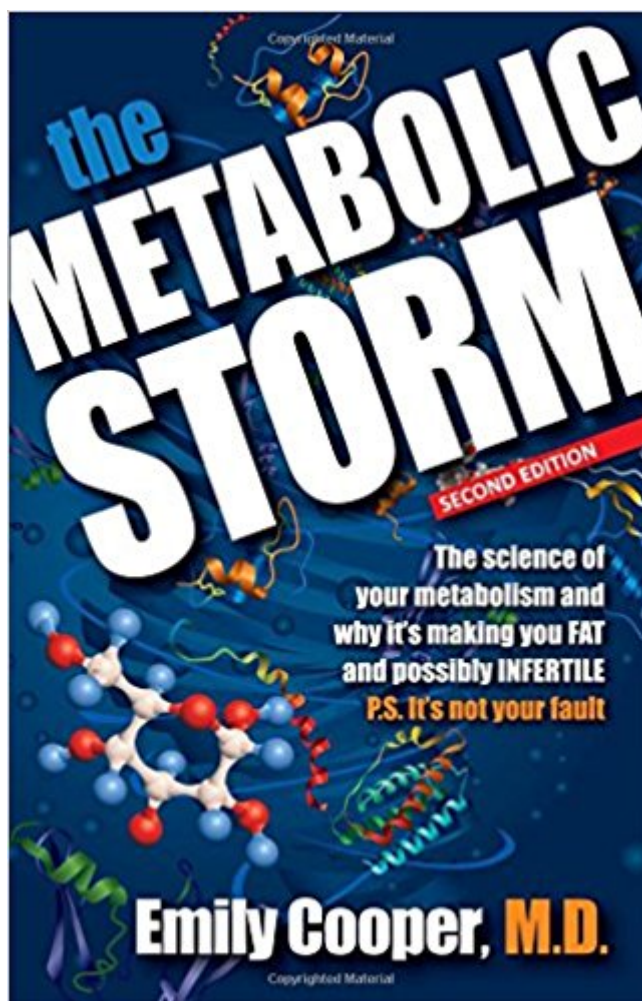


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# The Metabolic Storm, Second Edition



## Synopsis

This is NOT a diet book. Forget everything you have ever heard about dieting and being overweight! Emily Cooper, M.D. has 25 years experience and is board certified in Obesity Medicine, Family Medicine, and Sports Medicine. She has worked with thousands of patients who have previously followed every conceivable deprivation diet and exercise program, yet their excess weight doesn't stay off and their health doesn't improve long term. In this new, expanded edition, Dr. Cooper presents science that obliterates myths about diets and obesity. She explains that the metabolic system is not only a complex system in itself but profoundly affects other body systems such as reproduction and fertility. The Metabolic Storm explains why weight 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 metabolic system, you will never want to diet again. The new edition contains more self-strategies, additional information and dozens of new illustrations. Additional patient stories help readers understand that they are not alone in their struggles and that the science of metabolism brings great hope!

## Book Information

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## Customer Reviews

All proceeds for the sale of this book are donated to the Diabetes Research Foundation, a 501(c)(3) non-profit organization dedicated to increasing access to science-based effective medical treatment for those suffering from Diabetes. We appreciate your support!

Brian trained rigorously for an Ironman, then the Ultraman. Yet, as he ramped up his training, he

gained more fat!Â How did he put on 10 lbs. and 2% body fat while running a double marathon?Â This book explains the pure science behind why the calorie in vs. calorie out equation often does not compute in real life and why diets don't work long term for most of us.Â Forget everything you have heard about dieting and being overweight and learn how your metabolism affects not only your body weight but also fertility. Â The Metabolic Storm explains why weight and metabolic issues are not the result of laziness, a lack of commitment or absence of willpower.Â It introduces the breakthroughs and answers discovered - but never disseminated - through more than a century of scientific research. Once you understand how intricate your metabolic system is, you will never want to diet again!

Dr. Emily Cooper must be the leading authority in America, if not the world on body metabolism and weight gain. Dr. Cooper, who wasn't even trained in endocrinology, used her intellectual curiosity and medical intuitiveness to crack the code around why height/weight proportional people suddenly start gaining weight and then can't lose it. In her book, The Metabolic Storm, you will learn how the organs of the body communicate with the brain and then how that communication pathway breaks down leading to increased appetite, a slower metabolism and chronic weight gain. In addition, and not to be disappointed, Dr. Cooper shares her strategies developed by nothing but doggedly pursuing the truth with her patients over her career for solving for those metabolic glitches and returning her patients to a normal weight. The most impressive metric which proves how much an authority Dr. Cooper is, is that she has never had a patient become a diabetic. Dr. Cooper is a leader in intellectual thought, a guiding light, a treasure, and an inspiration to all those in the world who have been let down by the medical establishment and have been shamed by society for being overweight. Dr. Cooper practices in Seattle, Washington and you can work with her at her clinic, The Cooper Center for Metabolism. Thank you, Dr. Emily Cooper.

Doctor Cooper is amazing! I've been on all the programs - Weight Watchers, Jenny Craig, Atkins, South Beach. With each I'd have temporary success but eventually I'd gain it back and more. What I didn't know was I was impairing my metabolism and creating diet fog. Different medications I'd taken over the years also contributed to the metabolic problem. It's taken some time to unlock the doors in my metabolic loop, but I'm down about 45 pounds and still losing. I don't count calories or work out. I hope other doctors will be inspired to look into the research that Doctor Emily Cooper has uncovered. We need more doctors across the country to help turn around the perception that

people are not trying hard enough to lose weight. It's not your fault!

Thank goodness we have Emily Cooper! She's possibly the only physician in North America who's not only had the "balls" to dive into the mega burly science of our metabolic systems, but had the courage to face the tremendous amount of resistance from the millions of voices preaching "Calories in, Calories out" thinking. For most people who want a quick fix, this isn't the book, or the doctor for you.... But if, like Neo in the Matrix, and you want to know the truth, this book is the BLUE PILL. There's no easy way around it, dealing with weight struggles and metabolic hurdles is scary business if you've ever been through it. If you are one of the MILLIONS who have been at a loss as to why, no matter how much you exercise or count calories, you simply don't lose body fat, you will find REAL, evidence-based answers in this book. It takes a physician / scientist who is brave enough to dive into the near infinite complexity of metabolism to lay it out, but more so, it takes patients who are also brave enough to face these problems the hard way: With science, not diets. One more thing: We absolutely MUST change our culture and language around overweight and obesity. Calling people "lazy, stupid, and gluttonous" (even hinting towards it in research) is NOT helping to fix the problem. Its making it worse. If you read this book and still have the opinion that people who struggle with weight are somehow weak in the mind, you simply need to 1) Read the book AGAIN, and 2) Examine everybody in your life that you care about, because chances are that obesity is touching your own inner circles.

Gives good information on why diets and exercise often make weight problems worse. It is up to YOU to go and get the blood tests with a good endocrinologist to determine what your particular needs are to address your issues. Most of the complaints about this book are that it doesn't have a "plan." It's NOT a plan, and it states that at the beginning and several times throughout. It's meant to help you understand why you're not having success with diets and exercise--because THEY are NOT the problem. You have to be tested by someone who can create the right solution with you.

I started Weight Watchers at 18, and leveled out at about 155 pounds. After trying to cut back to get down to my WW goal weight, I was sick - passing out, shaky, no longer able to tolerate dairy or eggs. Over the next 10 years, I gained back double the amount of weight I initially lost on WW. I've been on a journey in the last few years through therapy and yoga to reconnect to my body. This book is the missing piece for me - putting the science behind what I've sensed. The author presents information regarding the complex metabolic system. I love how she shares her expertise and is

humble enough to share where we need to see further research and development. I honestly feel that she's ahead of the curve, and I can't wait for others to begin to implement this approach to weight.

My doctor recommended that I read this book. After I finished it I was furious. How is it that medical professionals have known for almost a century that dieting simply doesn't work??? As a person that has struggled with my weight for my entire life, reading this book has helped me to understand that while my behaviors have contributed to the underlying problems, this is NOT my fault. My doctor has started me on a medicine regimen to help heal my metabolic issues. I'll update this review at a later date to let you know how I'm doing.

This book is a reality check for people who have been dieting more than once in their life and have been wondering why the weight always comes back. Dr. Cooper explains why dieting is not the solution. She shows you the facts about the different probable causes for this struggle in the metabolic system. She is able to explain the complex metabolic system in a way that even non-scientists understand it. Her facts are based on her own research and from other scientists. I love this book it pointed me into the right direction, finally.

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