



Everything You Need To Know About Fat Loss

Chris Aceto

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Trying to lose weight but just too confused as where to start? *Everything You Need to Know About Fat Loss* will show you the way. You will learn and understand the effects total calories, types of calories and exercise exert on body fat loss and body fat inhibition. The author covers 8 important topics in 11 chapters. The topics include:

- *Physiology of Weight Loss
- *Calories
- *Carbohydrates, Protein and Fat
- *Fat Storing Foods
- *Hormones
- *Drugs
- *Diets
- *Exercise

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