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Winning

the Weight Battle Ian B. Stark,2018-01-09 According to a 2013 report one third of the English population is overweight In an attempt to combat the rise in obesity Ian B Stark writes a helpful study of lifestyle and diet listing the extraordinary improvements that fast movements make to our whole bodies Winning the Weight Battle challenges the general media for their regular misinterpretation of the science regarding sugars Sugar is explained by Ian to be the necessary element allowing us to take fast exercise which in turn is the element which improves our hearts and thereby the rest of our bodies The value of eating sugars and chocolate has been proved by recent extremely surprising studies of large populations Ian encourages readers to make small positive changes to the way we think and talk about lifestyle and diet e g We should eat to live not live to eat and we should talk about using calories to improve the body rather than talking about burning calories as burning calories makes the body replenish the fats stores when it gets food

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100 Weight-loss Tips that Really Work Fred A Stutman,2006-11-03 **Great Health Hints & Handy Tips ,1994** Gives information on diet lifestyle exercise disease prevention and medical benefits Covers topics ranging from absentmindedness to Lyme disease to thumb sucking

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Prevention's Shortcuts to Big Weight Loss Chris Freytag,2007-12-26 A personal trainer and lifestyle expert introduces a series of ten minute workouts to help readers lose weight burn fat slim and tone

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