

**Master Your Metabolism: The 3 Diet Secrets To
Naturally Balancing Your Hormones For A Hot And
Healthy Body! By Jillian Michaels;Mariska Van Aalst**

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The Promise. Tough TV trainer Jillian Michaels delivers a strict prescription for weight loss in Master Your Metabolism. The Biggest Loser wellness coach believes

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Background. Jillian Michaels, best known as the fitness trainer for the television series The Biggest Loser, is the author of Master Your Metabolism: The 3 Diet

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Master your metabolism the 3 diet secrets to naturally balancing your hormones for a hot and healthy Contributors: Aalst, Mariska van. Year/Format: 2009, eBook.

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