Lyle Mcdonald Stubborn Fat Solution

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IS IT TRUE? OR IS IT A MYTH? This handy guide gives you real answers to all these and many more common health and fitness claims. Plus, it provides the scientific evidence that separates the fact from fiction for every question, like: * Does everyone need to drink at least 8 glasses of water per day? * Do high-protein diets increase the risk of coronary heart disease? * Are all calories created equal? * Will performing sit-ups shrink my waistline? * Will exercise get rid of cellulite? * Does calcium intake enhance weight loss? * Is bottled water safer to drink than tap water? * Does eating grapefruit speed up fat loss?

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The Stubborn Fat SolutionThe Ultimate Diet 2.0Lyle McDonaldShould I Eat the Yolk?Separating Facts from Myths to Get You Lean, Fit, and HealthyUlysses Press

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