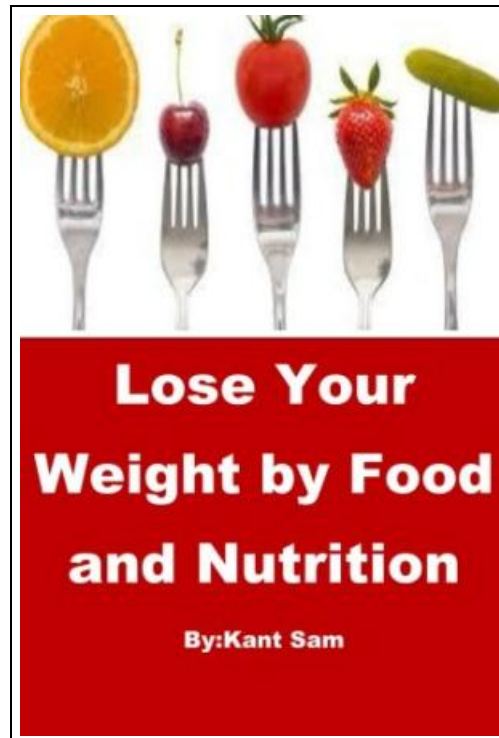


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LOSE YOUR WEIGHT WIITH FOOD AND NUTRITION: THE DEFICIENCY OF CERTAIN NUTRIENTS CUASES OBESITY. (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Food and nutrition play a very important role in dealing with issues of health. There are certain deficiencies in food that cause fluctuations in the hormones which in turn bring obesity and deposition of fat on different parts of the body. This book includes the complete guidelines to reduce your weight to the maximum by making up the deficiencies through nutritional intake .The need to achieve this goal is the complete homework to do which most of the people are not aware of .The body of ours has been designed such that it tends to achieve a state of equilibrium maintaining all the fluids of the body and hormones and in this ways caters to the demands of all the organs to provide them enough space and opportunity to perform to the maximum to contribute to the overall health of the body. But due to certain reasons the fat begins to get deposited in the different portions of the body specially the belly portions which further deteriorates this balance. This book has been written to help the individuals get rid of those fats in the minimum time possible.

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