

# **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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Master Your Metabolism : The 3 Diet Secrets to Naturally Balancing Your Hormones for a Hot and Healthy Body! (Jillian Michaels) at Booksamillion.com.  
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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.

### **Master Your Metabolism | Lifescript.com -**

Based on the book Master Your Metabolism by Jillian Michaels, the former strength coach on NBC's The Biggest Loser, this program is not a just diet.

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