehydrated. Even mild dehydration will slow down your metabolism by as much as 3 percent.

REMEMBER:

Drink only water during your Transformation.



BECOME FAT-ADAPTED

Train your body to fuel itself on fat.

TO DO:

Eat three meals a day.

- Take time to have a satisfying breakfast.
- Make lunch your main meal of the day; eat enough to get to dinner without snacking.
- Don't eat dinner after 8 p.m.
- Wake up and break your 10–12 hour fast!
- If you feel hungry in-between meals, reach for a glass of water.

WHY:

By eating three meals a day instead of snacking between meals, you're basically doing a mini-fast between meals and training your body to burn fat.

Burning fat actually refers to the process of using fat as fuel, or your source of energy. It's a chemical process, not just fun language for losing weight. But fat is only one kind of fuel that can be utilized by your body; the other are carbohydrates (or sugars). When your body has both available, it burns the sugars first and the fat second.

A widely popularized theory to stabilize blood sugar is to eat 5–6 small meals throughout the day. That theory has its problems.... When your body is being fed every 2–3 hours, it will not be encouraged to burn any of its stored fat for energy. If it's being fed constantly, it simply won't bother going to your fat stores for energy. However, when you eat 3 meals a day and have ample time between meals, your body is forced to burn stored fat. Once fat is restored as an active fuel supply, you'll enjoy the benefits of increased energy, more stable moods, greater mental clarity, better sleep, fewer cravings, and natural—permanent weight management.

TIP:

If you're hungry between meals during the first week of your Transformation, add a healthy snack such as a handful of nuts or a Transformation Bar at 4 pm.



BOOST PROTEIN

Bring on the (cage-free) eggs!

TO DO:

Incorporate high-quality protein into every meal, such as:

- grass-fed beef, bison, and lamb
- wild-caught fish (salmon)
- pasture-raised chicken and eggs
- Tempeh (fermented soy)
- Beans and legumes

WHY:

A healthy diet needs adequate protein, preferably the complete proteins, often found in plant foods and always found in animal products. Complete proteins contain all of the essential amino acids your body needs. If you don't eat enough of these essential amino acids, your body breaks down your muscles to get them.

By extension, eating more protein helps your metabolism. When your body is at rest, it takes more energy (read: you burn more calories) to maintain lean

muscle mass than it does to maintain fat. Studies show protein intake promotes lean body mass; not body fat storage.⁴

Eating more protein also helps satiate you, which allows you to enjoy your “mini-fasts” between meals without suffering from hunger pangs (and blood sugar crashes!).

Protein recommendations vary based on your body weight and activity level. If you are inactive, you'll want to aim for ½ gram of protein per pound of body weight. If you are a dedicated athlete, you'll want to aim for 1 gram of protein per pound of body weight. For reference, a fillet of meat or fish the size of a deck of cards is about 20–25 grams.

TIP:

Hard-boil a dozen eggs at the beginning of the week for a quick breakfast option. (They keep for one week in the fridge.)



BREAK UP WITH (SIMPLE) CARBS

Carbs done right.

TO DO:

Eliminate:

- bread, crackers, cookies, and processed carbohydrates
- foods with added sugars
- “white” foods, like pasta

Incorporate:

- starchy veggies, such as sweet potatoes, winter squashes, carrots, and cauliflower
- whole fruit, such as organic apples, organic berries, bananas*, dates*
(*in moderation)

WHY:

Carbohydrates are a major source of energy for your body. Your body breaks down all carbs into single molecules of glucose. How a carbohydrate is categorized depends on how it affects blood sugar levels. Those that absorb quickly

into your body are known as “simple” or “high glycemic” carbohydrates, because they create a rapid rise of sugar in the bloodstream. Examples include sweets and processed foods such as bagels and cereal. The rapid surge of energy these foods supply is typically followed by a blood sugar crash. When this happens you’re left feeling hungry and craving more sugar.

Avoiding these crashes is a key aspect to balancing hormones, reducing inflammation, and keeping your body working optimally. “Complex” or “low glycemic” carbs, such as those found in foods high in fiber such as vegetables and sweet potato are metabolized at a much slower rate and provide a steady release of sugar into your bloodstream. The fiber slows down the release of the sugars.

REMEMBER:

To Master Your Metabolism, cut out all processed carbs from your diet.



FIBER-FULL

Fill up and reap fantastic benefits.

TO DO:

Incorporate fiber-rich foods and superfoods, such as:

- flaxseed
- chia seeds
- vegetables (eaten both raw and lightly steamed)
- whole pieces of fruit

WHY:

A type of carbohydrate that aids the body with digestion, fiber is most often found in fruits and vegetables, and is considered the bulky part of the food.

Eating a diet rich in high-fiber foods boosts metabolism because fiber is indigestible. Your body cannot digest fiber, but it tries to. In its attempt to try to digest and eliminate fiber, your body actually expends more calories than it would with other foods. Therefore, you expend more calories digesting high-fiber foods than you low-fiber alternatives, which usually come in the form of refined carbohydrates.

In addition, carbohydrates like the ones found in leafy green vegetables take longer to break down in your body. The fiber slows the process, causing a slower release of glucose to the bloodstream. Veggies also contain more water relative to their weight than do straight starches. This further dampens the blood sugar response. When you eat whole fruit, which contain fructose, the water and fiber dilute the blood sugar response.

TIP:

Buy a clamshell of organic greens and eat a heaping handful with every meal. Look for one that includes baby kale, tatsoi, and/or Swiss chard for added nutrients!



HELLO, HEALTHY FATS!

Fat is not a 4-letter word.

TO DO:

Eliminate:

- trans fats, such as canola, sunflower seed, soybean, and corn oils
- margarine and “fake” butters
- “low-fat” foods
- fried foods

Incorporate (in moderation):

- avocado
- coconut oil
- MCT Lean MCT oil
- butter (from grass-fed cows)
- ghee
- eggs (from free-range chickens)
- olives and olive oil
- nuts (avoid peanuts, which are actually legumes)
- wild salmon

WHY:

Fat is the precious source of fuel for the body. It is the body’s calm, non-emergency fuel. It burns slowly and steadily, providing energy for many hours straight. In contrast, sugar burns quickly. Fuel from sugar and simple carbs provide quick bursts of energy that are not sustainable.

When you eat trans fats, your body can’t identify them and treats them as toxins. They also go rancid at high temperatures, so fried foods are especially toxic to the liver.

On the flip side, when you incorporate healthy fats in moderation, you not only balance your hormones and increase your satiety, but you can literally stoke your metabolic fire. This is especially the case with coconut oil, which contain medium-chain triglycerides (or MCTs for short). MCTs have a unique chemical structure that allows the body to digest them more easily, turning them directly into fuel rather than stored fat. MCTs can stimulate fat burning, thyroid function, and energy production. Some studies have shown that regularly eating MCTs improves your body composition (the ratio of fat to lean tissue) and enhances athletic performance, which promotes weight loss.⁵

When it comes to healthy fats, the emphasis is on HEALTHY. You’ll want to make sure you’re sourcing the highest-quality foods you can from the choices above so you reap the benefits of fat loss.

REMEMBER:

Your wellness bag includes MCT Lean MCT Oil!



CAFFEINE CONFIDENTIAL

The right way to fuel up.

TO DO:

Drink a green-tea latte each morning:

- Using 2 tea bags, brew 1 cup of organic green tea
- Add 1/2 cup organic almond milk or Karen's Cashew Cream (see recipes)
- Add 1 tablespoon MCT Lean MCT oil (work up from 1 teaspoon)
- Put in blender and mix until frothy
- Enjoy!

WHY:

If you're used to relying on a cup of Joe to get your day going, you'll do your body a solid by switching to green tea during your Transformation. And this latte is so delicious—and gives you such healthful benefits—you may never go back to java. Green tea is packed with powerful flavonoids and antioxidants, called catechins.

These amazing compounds not only promote health and longevity and help combat chronic disease, but they trigger the release of fat from fat cells (targeting the belly). They then speed the liver's capacity to turn that fat into energy. Green tea also contains caffeine. Combined, these substances have been shown to rev up the metabolism for a few hours after ingestion.⁶

When you then combine the green tea with fat-burning powerhouse MCT oil, you're kicking off your day with a metabolism-boosting brew, and your body and brain will be firing on all cylinders.

If you can't tolerate the caffeine in green tea, you can reduce the amount you are ingesting by starting with good-quality, fresh, loose leaf green tea. Then, heat your water significantly lower than boiling. If you can't tolerate it at all, substitute with Rooibos tea. It's packed aspalathin, with a powerful flavonoid known for lowering stress hormones that trigger hunger and fat storage.

REMEMBER:

Gradually work your way up to one tablespoon of MCT oil so you know that your body can tolerate it.



INTERVAL TRAINING 101: SPEED

Move it fast—then rest and repeat.

TO DO:

Plan on interval training outside for 30 minutes three days a week during your Transformation. There are two options to choose from, depending on how conditioned you are now:

WALKING

If you only have access to flat ground, speed up and slow down by intervals. Ideally, you'd walk up and down hills, which is a natural kind of interval training.

RUNNING

After warming up, go fast for a minute, then slow for a minute and a half (you can always increase your ratio of fast to slow after you get better conditioned).

Whichever group you fall into, during your training, try to negotiate natural obstacles. This is great for building functional strength.

WHY:

There are two kinds of fat on the body: subcutaneous and visceral fat. The former is the kind of fat that you can see and pinch with your fingers, and you don't lose it as much with exercise as you do with eating properly. The second kind of fat—visceral fat—is deeper inside your body behind your abs. A little of this is good, but too much of it can cause metabolic problems due to the hormones secreted by visceral fat.

Sprints are the best way to take care of visceral fat.

With interval training, the heart rate gets up much higher and it's anaerobic in nature, so you're burning more fat while preserving muscle. What's more: When you engage in high-intensity exercise for short periods of time with appropriate rest in between, you raise growth hormone and testosterone, two important anti-aging hormones.

REMEMBER:

You get the biggest payoff with these workouts if you do them outside.



INTERVAL TRAINING 101: STRENGTH

Planks and lunges are your new “gym.”

TO DO:

Plan on strength training for 10–12 minutes 3 times per week during your Transformation. Two good options that don’t require you to have a gym membership:

PLANKS

- Start by lying on your belly with elbows directly under your shoulders and forearms on the ground.
- Tuck your toes under and activate your quads to straighten your knees.
- Scoop your glutes under.
- At the same time, pull your navel towards your chin and your glutes towards your heels (as if there’s a rubber band pulling your midline in two directions).
- Lift yourself.
- Once up, gently pull elbows and feet toward one another without moving them to keep your body engaged and aligned.
- Hold for 6–10 seconds. Rest for a few seconds, and repeat 4 more times.

NOTE: Alignment is key with planks, so make sure you take the time to properly align the first time so you can develop muscle memory for the position.

LUNGES

- Stand with legs hip-width apart.
- Keep upper body straight, shoulders relaxed and chin up.
- Step forward with one leg, lowering until both knees are bent to about a 90-degree angle.
- Check to make sure your front knee is in line with your ankle; don’t drop the back knee to the floor.
- Hold for several seconds, then with weight in your heels, push back to standing.
- Repeat on the other side.
- Start with 20 lunges and gradually increase each day until you can do 45 lunges.

NOTE: For additional challenge, add hand weights to the mix.

WHY:

The more muscle you have, the easier it is to reduce body fat. Muscle burns calories faster, and strength training builds muscle. For every extra pound of muscle you gain, you burn an extra 50 calories a day!

When you’re lifting a weight in an eccentric contraction, your muscle fibers contract to keep the weight from going out of control while you’re lowering it slowly. Lunging, squatting, or otherwise lowering your body over a period of 3 seconds or longer brings about eccentric contraction. This is the goal. That’s because eccentric contractions not only help you strengthen your body; they raise your metabolism. Several studies link eccentric contractions with increased calorie burn and muscle growth.⁷

Bottom line? If you want a good metabolism, add muscle mass. A high ratio of muscle mass equates to a high metabolic rate.

TIP:

Enlist a workout buddy to check your form.



MAKE IT SWEAT

Turn up the heat.

TO DO:

Sweat 1–2 times a week.

Here are a few methods to try:

- sauna
- steam
- Epsom salt bath

Be sure to hydrate well before and after your sweat, and rinse off after a sauna or steam to prevent toxins expelled through sweat to get reabsorbed into your body.

WHY:

The role of sweat is to regulate temperature and keep your body from overheating. Interestingly, the function of sweating can also help trim fat. Here's how: Toxins are stored in your fat cells, which can cause them to expand. When

you sweat, you expel toxins, therefore shrinking your fat cells. Detoxification is the biggest overall benefit.

A review published in the *Journal of Environmental and Public Health* found that toxins including arsenic, cadmium, lead, and mercury are excreted in sweat!⁸ Sweating can also flush the body of the following substances: alcohol, cholesterol, and salt.

By carving out time to sweat, you're dedicating time to detoxifying your organs, and that is helpful to get your body running more efficiently overall.

REMEMBER:

Shower or rinse off shortly after sweating to prevent toxins from being reabsorbed into your body.



DRY BRUSHING

Get your lymph flowing.

TO DO:

Dry brush your body daily before you bathe.

- Stand in the shower (this is to catch the dry skin that's sloughed off).
- Take a brush (with all-natural bristles and a handle long enough so you can reach all areas of your body) and use long strokes on your skin—always moving up towards your heart.
- Don't apply a lot of pressure; you benefit from a gentler approach.
- Spend a few minutes brushing then immediately shower.

WHY:

One third of your body's toxins are excreted through the skin and dry brushing helps to unclog pores and excrete toxins that become trapped in the skin. Your lymph system brings nutrition to the cells but it also removes waste from your body. This means that any waste or toxicity is first funneled into your lymphatic system to be processed from your body.

By dry brushing, you help move your lymph fluid and improve your lymph flow.

Dry brushing also helps reduce the appearance of cellulite! Cellulite is simply toxic materials that have accumulated in your body's fat cells and are trapped, unable to be eliminated from the body. Dry skin brushing helps break down trapped toxins from within the body and helps your body eliminate them through its usual elimination channels.

TIP:

Make dry brushing part of your daily routine, and you'll begin to reap the benefits of smoother—less dimply—skin.



SPICE IT UP

Heat things up in the kitchen.

TO DO:

Liberal add the following spices to your food:

- cumin
- cayenne
- turmeric
- cinnamon
- cardamom

WHY:

CAPSAICIN—found in cumin, cayenne, and chili peppers—has long been regarded for its fat-burning ability. This hot spice has thermogenic properties that increase heart rate, body temperature and by extension, calorie burning. It has been found to increase metabolism by up to 25%! Combine it with MCT oil for added fat-burning benefits.⁹

Beyond being an anti-inflammatory superstar, it appears that TURMERIC may suppress the growth of fat tissue. Research out of Tufts University on mice led to the discovery that adding curcumin (a compound found in turmeric) limited how much new fat was deposited in the tissues.¹⁰

CINNAMON works to increase the metabolism of glucose. Because high blood sugar levels can lead to increased fat storage, cinnamon helps prevent this by regulating blood sugar levels. It also influences how sugar is metabolized in the body and prevents metabolized sugar from transforming into fat.

CARDAMOM boosts the body's metabolism and enables it to burn more fat by virtue of being a thermogenic spice. It's also famously effective as a digestive aid, and is useful for detoxification as it helps the body expel wastes through the kidneys.

TIP:

Keep these spices on your countertop or in plain sight in the kitchen to remind you to add them to your food.



LOVE YOUR LIVER

Herbs to support your hardest-working (fat-burning) organ.

TO DO:

- Take a milk thistle capsules or tincture daily.
- Add dandelion to your diet:
 - Eat fresh roots (if in season and you can find it at the market)
 - Drink Dandy Blend, an herbal coffee substitute that has dandelion root as its main ingredient

WHY:

Your liver performs hundreds of important functions in your body—one of its roles is as your body's main fat-burning organ, regulating fat metabolism and carrying fat out of the body via bile. Keeping your liver healthy is key to getting your body to efficiently burn fat. A healthy liver will help you burn and discard of excess fat; a congested liver can significantly slow down that process. The liver is a hot, metabolically active organ, and so tends to get congested and inflamed.

The herb milk thistle has been used to support the liver since the middle ages. The German Commission E (which works for the German government to study the safety and efficacy of herbs) recommends milk thistle for liver damage due to toxic exposure, cirrhosis of the liver, and as a supportive therapy for chronic inflammation of the liver. The active ingredient in milk thistle is silymarin, which is found in the seeds. In general, milk thistle is considered very safe and protective, and has been touted as regenerating liver cells!

Another liver-support superstar is a plant that is vilified as a mere weed to many: dandelion. Dandelion roots have many health-promoting properties, but its ability to stimulate the production of bile and its flow between the gall-bladder and the liver has been shown to improve liver function and overall health and wellbeing.

REMEMBER:

Keeping your liver healthy is key to getting your body to efficiently burn fat.

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