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Your metabolism is how your body does what it needs to do: Every day cells in your body are destroyed or damaged by the wear and tear of living, and each day it is the job of your metabolism to regenerate or repair these cells. Your metabolism is also responsible for creating new hormones, enzymes, antibodies, neurotransmitters, other cellular chemicals, energy and energy stores (in the form of fats and glycogen)--and using all it creates to help you perform your daily tasks.

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The Power of Your Metabolism book

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Written by Frank Suarez, a Latin American expert in the field of metabolism and obesity, The Power of Your Metabolism is based on actual proven techniques to achieve weight loss, the natural way.

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Welcome to Metab Power

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What does your breakfast usually consist of? Let us know in the comments! Learn more about how this type of breakfast can boost your metabolism!

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The Power of Your Metabolism by Frank Suarez NOOK Book

Frank Suarez, Obesity and Metabolism Specialist, resides in San Juan, Puerto Rico where he is the Executive Director of the Natural Slim Weight Loss System.

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