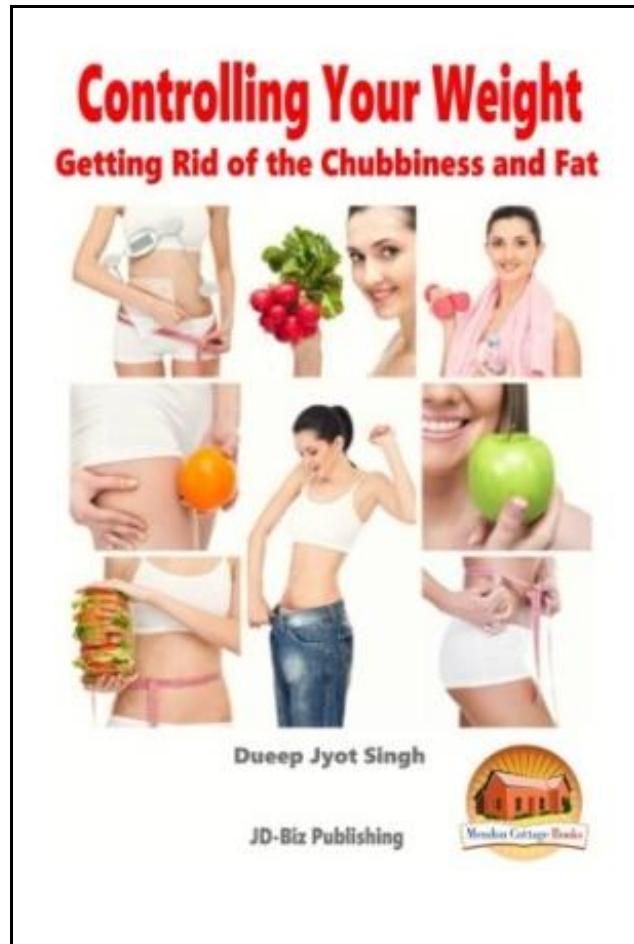


## Controlling Your Weight - Getting Rid of the Chubbiness and Fat (Paperback)



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Introduction I Want to Be Thin. Weight and Psychology Practical Tips for Weight Reduction The Bread-And-Butter Diet Genetics Calories in Your Diet Calorie Counting Diets Exercises for Weight Loss Stomach Exercises Spare Tire and an Obese behind Hip and Thigh Exercises Waist Exercises Conclusion Author Bio Publisher Introduction Healthy eating means a healthy body. Just ask a number of your acquaintances out there, about their first priority in matters of health, and there is a chance that they are going to say that they are bothered about their increasing weight and how they can get rid of the fat accumulated on their bodies. Naturally, thanks to social demands and the demands of fashion, all of us want a streamlined body. However, obsessing about a fashionably streamlined zero fat body is not something a normally sensible person should do or would do. Remember that it is necessary for your body to have a little bit of fat present in it in order to keep functioning properly. Nature has provided you with fatty cells, under your skin in order to keep the skin in shape and to provide a cushion for the muscle, tissues and organs underneath. Also, this fat can be considered to be a reservoir which is going to provide your body with lots of energy in times of starvation. The cells are going to be used by your liver to keep your body functioning properly, when you do not have enough of food to eat. Actually, this fatty layer was what saved human beings millenniums ago, when they needed to hunt for food and did not manage to capture that sabertooth or mastodon over...



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