



Turn Up The Heat: Unlock the Fat-Burning Power of Your Metabolism

By Philip L. Goglia

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Review

Philip Goglia is literally the greatest nutritionist in history. -- *Owen Wilson*

Philip is an expert at nutrition and training. His knowledge is second to no one. -- *Jeff Goldblum*

Working with Philip changed my life. -- *Gillian Anderson*

About the Author

Dr. Philip Goglia is the founder of G Systems Concepts, the premiere nutrition and fitness clinic in Los Angeles. Goglia has been a registered nutritionist for over 20 years and also serves on the board for The Madison's Foundation and City of Hope medical center's Board of Governors. Philip designs realistic and achievable nutrition and exercise programs that focus on an individual's own unique metabolic needs, lifestyle, eating habits, stress, and workload. His clients include people who have never exercised to new mothers, professional athletes and Hollywood celebrities, including Jeff Goldblum, Kim Delaney, Mickey Rourke, Laura Dern, Gillian Anderson, Howie Long, and Owen Wilson. Goglia most recently worked with Kristanna Loken to get her in shape for her role as the Terminatrix in the movie "Terminator 3." Viking Penguin recently published his book, "Turn up the Heat - Unlock the Fat Burning Power of Your Metabolism." Goglia has appeared in numerous magazines and television programs including People, Allure, Elle, Self, Men's Fitness, First for Woman, Dr. Phil, and CNN.

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