



# Turn Up the Heat: Unlock the Fat-Burning Power of Your Metabolism

*Philip L. Goglia*

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## **Turn Up the Heat: Unlock the Fat-Burning Power of Your Metabolism** Philip L. Goglia

If we are all on a diet, then why aren't we thin?" That's a question posed by nutrition and fitness expert Philip L. Goglia, and it is the starting point of this unique, comprehensive guide to getting in shape and staying that way. Drawing on his experience with more than 250,000 clients worldwide, Goglia explodes the myth that we are born with either a slow or fast metabolism. In fact, despite what many modern diets tell us, weight is not genetically predetermined and exercise will not make you thin.

*Turn Up the Heat* provides a thoroughly documented food management system that will transform the body and maintain health for good. Goglia's system is personalized to each individual's metabolic type and is comprised of three components: eating the right kinds and amounts of foods in the correct sequence; following a specific exercise program based on an individual's metabolic type; and drinking the appropriate amount of water daily. The result is a program that will forever break the apathy and frustration of dieters who just never seem to get to their ideal weight. Discover the program that has successfully worked for hundreds of thousands of people, including countless celebrities and athletes, helping them to achieve permanent weight loss and healthier lives.

What a few of Philip L. Goglia's many satisfied clients have to say about his program:

"I recommend Philip's programs to anyone who is interested in living a stronger, slimmer, healthier, and balanced life." (Gillian Anderson)

"I used [Goglia's] programs for my role as George in *George of the Jungle*. I was in the best shape of my life while filming this movie." (Brendan Fraser)

"Philip is an expert at nutrition and training. His knowledge is second to no one." (Jeff Goldblum)

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#### **Maria Huffman:**

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