

phase 3 fast metabolism diet

Phase 3 Fast Metabolism Diet: Unlocking Sustainable Weight Loss and Metabolic Balance

phase 3 fast metabolism diet is a pivotal stage in the popular Fast Metabolism Diet designed by nutritionist Haylie Pomroy. This phase focuses on stabilizing your metabolism after the initial fat-burning and cleansing stages, helping you maintain weight loss while promoting long-term metabolic health. If you've been curious about how to keep your metabolism revved up and avoid the dreaded plateau, understanding and embracing phase 3 is essential.

What Is the Phase 3 Fast Metabolism Diet?

The Fast Metabolism Diet is structured into three distinct phases that cycle through specific foods and macronutrient ratios to optimize metabolism and fat burning. While phase 1 emphasizes high-glycemic fruits and carbohydrates to stimulate the thyroid, and phase 2 focuses on lean proteins and vegetables to promote fat loss, phase 3 is all about reintroducing healthy fats and moderate proteins to stabilize hormones and support a balanced metabolism.

Phase 3 usually lasts for two days in the weekly cycle and is sometimes called the "healthy fats" phase or the "metabolic balancing" phase. During this time, your diet shifts to include foods rich in monounsaturated and polyunsaturated fats, combined with moderate amounts of protein and low-glycemic fruits and vegetables. This phase helps replenish your nutrient stores, supports adrenal and thyroid function, and reduces inflammation.

Why Phase 3 Matters in the Fast Metabolism Diet

Many people who try the Fast Metabolism Diet focus heavily on the initial weight loss phases but overlook phase 3's importance. However, phase 3 plays a crucial role in preventing metabolic slowdown—a common issue when dieting.

Rebalancing Hormones

Phase 3's emphasis on healthy fats like avocado, olives, nuts, and seeds supplies essential fatty acids that are vital for hormone production. Hormones such as cortisol, insulin, and thyroid hormones rely on these fats to function optimally. Without adequate healthy fats, your metabolism can become sluggish, leaving you feeling fatigued and stuck.

Enhancing Fat Burning Long Term

While the earlier phases jumpstart metabolism and burn fat quickly, phase 3 ensures that your body maintains this fat-burning efficiency. It prevents the body from entering “starvation mode,” which can happen if your diet is too restrictive or lacks variety.

Supporting Mental Clarity and Energy

In addition to physical benefits, phase 3 often improves mental focus and energy levels. Healthy fats provide a steady source of fuel for the brain, helping you stay sharp and alert throughout the day.

Key Foods to Include in Phase 3

Understanding which foods are encouraged during phase 3 is essential to reap its full benefits. Unlike phases 1 and 2, which prioritize carbs and lean proteins respectively, phase 3 highlights fat-rich foods balanced with moderate protein.

Healthy Fats

- Avocados
- Olive oil and olives
- Raw nuts such as almonds, walnuts, and pecans
- Seeds like chia, flax, and pumpkin seeds
- Fatty fish such as salmon and mackerel

Proteins

- Organic eggs
- Wild-caught fish
- Grass-fed beef (in moderation)

- Pasture-raised poultry

Fruits and Vegetables

Phase 3 focuses on low-glycemic fruits and non-starchy vegetables to avoid spiking insulin levels.

- Berries (blueberries, strawberries, raspberries)
- Leafy greens (spinach, kale, arugula)
- Cucumbers and zucchini
- Broccoli and cauliflower

Tips for Success During Phase 3

Navigating phase 3 successfully means more than just choosing the right foods—it also involves paying attention to meal timing, portion sizes, and lifestyle habits.

Stay Hydrated and Include Herbal Teas

Drinking plenty of water supports detoxification and metabolic function. Herbal teas such as ginger, dandelion, or green tea can enhance digestion and provide antioxidants.

Focus on Quality, Not Quantity

Because phase 3 includes calorie-dense healthy fats, it's important to monitor portion sizes to avoid overeating. Use measuring spoons for oils and nuts until you get a feel for proper servings.

Incorporate Movement and Stress Management

Physical activity like yoga, walking, or light strength training complements phase 3 by supporting hormone balance and reducing cortisol. Additionally,

stress management techniques such as meditation or deep breathing enhance metabolic health.

How Phase 3 Fits Into the Overall Fast Metabolism Diet Plan

The Fast Metabolism Diet cycles through phases 1, 2, and 3 repeatedly over a 28-day period. Each phase lasts 2 days (except phase 1, which is 2 days), and the sequence is designed to optimize different metabolic pathways.

Phase 3 serves as the metabolic “reset” phase, allowing your body to recover from the carbohydrate and protein-heavy phases while still promoting fat loss. By alternating these phases, the diet prevents the metabolic adaptation that often stalls weight loss in traditional diets.

Common Misconceptions About Phase 3

- **It’s not a “cheat” phase:** Some believe phase 3 is a day to indulge, but it requires mindful eating of specific foods to maintain metabolic benefits.
- **Fats are not the enemy:** Many diets demonize fats, but phase 3 highlights their essential role in metabolism and hormone health.
- **Portion control still matters:** Even though fats are healthy, overconsumption can hinder progress.

Integrating Phase 3 Principles Beyond the Diet

One of the reasons the Fast Metabolism Diet has remained popular is its emphasis on cultivating lifelong habits rather than quick fixes. The lessons of phase 3, especially about healthy fats and balanced eating, can be applied long after the initial 28 days.

By continuing to include nutrient-dense fats and moderate proteins while avoiding processed foods and sugars, you support ongoing metabolic health and reduce risks of chronic illnesses.

Meal Ideas to Keep You Inspired

- **Breakfast:** Scrambled eggs with spinach and avocado slices drizzled with olive oil
- **Lunch:** Wild salmon salad with mixed greens, walnuts, and a lemon-olive oil dressing
- **Dinner:** Grilled grass-fed beef with roasted broccoli and a side of quinoa (in moderation)
- **Snacks:** A handful of raw almonds or a small bowl of mixed berries

Final Thoughts on the Phase 3 Fast Metabolism Diet

Embracing the phase 3 fast metabolism diet is about more than just weight loss—it's about nourishing your body with the right balance of fats, proteins, and vegetables to sustain a healthy metabolic rate. While the earlier phases ignite fat burning, phase 3 ensures your metabolism remains efficient and your hormones balanced, setting the stage for continued well-being.

If you're following the Fast Metabolism Diet, giving phase 3 the attention it deserves can make a significant difference in how you feel, your energy levels, and how steadily you lose weight. Plus, integrating these habits long term can help you maintain your ideal weight without feeling deprived or exhausted.

Frequently Asked Questions

What is Phase 3 of the Fast Metabolism Diet?

Phase 3 of the Fast Metabolism Diet focuses on high-fat and moderate-protein foods with low carbohydrates to help stabilize metabolism and promote fat burning.

How long does Phase 3 last in the Fast Metabolism Diet?

Phase 3 typically lasts for two days in each weekly cycle of the Fast Metabolism Diet.

What foods are allowed in Phase 3 of the Fast Metabolism Diet?

Allowed foods in Phase 3 include healthy fats like avocado, nuts, seeds, olive oil, coconut oil, and moderate amounts of protein such as fish, poultry, and eggs, while limiting carbohydrates.

Can I lose weight during Phase 3 of the Fast Metabolism Diet?

Yes, Phase 3 helps to burn stored fat by focusing on healthy fats and moderate protein intake, which supports continued weight loss and metabolic balance.

Is exercise recommended during Phase 3 of the Fast Metabolism Diet?

Yes, light to moderate exercise such as walking, yoga, or gentle strength training is recommended during Phase 3 to complement fat burning and metabolic health.

Why are carbohydrates limited in Phase 3 of the Fast Metabolism Diet?

Carbohydrates are limited in Phase 3 to encourage the body to burn stored fat for energy, enhancing fat loss and metabolic efficiency.

Can I eat fruits during Phase 3 of the Fast Metabolism Diet?

Most fruits are limited during Phase 3 due to their carbohydrate content, but small portions of berries may be allowed occasionally depending on individual tolerance.

What are the benefits of Phase 3 in the Fast Metabolism Diet?

Benefits of Phase 3 include increased fat burning, hormonal balance, reduced inflammation, and improved metabolic rate.

Are there any common mistakes to avoid in Phase 3 of the Fast Metabolism Diet?

Common mistakes include eating too many carbohydrates, not consuming enough healthy fats, and skipping meals, which can hinder fat burning and metabolic progress.

Can Phase 3 be repeated multiple times during the diet?

Yes, Phase 3 is part of a rotating three-phase weekly cycle that is repeated until desired weight loss and metabolic health goals are achieved.

Additional Resources

Phase 3 Fast Metabolism Diet: An In-Depth Review and Analysis

phase 3 fast metabolism diet represents a critical stage in the overall Fast Metabolism Diet, developed by nutritionist Haylie Pomroy. This phase aims to stabilize metabolism and maintain weight loss achieved in earlier stages of the diet. The Fast Metabolism Diet itself is structured into three phases, each designed to optimize metabolic rate by strategically cycling macronutrients. Phase 3, often referred to as the "Indulge and Enjoy" phase, focuses on introducing healthy fats while minimizing carbohydrate intake, purportedly to reset hormones and sustain long-term weight management.

Understanding the nuances of phase 3 fast metabolism diet is essential for individuals seeking a sustainable approach to weight regulation without compromising metabolic health. This article delves into the specifics of phase 3, its dietary guidelines, scientific rationale, and how it compares to other phases in the program. By exploring the benefits and potential challenges of the diet's final phase, readers can make informed decisions about integrating this plan into their lifestyle.

Overview of the Fast Metabolism Diet Framework

The Fast Metabolism Diet is designed around a rotating cycle of three phases across a week, each emphasizing different macronutrients to stimulate the metabolism effectively. Phase 1 focuses on high carbohydrate intake with moderate protein and low fat, Phase 2 emphasizes high protein and vegetables with minimal carbs and fat, and Phase 3, the subject of this analysis, prioritizes healthy fats with moderate protein and very low carbohydrates.

The theory behind these phases is that by cycling macronutrients, the body avoids metabolic slowdown commonly associated with prolonged diets. This cycling supposedly prevents the body from adapting to a specific nutrient pattern, thereby maintaining a high metabolic rate and facilitating consistent fat loss.

Phase 3 Fast Metabolism Diet: Core Principles and

Foods

Phase 3 typically lasts for two days per week and is characterized by a macronutrient balance of approximately 65-75% fat, 15-25% protein, and minimal carbohydrates, usually below 15%. The goal is to stimulate the release of hormones like cortisol and testosterone, which support fat mobilization and muscle maintenance.

Key foods encouraged in phase 3 include:

- Avocados and olives
- Coconut oil and MCT oil
- Nuts and seeds (e.g., almonds, walnuts, flaxseeds)
- Fatty fish such as salmon and mackerel
- Grass-fed meats and free-range poultry
- Low-carb vegetables like spinach, kale, and broccoli

Conversely, carbohydrates are restricted, especially grains, sugars, and starchy vegetables. This low-carb approach is designed to encourage the body to switch to fat as its primary energy source during this phase.

Scientific Rationale Behind Phase 3

The phase 3 fast metabolism diet leverages principles similar to ketogenic or low-carb high-fat diets, aiming to shift metabolic pathways toward fat oxidation. By limiting carbohydrates and increasing healthy fats, the body may enter a state of mild ketosis, which can promote fat burning and improve insulin sensitivity.

Furthermore, phase 3's emphasis on hormone regulation aligns with research indicating that dietary fats play a crucial role in hormone synthesis, including steroid hormones that impact metabolism and body composition. By providing ample sources of omega-3 and monounsaturated fats, the diet intends to optimize hormonal balance, reduce inflammation, and support metabolic health.

However, it is important to note that scientific evidence specifically validating the phase 3 fast metabolism diet's hormonal claims remains limited. While low-carb, high-fat diets have demonstrated benefits in various studies, the unique cycling approach of the Fast Metabolism Diet requires further empirical investigation.

Comparative Analysis: Phase 3 Versus Other Phases

Understanding phase 3 in the context of the entire Fast Metabolism Diet highlights its distinctive role in the program. Whereas Phase 1 replenishes glycogen stores with carbohydrate-rich foods, and Phase 2 focuses on protein to build lean muscle and eliminate fats, Phase 3 is intended as a metabolic "reset" and hormone balancing phase.

- **Phase 1:** Carbohydrate-loading to increase metabolism and reduce stress hormones.
- **Phase 2:** High-protein phase to build muscle and detoxify the body.
- **Phase 3:** High-fat phase to balance hormones and encourage fat burning.

Each phase lasts for two days, except Phase 1, which spans three days, creating a weekly rotation. This cycling is a unique feature compared to other diets that maintain consistent macronutrient ratios.

Pros and Cons of Phase 3 Fast Metabolism Diet

The benefits of phase 3 include the promotion of fat loss through fat oxidation, potential improvements in hormone balance, and sustained metabolic rate. The inclusion of nutrient-dense fats supports cardiovascular health and satiety, which may reduce cravings and overeating.

On the downside, some individuals may find the low carbohydrate intake challenging, particularly if they engage in high-intensity exercise. The restriction of fruits and grains might also limit fiber intake and micronutrients, requiring careful meal planning. Additionally, the diet's complexity and need for strict adherence to macronutrient timing may reduce long-term sustainability for some users.

Implementing Phase 3 Fast Metabolism Diet in Daily Life

For those considering phase 3 fast metabolism diet implementation, practical strategies can enhance compliance and effectiveness:

1. **Meal Planning:** Prepare meals rich in healthy fats and moderate protein

while avoiding hidden carbohydrates.

2. **Monitoring Macronutrients:** Use apps or food diaries to track fat, protein, and carbohydrate intake accurately.
3. **Hydration and Supplements:** Maintain adequate hydration and consider supplements such as omega-3 fatty acids to support the diet.
4. **Physical Activity:** Incorporate moderate exercise tailored to low-carb energy availability.
5. **Consultation:** Seek advice from healthcare professionals before starting, especially for individuals with underlying health conditions.

Adhering to these guidelines can mitigate potential pitfalls of phase 3 and optimize metabolic outcomes.

How Phase 3 Aligns with Current Metabolic Health Trends

In the broader context of metabolic health, phase 3's focus on healthy fats aligns with growing evidence supporting the benefits of monounsaturated and polyunsaturated fats over refined carbohydrates. Contemporary research increasingly acknowledges the role of dietary fat quality in preventing metabolic syndrome and cardiovascular disease.

Moreover, the cyclical nature of the Fast Metabolism Diet resonates with intermittent fasting and carb-cycling methodologies, which have gained popularity for their metabolic flexibility benefits. Phase 3, by reducing carbohydrates periodically, mimics aspects of these approaches, potentially contributing to improved insulin sensitivity and fat utilization.

Nonetheless, personalized nutrition remains paramount. Individual responses to macronutrient cycling vary, and phase 3 may be more effective for some metabolic phenotypes than others.

The phase 3 fast metabolism diet represents a distinct approach within the Fast Metabolism Diet framework, emphasizing healthy fats and hormonal balance to sustain weight loss and metabolic health. While its scientific foundation shares elements with established low-carb and ketogenic principles, the cyclical design and specific food guidelines differentiate it from other dietary strategies. For those seeking a structured, phased diet plan, phase 3 offers a targeted method to harness fat metabolism and hormone regulation, though careful attention to nutritional adequacy and lifestyle compatibility is essential.

Phase 3 Fast Metabolism Diet

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phase 3 fast metabolism diet: The Fast Metabolism Diet Haylie Pomroy, 2013-04-09 #1 NEW YORK TIMES BESTSELLER • Kick your metabolism into gear with a diet program that uses the fat-burning power of food to help you lose up to 20 pounds in 28 days “This is not a fad diet. It’s a medically proven method of food as medicine to fight obesity, cure chronic illness, and heal a broken metabolism.”—Jacqueline Fields, M.D. Hailed as “the metabolism whisperer,” Haylie Pomroy reminds us that food is not the enemy but medicine needed to rev up your sluggish, broken-down metabolism to turn your body into a fat-burning furnace. On this plan you’re going to eat a lot—three full meals and at least two snacks a day—and you’re still going to lose weight. What you’re not going to do is count a single calorie or fat gram, or go carb-free or ban entire food groups. Instead, you’re going to rotate what you eat throughout each week according to a simple and proven plan carefully designed to induce precise physiological changes that will set your metabolism on fire. In four weeks you’ll not only see the weight fall off, but don’t be surprised to find your cholesterol drop, blood sugar stabilize, energy increase, sleep improve, and stress melt away as well. Complete with four weeks of meal plans and more than fifty recipes—including vegetarian, organic, and gluten-free options—this is the silver bullet for the chronic dieter who has tried every fad diet and failed, for the first-time dieter attempting to boost their metabolism, and for anyone who wants to naturally and safely eat his or her way to a skinnier, healthier self.

phase 3 fast metabolism diet: Fast Metabolism Diet J.D. Rockefeller, 2015-10-14 The Fast Metabolism Diet is a 28-day meal plan. The diet promises that you can lose up to 20 pounds within these 28 days. The basic principle behind the diet is that years of consuming processed foods, caffeine, and alcohol have wreaked havoc on your metabolism. The damaged metabolism, in turn, makes you gain weight. To lose weight, you have to reset your metabolism. In the Fast Metabolism Diet, this is done by introducing certain foods in different phases. Of course, you can surely not have all the foods that have damaged your metabolism. So, is the diet right for you? If you do decide to follow this diet, what would you need to do? What are the basic principles? What foods can you eat, and what can't you eat? What are the different phases of this diet? You can get the answers to all

these questions in this guide. So, let's get started!

phase 3 fast metabolism diet: *The Fast Metabolism Diet Cookbook* Matt Kingsley, Tired of diets that leave you feeling hungry and deprived? Ready to ignite your metabolism and achieve lasting weight loss? Introducing *The Fast Metabolism Diet Cookbook: Rev Up Your Metabolism, Transform Your Life* This isn't just another diet book. It's your passport to a vibrant, energized you. Packed with delicious, easy-to-follow recipes and expert guidance, this cookbook will help you: Boost your metabolism and burn fat effortlessly Curb cravings and feel satisfied Increase your energy levels and vitality Improve your overall health and well-being Say goodbye to restrictive diets and hello to a sustainable lifestyle that nourishes your body and soul. Inside, you'll discover: The science behind the Fast Metabolism Diet and how it works Meal plans and shopping lists to make meal prep a breeze Mouthwatering recipes for every phase of the diet Troubleshooting tips and FAQs to address common challenges Inspiring success stories to motivate you on your journey Don't wait any longer to unleash your body's full potential. Grab your copy of *The Fast Metabolism Diet Cookbook* today and start your transformation!

phase 3 fast metabolism diet: *The Fast Metabolism Diet Cookbook* Haylie Pomroy, 2013-12-31 Turn your kitchen into a secret weapon for losing up to 20 pounds in 28 days through the fat-burning power of food, with more than 200 simple, effective, mouthwatering, family-pleasing recipes, from the #1 New York Times bestselling author of *The Fast Metabolism Diet* "Haylie Pomroy provides real-life solutions for the problems plaguing our nation's health."—Mark Hyman, MD This essential companion to *The Fast Metabolism Diet* shows you how to cook your way to health through a plan that celebrates food, thrives on variety, and has you eating five to six times a day according to a three-phase plan strategically designed to keep your metabolism burning at lightning speeds. In Phase 1, you'll cook to unwind stress and support your adrenals with hearty, nourishing breakfasts like Piping Hot Quinoa Cereal or Buckwheat Flapjacks and warm, home-style comfort food like Pasta and Simmered Tomato-Meat Sauce and Sweet Potato Shepherd's Pie. During Phase 2, you'll be cooking to unlock stored fat and feed the liver with huge, leafy salads like the Warm Asparagus and Turkey Bacon Salad and luxurious, protein-rich entrées like Lemon-Pepper Filet Mignon and Cabbage and Rosemary Pork Tenderloin with Mustard Greens. Then in Phase 3, it's time to use your kitchen to unleash the burn and ignite the Fast Metabolism hormones with savory, high-healthy fat dishes like the Breakfast Burrito, Steak Fajita Avocado Lettuce Wraps, and Slow-Cooked Chicken Curry. You'll prepare silky, dairy-free soups and stews like Creamy Leek and Cauliflower Soup and serve crowd-pleasing dinners like Gingered Shrimp and Veggie Stir Fry. The recipes in *The Fast Metabolism Diet Cookbook* include vegetarian and vegan dishes that even meat-lovers will enjoy, a wealth of gluten-free and allergy-friendly options, dozens of slow cooker meals that can be prepared in under five minutes, and more! Plus, Haylie offers helpful and affordable hints for cooking on each of the three phases and suggests food swaps to add even more variety to your cooking repertoire. Whether you've already achieved results on the Fast Metabolism Diet or are trying it for the first time, this is the ideal tool for making delicious, nutritious, home-cooked food for part of your Fast Metabolism lifestyle. So join Haylie in the kitchen and get ready to cook your way to a thinner, healthier you!

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Adamson, 2020 A metabolism-boosting cookbook from Haylie Pomroy, the #1 New York Times best-selling author of *The Fast Metabolism Diet*--

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phase 3 fast metabolism diet: *The Best Diet's Ultimate Hcg Recipe Cookbook* Inches and Pounds, 2016-04-05 The *Best Diet's HCG Ultimate Recipe Cookbook* was designed to provide the HCG Dieter with a variety of delicious mouth-watering alternatives to an otherwise limited food selection. I have comprised 156 delicious Phase 2 and 3 recipes that are specific to the newly physician updated HCG Diet Protocol book, *The Best Diet You Have Never Heard Of*. You will find a large assortment of beverages, desserts, snacks, appetizers, soups & salads, and chicken & beef dishes that you and your entire family can enjoy. After losing 54 pounds on the new protocol, I still cook many of my original recipes for my family members, and especially for my husband. His favorite request is my delicious Crock Pot Chicken Tacos recipe! **ADDITIONAL BONUS FEATURES INCLUDE:** *Cooking and Food Preparation Tips *HCG Dieting Tips and Tricks *How to Create a Food Journal *Grocery Shopping List *Grocery Check-off List *HCG Essentials *Informative Phase 2

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phase 3 fast metabolism diet: LL Cool J's Platinum 360 Diet and Lifestyle LL COOL J, Chris Palmer, Jim Stoppani, Dave Honig, 2010-04-27 Multi-platinum, Grammy award-winning rapper and best-selling author LL Cool J shares the secrets to his enviable physique and, perhaps even sexier, his hard-earned contentment and peace of mind. His high-energy, no-nonsense program includes a 30-day workout regimen designed to build lean, sexy muscles and a breakthrough diet plan that can help you shed up to 20 pounds in just 4 weeks—even with weekend cheat meals! But what truly elevates the LL Cool J's Platinum 360 Diet and Lifestyle is LL's practical, easy-to-follow advice for personal transformation. Through self-reflection and spiritual guidance, he'll show you how to develop your own internal strength, giving you the tools and wisdom to transform your life from the inside out. It's not just about how to get fit, but you can—and deserve to be—your best self.

phase 3 fast metabolism diet: Endocrine insights into heart disease Gabor Czibik, Li Chan, Eduardo Hertel Ribeiro, Daigo Sawaki, 2025-09-10 It is increasingly recognized that apart from genetic dispositions affecting the sarcomere or myocardial ability to generate energy, cardiac abnormalities often develop on grounds of primary extracardiac dysfunction. In addition to the most common examples, such as coronary heart disease, hypertension, and diabetes, myocardial involvement is well-documented in, for instance, patients with liver, kidney, and classical endocrine diseases. A caveat is that the majority of evidence accumulated to date comes from clinical observations, hence is associational by nature. Although it stands to reason that in the mammalian organism dysfunction at one site may affect another through perturbed homeostasis, our understanding of the modes of how such extracardiac-cardiac cross-talks may occur is still in its infancy. Mechanistic data that identifies functionally relevant abnormalities in the jungle of bystanders is clearly lacking. Identifying key nodes is important not only out of academic curiosity for increased mechanistic understanding but also for opportunities to come upon novel diagnostic and therapeutic targets. Therefore, as a first step, our aim is to facilitate the generation of novel mechanistic insight into cardiac disease, where extracardiac changes are tied to the heart's functional integrity. To fill in this gap, the *Frontiers in Endocrinology* invites original contributions that help explain the development of cardiac dysfunction in any recognized extracardiac condition. A particular interest of the Journal is to identify endocrine mechanisms in cardiac conditions reflecting the increase in the prevalence of states with a major unmet medical need (natural ageing, obesity, diabetes, etc.) or identifying critical gender-dependent differences in the development of cardiac phenotype induced by the same stimuli.

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