



# Jumpstart Your Metabolism: How To Lose Weight By Changing The Way You Breathe

By Pam Grout

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## Jumpstart Your Metabolism: How To Lose Weight By Changing The Way You Breathe By Pam Grout

If you've tried every conceivable combination of diet and exercise and still can't shed those extra pounds, then perhaps you haven't discovered the hidden key to weight loss -- proper breathing. By increasing the amount of oxygen you take in, you can help your body do a more efficient job of releasing hydrogen, the chief culprit in the storage of excess fat. And you'll be amazed at the benefits of learning to breathe the right way:

1. Reset your body's metabolism to burn calories more efficiently
2. Lose weight without complicated food restrictions or rigid exercise schedules
3. Feel more energized and less stressed

Breathing coach Pam Grout will show you how with thirteen "energy cocktails," simple but powerful breathing exercises that you can incorporate into your daily routine, whether you're at your desk, in your car, standing in line, watching TV -- nearly anywhere, anytime.

Easy to learn and fun to do, the program in *Jumpstart Your Metabolism* will help you jumpstart the rest of your life!

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### Editorial Review

#### Amazon.com Review

Can it really be that improper breathing is the root of weight problems? If you are sick of dieting, you'll be thrilled to read that "Diets are the enemy. They make you paranoid, insane, and fat. They are the main obstacle between you and your ideal weight." For Pam Grout, the key to weight loss is *breath!* In order to increase her energy level, Grout began a routine of daily breathing exercises using self-help audiotapes. Within three weeks, not only was her energy restored tenfold, but she also lost 10 pounds.

Written with self-deprecating humor and a clear, up-beat style, *Jumpstart Your Metabolism* takes the reader on a journey through many breathing-related issues, all designed to enhance breath awareness and restore healthy breathing. Her text elaborates on the key fact that by breathing deeply and increasing oxygen intake, the body burns hydrogen--the key culprit in storing excess fat--faster and more efficiently. Grout's daily maintenance program includes three core breathing exercises ("Baywatch Bikini Breaths," "Kung Fu Breaths," and "Walk Around the Block with Your Mouth Full of Water"). Also included are a bibliography on books about breath and breathing, a short quiz to ascertain the degree of your breathing problem, a chapter on the mechanics of breathing, and information-stocked sidebars that serve as enthusiastic breathing coaches.

#### About the Author

**Pam Grout** is a breathing coach who experienced the weight-loss benefits of better breathing firsthand and an award-winning freelance journalist who lives in Merriam, Kansas.

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