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Scott Rigden is the author of The Ultimate Metabolism Diet (2.33 avg rating, 6 ratings, 3 reviews, published 2008) Scott Rigden

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WebMD offers 10 tips to increase your metabolism and speed up the rate at which you burn calories and lose weight.

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Dr. Scott Rigden, M.D. is board on evaluation and treatment of obesity and related metabolic problems, as Metabolism Diet-Eat Right for Your Metabolic Type,

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Barb Schiltz, RN, MS is a The Ultimate Metabolism Diet: Eat Right for Your She has co-authored a book with Scott Rigden, MD, The Ultimate Metabolism

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