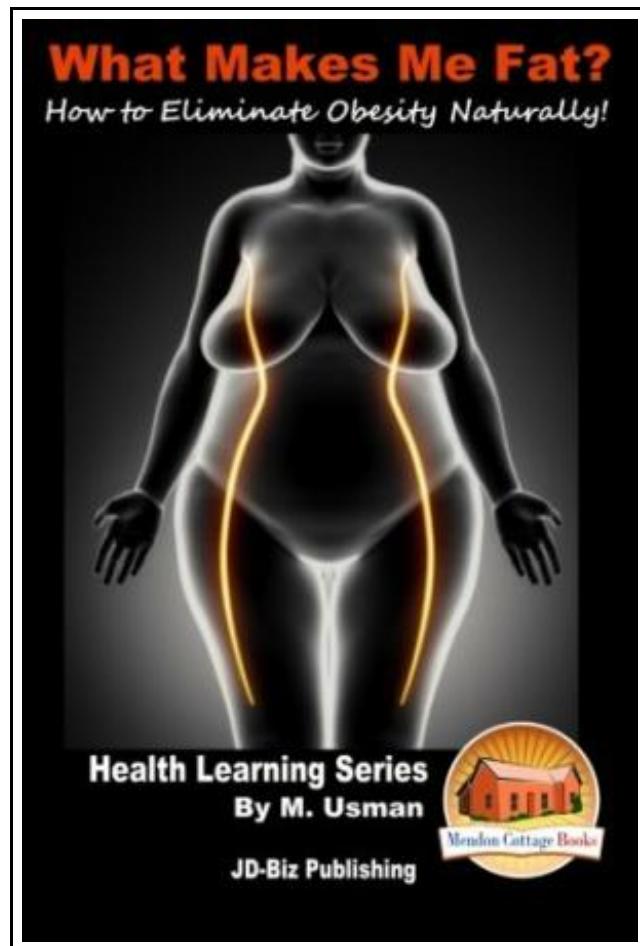


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn what makes you fat and how to eliminate these factors in your life. An easy to read book to help you live better and eat the right things. Knowledge is power and this book teaches you the proper way to eat and live to live a healthier life. Table of Contents Introduction Section one: What is obesity?- The story behind Causes of obesity- Why am I getting fat? Section two: How to treat your obesity? Food you should eat to lose weight- Eat healthy to stay healthy Foods to avoid- Think before you eat Home remedies for weight loss- Try them and don t regret Herbal remedies for losing weight- Fall in love with us to get lean and smart say herbs. Exercises for rapid weight loss- Burn fats, build muscles and get back in shape Surgical treatment for obesity- don t lose hope Overall, more than 10 of the world population is obese (World health organization- WHO) Superfluous food and the ease with which we can attain all the things we need has made physical activity almost extinct. It s safe to say that obesity is the gift of modern era; a gift that can potentially be deadly. For instance, according to the same report almost 2.8 million adults die each year of obesity! If you re suffering from this disease of modern era, this last point should give ample reason for you to try get rid of obesity. This book discusses how dangerous obesity can be and gives you a complete plan regarding how you can get rid of this curse of the modern era. Is obesity as evil as it sounds?...

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