



# Eat for Heat: The Metabolic Approach to Food and Drink

By Matt Stone

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**Eat for Heat: The Metabolic Approach to Food and Drink** By Matt Stone

## Amazon'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 BS*

## Eat to raise your metabolic rate and get HOT

*Eat 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...

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### Editorial Review

About the Author

**"With a high metabolic rate, *everything works better.*"**

Matt Stone is an independent health researcher, #1 Amazon bestselling author of more than 15 books, and the founder of 180DegreeHealth, a controversial website that has challenged the status quo on health with a combination of cutting-edge science and radical common sense since 2006.

In his most popular books, *Eat for Heat* and the *Diet Recovery series*, Stone lays out explicit instructions for achieving a high metabolic rate, the details of which are Stone's greatest discovery in his decade of intensive research.

*With an increase in metabolic rate, thousands of Stone's readers and clients have reported improvements in a vast array of disorders: constipation, hair loss, low libido, acid reflux, insomnia, anxiety, cold hands and feet, frequent urination, allergies, skin conditions, chronic infections, infertility, and countless others, all while eating common, enjoyable, comfort foods to their heart's content.*

### Users Review

**From reader reviews:**

**Nathan Ramsey:**

Reading can called imagination hangout, why? Because if you find yourself reading a book particularly book entitled *Eat for Heat: The Metabolic Approach to Food and Drink* your thoughts will drift away trough every dimension, wandering in most aspect that maybe not known for but surely will end up your mind friends. Imaging every single word written in a publication then become one form conclusion and explanation that will maybe you never get before. The *Eat for Heat: The Metabolic Approach to Food and Drink* giving you yet another experience more than blown away your brain but also giving you useful info for your better life in this era. So now let us teach you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished reading through it, like winning a sport. Do you want to try this extraordinary spending spare time activity?

**Hector Hartung:**

In this era globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher which print many kinds of book. The particular book that recommended for your requirements is *Eat for Heat: The Metabolic Approach to Food and Drink* this publication consist a lot of the information from the condition of this world now. This kind of book was represented how can the world has grown up. The vocabulary styles that writer use to explain it is easy to understand. The writer made some study when he makes this book. That is why this book acceptable all of you.

**Todd Goff:**

This Eat for Heat: The Metabolic Approach to Food and Drink is brand-new way for you who has attention to look for some information since it relief your hunger of knowledge. Getting deeper you onto it getting knowledge more you know or else you who still having little bit of digest in reading this Eat for Heat: The Metabolic Approach to Food and Drink can be the light food for yourself because the information inside this kind of book is easy to get through anyone. These books develop itself in the form that is certainly reachable by anyone, that's why I mean in the e-book web form. People who think that in book form make them feel sleepy even dizzy this book is the answer. So there isn't any in reading a book especially this one. You can find actually looking for. It should be here for an individual. So , don't miss this! Just read this e-book sort for your better life and knowledge.

**Calvin Lee:**

Some people said that they feel uninterested when they reading a book. They are directly felt that when they get a half portions of the book. You can choose often the book Eat for Heat: The Metabolic Approach to Food and Drink to make your reading is interesting. Your current skill of reading talent is developing when you including reading. Try to choose easy book to make you enjoy to learn it and mingle the opinion about book and studying especially. It is to be initially opinion for you to like to open up a book and go through it. Beside that the reserve Eat for Heat: The Metabolic Approach to Food and Drink can to be your brand-new friend when you're feel alone and confuse with the information must you're doing of that time.

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