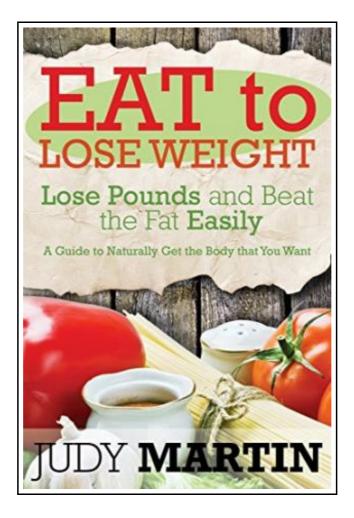
Eat to Lose Weight: Lose Pounds and Beat the Fat Easily (Paperback)



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(Hunter Witting)

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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ****** Print on Demand ******. Obesity is becoming a worldwide epidemic. It shortens the lifespan considerably, and is one of the leading causes of depression and anxiety. Being overweight is risky to your body. Obesity is one of the greatest causes of heart disease, stroke, and diabetes. Carrying extra body weight puts stress on the heart which leads to high blood pressure and stroke. A diet high and sugar and carbohydrates not only leads to obesity but also causes high cholesterol, heart disease, and diabetes. Extra body weight is hard on the muscles and bones. Take care of your body. You only have one body and one chance at life.



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