

Before you spend a penny on metabolic boosters...

## "The Eye-Opening Truth about Boosting Your Metabolism and Weight Loss"

A Free report by Vit Kashchuk, author of 'Intermittent Diet' & expert on short-term fasting as it relates to losing weight and getting rid of unwanted fat for good...

"Lose weight by boosting your metabolism!" You heard a lot about this. From manmade supplements to natural foods, and from exercise routines to meditational practices - it seems that everyone has the perfect recipe that can help you increase your metabolism. After all, isn't that why we're supposed to eat protein or small meals every 2 to 3 hours and never eat less than 2,000 Calories in a day.

This idea has never made any sense to me, yet the diet industry keeps on trying to convince you that in order to lose weight you MUST speed up your metabolism – usually by manipulating your food choices.

But can a certain diet or nutrition actually manage your metabolic rate? And, **more importantly**, can you increase it by rates that will burn a great volume of calories every day? Well, let's investigate...

### Myth #1 - There Are Special Foods & Drinks That Can "Boost" Your Metabolism by 115%

You've probably read some sort of 'slow down' your metabolism.



... metabolism and crash diets that can

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