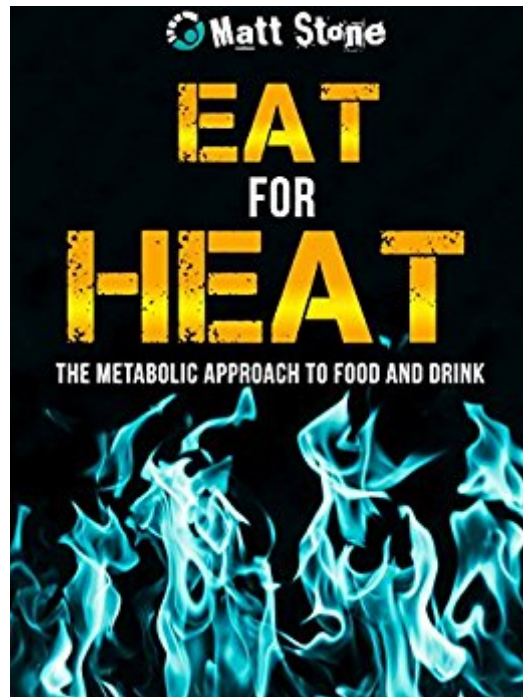




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# Eat For Heat: The Metabolic Approach To Food And Drink



## Synopsis

's #1 Bestseller in Diet Therapy 20 Straight Months..."I've seen patients use the info in this book and have chronic health issues seem to just 'go away' in the course of days. You can have this power, too."- Garrett L. Smith, NMD CSCS BSEat to raise your metabolic rate and get HOTEat for Heat: The Metabolic Approach to Food and Drink is best described as a complementary concept that has yet to be discussed anywhere in the world of health, diet, and nutrition. The book takes a close look at the modern habit of compulsive beverage consumption, mass prescriptions to "drink 8, 8-ounce glasses of water per day," phobias about salt and sugar, and turns them all upside down in classic 180DegreeHealth style. The objective? Increase the concentration of the extracellular fluid (the fluid in our bodies) for increased core body temperature (rise in metabolism), increased circulation to the extremities for warm hands and feet, and taking the burden off of the stress system for far-reaching health and hormonal improvements. The concept is extremely simple. The net sum of the food and beverages we consume can either concentrate or dilute our body fluids. 'Eat for Heat' discusses simple principles on how to make minor changes to your meals and drinking habits to keep your body in a better metabolic "zone" all day every day. It's a tactic that can be applied to any dietary belief system, and can even yield tremendous health benefits to those eating just a regular Western diet. Everyone can benefit from the simple concept put forth in Eat for Heat. In terms of specific benefits from mastering this idea, you can expect to:

- Eliminate frequent urination and waking up at night to urinate
- Overcome frequent headaches, migraines, and seizures
- Increase body heat and body temperature to 98.6 degrees F and higher
- Improve or eliminate anxiety completely, stabilizing mood
- Sleep deeper and longer, waking feeling more rested
- Enhance immunity and increase the speed of tissue renewal
- Eradicate heart palpitations
- Moisten your skin and hair, especially dry skin around the hands and lower legs and feet
- Eliminate dry mouth and excessive thirst
- Lower LDL, total cholesterol, and triglycerides
- Increase sex hormone production like progesterone and testosterone
- Be able to eat whatever you want, when you want, without gaining fat
- Strengthen bones and teeth

And more!

## Book Information

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## Customer Reviews

Matt Stone's Eat for Heat is a profound new look at human metabolism. Since I don't know the research basis for Mr. Stone's insight, I have to take the recommendations with a grain of salt. The recommendations really seem harmless enough though, so I am going to give them a try. What could go wrong with SLIGHTLY changing the source and amount of my fluids?Not much, I surmise, since Stone's work seems logical. It's not a big deal for me to make SLIGHT changes because I already drink shot glasses of coconut water and Half-and-Half. So I'll monitor my progress with Stone's program and switch back if my cold feet don't get warm.I want to thank Mr. Stone for thinking up something New and Novel to help individuals with low metabolism

Some good guidelines, regarding using common sense and listening to your body's signals, especially paying attention to electrolytes and minerals.In general though, the book was hard to follow and poorly written.The author also failed to document much of his material. I have a hard time accepting info that doesn't show solid research behind it. It seems like he experimented on himself and then wrote up the results. This has some validity, but I question the wisdom of his recommendation to sip soda instead of water, etc.I had high expectations for this book and was left underwhelmed

This is not a diet book. It is the opposite and Matt emphasizes that YOU are the designer of what you will eat based on what your body tells you...whether your body is cold/hot, weak/strong, brain fog/thinking clearly, hair loss/full hair, dry skin, nails/moist skin, strong nails, etc. He does not promote a 'junk food' diet, whatever that is. All food is comprised of the same components, and can be combined in varying ratios. For some, eating some 'junk' to get them over the FEAR of food and eating enough, is beneficial psychologically and the cellulose breakdown of foods (processed foods) can be beneficial physically. I got this e-book (this week for FREE) and as I am actually reading it, I am becoming empowered to see and feel how my body responds to food, water, sleep, exercise, etc. and will be able to tweak those things to benefit without going hungry, thirsty or stuffing myself with food or liquid...but finding the balance. Oh, yes, many will say you must eat as a lifestyle. And? What lifestyle would that be? I've spent the majority of my life trying to avoid food to the point of eliminating food groups and totally missed the lifestyle part of living with food. What does it look like, feel like, taste like? I'd like to know. Guess what? Matt's study and observations (being shared FOR FREE this week) are helping me to understand my body so I can design that lifestyle/balance without an unsustainable diet book to tell me what to eat/not eat or when. An observation I made: Did you know that cutting back on fluids will prevent the need for fiber and get you 'moving regularly' and without strain? Did you know that you can sleep through the night for up to 12 hours if you need to, without having to get up to pee? I stumbled on that a few years back, but didn't know why (after 40+ years of getting up 1-2 times a night). Now I know.

Eat for Heat: The Metabolic Approach to Food and Drink I found Matt Stone's blog after a mind breaking journey through the big bad world of low calorie dieting. I had tried a multitude of diet and exercise programs, I lost weight after every stint with a new trainer or new eating lifestyle but the weight relentlessly came back and you know the story- brought more pounds along. I also developed all sorts of health problems along the way, I was having trouble sleeping through the night, frequent sinusitis/colds, joint pains, the dreaded PCOS and bad moods. I have experienced tremendous health benefits in the last few years. I'm energetic, usually in a good mood, have clear skin, hardly ever get colds, warmer and have less joint pain. More importantly, the days of starving and overexercising are over, balance has been restored. I have been following the program Matt outlines in this book and the immediate results have been clear thinking, restful sleep and bonus point-my skin is so much softer, people have commented that my face is glowing :) So, if you're looking for deeper changes due to chronic health issues or issues like cold hands and feet, Matt

Stone has you covered. Break the chains of mainstream advice and find out for yourself that eliminating foods groups, cutting out salt and sugar and drinking tons of water is absolutely the wrong path to a healthy body and happy life. This book is a goldmine of information and you will see the changes in your body instantaneously. My life has changed for the better and I hope you take the step to change yours too.

Good for people with eating disorders to learn to not be afraid of food. Just not for long term. Be prepared to gain weight very quickly.

I noticed a decrease in bloating right away by following the guidelines in this book. I'm not talking average bloating...I'm talking bloating that makes me look pregnant and is so uncomfortable that I have difficulty breathing. The information this book has been a welcome relief!

This witty, well written gold mine is a truthful and refreshing look into how simple real health and happiness can be. The main premise is simple and simply stated: Simply Eat. Matt masterfully shows how the stress and anxiety caused by calorie counting and obsessing over the latest fad leaves us chalk full of all the very stress hormones that create a metabolism that is storing up for winter. Sure most diets will "work" for up to about 6 months, but then your metabolism and cravings catch up to you and it's time for a painful rebound, and the next "big thing". Not to mention the hair loss, cold limbs, zapped energy and a host of other low metabolic symptoms...Diets have become a harsh slave-master. Matt is a modern day Moses, wanting to bring the fun back into eating, take the stress out of your life, and most importantly; Set the people free!

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