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Sun, 05 Aug 2018 22:02:00 GMT - Introduction For the past few years, through various articles and videos, I have been enlightening people on the realities of body fat percentage.

Body Fat Percentage: The Complete Guide To Measurement And ... -

Tue, 31 Jul 2018 03:53:00 GMT - CS245518 National Center for Chronic Disease Prevention and Health Promotion Division of Nutrition, Physical Activity, and Obesity Trans Fat: The Facts

Trans Fat: The Facts -

Sun, 12 Aug 2018 16:24:00 GMT - This month I was invited to be a part of the Five Fat Quarter Fun series with Amber & Amanda (Gigi's Thimble & Jedi Craft Girl). Boy, I tell you - it was a fun challenge to design a quilt using only five fat quarters plus a little yardage.

A Bright Corner: Five Fat Quarter Fun - Preppy Quilt Pattern -

Mon, 30 Jul 2018 10:56:00 GMT - Want to learn How Not to Die from Michael Greger? In this book summary and PDF, learn how to reduce heart disease/diabetes, and what your top daily foods are.

Best Summary + PDF: How Not to Die, by Michael Greger ... -

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Tue, 07 Aug 2018 22:35:00 GMT - I donâ€™t think Iâ€™m fully fat adapted yet. I start to feel hungry about four â€“ five hours after a meal, although not ravenous ever. Iâ€™ve managed to skip the carb cravings (unless you count aged cheese cravings).

What Does It Mean to Be Fat-Adapted? - Mark's Daily Apple -

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