Slimnutrition and vitamin X : fat control without hunger

Marcus B. Sorenson

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Anti-Fat Nutrients Dallas Clouatre, Ph.D.,Dallas Clouatre Ph. D.,2009-12 Weight Loss Is Easy Fat Loss Is Not A successful diet does much more than simply take off unwanted pounds it helps you feel good and look good And it is permanent This is because it includes making changes in body composition and metabolism that increase the body s ability to burn calories These changes do not depend upon a large reduction in the calories consumed but upon minor modifications in the foods eaten and upon the addition of a small number of supplements to the diet The result is a decrease in fatty tissue and an increase in the ratio of lean muscle tissue to adipose fat tissue in the body Such a change is psychologically satisfying because lean tissue not only burns calories but also gives women their shapely figures and men their muscle tone In any successful weight loss program you should be able to judge yourself by your mirror rather than by your bathroom scale Anti Fat Nutrients provides do it yourself alternatives to empower dieters to achieve their ideal weight on their own Using scientifically supported research Anti Fat Nutrients Explains how and why the body gains and loses weight and the critical role fat plays in the process Explores new directions in the study of weight control and details the important contributions that vitamins herbs amino acids enzymes and other nutrients can make to dieters lives Provides in depth information on key nutritional supplements and the ways in which they facilitate weight loss and at what potencies Contains the Core Anti Fat

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