

New York Times Bestselling Author of The Plan

LYN-GENET RECITAS

the
Metabolism
Plan.

Exercise
Less to Lose
More!



Discover the Foods & Exercises that
Work for Your Body to Reduce
Inflammation and Drop Pounds Fast

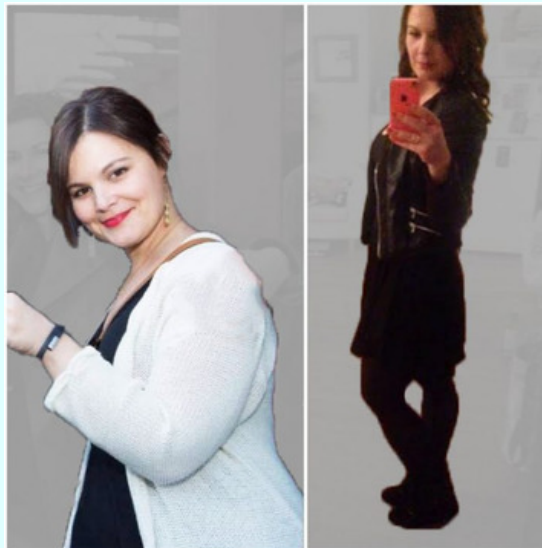
SPINNING & SALMON
CROSSFIT & CAULIFLOWER
BIKRAM & BISON
RUNNING & RASPBERRIES
THINK THIS IS HEALTHY?
THINK AGAIN!

ARE YOU DOING ALL OF THE
"RIGHT" THINGS AND STILL
GAINING WEIGHT?

OVER-EXERCISE & HEALTHY
FOODS MAY BE THE VERY
REASON YOU ARE IN A STATE
OF INFLAMMATION AND ARE
SLOWING YOUR METABOLISM.

FIND THE FOODS AND THE
EXACT EXERCISES
THAT WORK FOR YOUR BODY.

THE METABOLISM PLAN HELPS YOU LOSE OPTIMAL WEIGHT WITH A REVOLUTIONARY DIET & EXERCISE PROGRAM THAT BOOSTS YOUR METABOLISM TO BURN FAT, REVERSE THE AGING PROCESS & IMPROVE ENERGY. OVERTRAINING FOR YOUR BODY WILL SLOW YOUR METABOLISM & CAUSE WEIGHT GAIN! FIND THE EXACT EXERCISE THAT YOUR BODY LOVES.



THINK IT'S HEALTHY? THINK AGAIN. IT'S CHEMISTRY NOT CALORIES THAT WILL GET YOU TO YOUR IDEAL WEIGHT AND HEALTH. ALL FOODS, EVEN HEALTHY ONES, THAT DON'T WORK FOR YOUR BODY, CAUSE INFLAMMATION. CHRONIC INFLAMMATION CAUSES DISEASE, OBESITY & PREMATURE AGING. THE METABOLISM PLAN HELPS YOU FIND THE FOODS THAT WORK FOR YOUR CHEMISTRY WHILE EATING OVER 2,000 CALORIES A DAY. THE BEST PART? WINE, CHEESE, & CHOCOLATE ARE PART OF THE DIET .

I WEIGHED MYSELF ONE DAY AT THE GYM - I WAS 324 LBS! I WENT HOME & CRIED & CRIED. I WAS SO ASHAMED. I THOUGHT “WHAT’S THE USE. HOW CAN I POSSIBLY LOSE THAT MUCH WEIGHT?”

BUT THEN I PUT ON DR. OZ ONE DAY. I SAW LYN-GENET! I WASN’T SURE I COMPLETELY AGREED WITH EVERYTHING SAID (HOW CAN VEGGIES MAKE SOMEONE GAIN WEIGHT—RIGHT?). SO I HESITATED. THEN ONE DAY I WAS WATCHING FOX NEWS & THERE SHE WAS AGAIN! I DECIDED TO BUY HER BOOK AND SEE WHAT SHE HAD TO SAY. I CARRIED THAT BOOK WITH ME FOR ALMOST A YEAR – EVERYWHERE I WENT. I WENT TO BABY SHOWERS & BRIDAL SHOWERS WITH IT.



IT'S PAID OFF, I HAVE LOST 180 POUNDS. IT HAS STAYED OFF FOR 3 YEARS! THIS IS NOT A DIET. IT'S A WAY OF LIFE. EATING THE FOODS THAT WORK FOR MY BODY & EXERCISING 15 MINUTES EVERY OTHER DAY HAS GIVEN ME BACK MY LIFE.

“SINCE I WAS ABOUT 15 YEARS OLD, NOTHING HAS ANNOYED ME MORE THAN BEING TOLD THAT IF I JUST EXERCISED MORE & ATE A LITTLE LESS I WOULD LOSE WEIGHT & HAVE MORE ENERGY. (THAT’S WHAT I LIKE TO CALL NO-SH** -SHERLOCK ADVICE — OBVIOUS, BUT COMPLETELY UNHELPFUL.

I WAS DIAGNOSED WITH FIBROMYALGIA, EPSTEIN BARR & CHRONIC FATIGUE. AT TIMES JUST GETTING OUT OF BED & SHOWERING WERE MIRACULOUS FEATS OF ATHLETICISM. GOSH, EVEN SLEEPING COULD BE EXHAUSTING. BUT, YES, YOU ARE PROBABLY RIGHT THAT I WOULD FEEL MUCH BETTER IF I WOULD JUST STOP BEING SO LAZY & GO OUT & RUN 5K. SILLY ME.

WORKING WITH THE METABOLISM PLAN I COULD EASILY PINPOINT THE FOODS THAT CAUSED INFLAMMATION FOR MY BODY.



I NOW UNDERSTAND MY OWN CHEMISTRY & GOT TO THE BOTTOM OF WHAT FOODS STRESS MY BODY OUT & CREATE INFLAMMATION — WHICH SHOWED UP FOR ME AS DEPRESSION, PAIN, FATIGUE & EXTRA WEIGHT.

I AM 50 LBS LIGHTER, PAIN FREE & EATING CHEESE, DARK CHOCOLATE & — WAIT FOR IT — POTATO CHIPS. TAKE THAT! IT DIDN’T REQUIRE EXERCISING MORE OR EATING LESS. (IN FACT, I EXERCISE LESS & EAT MORE!). I NOW HAVE THE HEALTH & BODY I HAVE ALWAYS DREAMED OF.

RAVE REVIEWS FOR THE METABOLISM PLAN

“LYN-GENET IS INCREDIBLY KNOWLEDGEABLE ABOUT HEALTH & EXERCISE. HER METHODS ARE SO EFFECTIVE. I LOOK AND FEEL BETTER, & THE BEST PART IS THAT I’M HAPPIER!”

CHELSIE HIGHTOWER, DANCER, DANCING WITH THE STARS

“LYN-GENET’S KNOWLEDGE OF THE ENDOCRINE PATHWAYS IS SOUND AND THE METABOLISM PLAN IS FANTASTIC. I FOLLOWED THE 30-DAY PROGRAM, & WITHIN THE FIRST WEEK I WAS CLOSE TO MY IDEAL WEIGHT. I LOVE HER APPROACH TO EXERCISE & LOOK FORWARD TO MIXING UP MY REGIMEN TO FIND WHAT WORKS BEST FOR ME TO BE LEAN & STRONG !”

ANNA LOENGARD, MD

“THERE ARE NO MIRACLE PILLS OR TRENDS THAT CAN GIVE YOU HEALTH & WELLNESS, BUT LUCKILY THERE IS A ROAD MAP & A GUIDE. LYN-GENET HAS CREATED A STEP-BY-STEP PLAN TO HELP EACH OF US ACHIEVE OPTIMAL HEALTH.”

DR. STEVEN ZODKOY, AUTHOR OF MISDIAGNOSED- THE ADRENAL FATIGUE LINK

“I CONSIDER LYN-GENET TO BE ONE OF MY ‘SECRET WEAPONS’ WHEN IT COMES TO FIGURING OUT THE MANY ROOT CAUSES OF CHRONIC HEALTH & WEIGHT ISSUES. IT HAS HELPED MANY OF MY PATIENTS & HAS ABSOLUTELY SHOCKED ME WHICH ‘HEALTHY’ FOODS & OVEREXERCISE CAN DEVASTATE ONE’S HEALTH.”

DR. CARRI DRZYGA, DC, ND, THE FUNCTIONAL MEDICINE DOCTOR



“LYN-GENET RECITAS, HHP, SPORTS NUTRITIONIST, RYT

LYN-GENET RECITAS IS THE NY TIMES & INTERNATIONAL BESTSELLING AUTHOR OF THE PLAN, A GROUNDBREAKING ANTI-INFLAMMATORY NUTRITIONAL PROTOCOL WHICH HAS BEEN PUBLISHED IN OVER 15 COUNTRIES. SHE’S BEEN FEATURED ON DR. OZ, HUFFINGTON POST, CBS, NBC, FOX NEWS, THE SOCIAL, WOMEN’S RUNNING, FITNESS & MORE MAGAZINE.



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