

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

**By Jillian Michaels;Mariska van Aalst**

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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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