



# **The Nourished Metabolism: The Balanced Guide to How Diet, Exercise and Stress Impact Your Metabolic Health**

*Elizabeth Walling*

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## **The Nourished Metabolism: The Balanced Guide to How Diet, Exercise and Stress Impact Your Metabolic Health** Elizabeth Walling

Take your metabolism from stressed to nourished. (No crazy diets required!) Health starts with your metabolism. But if your diet and lifestyle don't support your metabolic health, you'll be left feeling tired, moody, and stressed—and wondering why all this “healthy” advice you're following isn't working for you! • Find out which hidden causes of stress are ruining your metabolic health, and learn how you can reduce or counteract these sources of stress using simple, practical steps that get results. • Learn how digestion, sleep, and exercise are all connected to your metabolism, and learn which small changes can make a big difference in your health. • Forget all those crazy diet rules and find out how to listen to your body's biofeedback so you know what works for you. This is not about following an arbitrary plan--it's about learning what works for your body! End the battle you've been having with your body, and instead learn to work with your body, so that vibrant health and wellness simply becomes a natural outcome of how you live every day.

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