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The Metabolic Storm: The Science of Your Metabolism and Why It's Making You Fat (P.S. It's Not Your Fault)

Emily Cooper

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This is not a diet book. It's a book about the pure science behind why diets don't work long-term for the majority of people. Forget everything you have ever heard about dieting and being overweight! The Metabolic Storm addresses the science that obliterates those myths about diets and weight gain. As a physician board certified in Obesity Medicine, Family Medicine, and Sports Medicine, Dr. Cooper sees hundreds of patients who attempt every conceivable diet and spend a huge amount of time and effort exercising, yet find that their excess weight doesn't stay off and their overall health doesn't improve long-term. The Metabolic Storm is the result of Dr. Cooper's 25 years of working with those patients and researching the existing science about metabolism. Cooper wants readers to understand that while everyone's metabolism is slightly different, if you face weight issues, you might simply have been "dealt a bad hand" metabolically. It's not your fault that you can't lose weight or keep it off. The Metabolic Storm explains why weight and metabolic issues are not the result of laziness, lack of commitment, or absence of willpower. It introduces the breakthroughs and answers discovered, but never properly disseminated, through more than 100 years of scientific research. Once you understand the intricate systems of metabolism and hormones, you will never want to diet again. And from there begins the journey of letting go of the guilt and shame too often associated with weight issues and actually solving these metabolic problems medically.

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