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Fat Wars

45 days to transform
your body

"Fat Wars will give you all the ammunition you need to successfully fight your own battle of the bulge."

—Ray Sahelian, M.D., bestselling author of *The Sreibo Cookbook* and *Mind Boosters*



Brad J. King, M.S., M.F.S.

Fat Wars 45 Days To Transform Your Body

ML Morrison



Fat Wars 45 Days To Transform Your Body:

Fat Wars Brad J. King, 2000 *Fat Wars* Brad J. King, 2001-12-01 Yes it's you against your 30 billion fat cells. They stay with you forever and can expand to store as much fat as you choose to stash in them. **Fat Wars 45 Days to Transform Your Body** isn't another diet book. Instead it's the book that will tell you how your body works, how it makes energy, how it stores fuel, fat, how it moves fat around, and how to get it to burn that fat instead of putting it into storage. Then **Fat Wars** will tell you how to take that knowledge to craft an eating and activity plan that will work for you. Instead of engaging in endless losing battles with your wily fat cells, find out what makes them tick. Then plan to live in harmony with your body and look forward to a leaner, fitter, and healthier you in 45 days.

99 Things You Wish You Knew Before... Losing Fat 4 Life Brad King, Things You Wish You Knew before Losing Fat 4 Life is a book written so that you don't ever have to think about starting yet another diet. Learn why diets don't work long term. You may lose some weight at the beginning, but when you hit that dreaded plateau, then what? Pounds start piling on again, and not just the ones you lost on diet #5, but a few extra for insurance against the next diet. **99 Things You Need to Know before Losing Fat 4 Life** will give you proven strategies that you will need to live a lean life with the abundant energy that you so richly deserve.

The Path to Phenomenal Health Sam Graci, 2009-12-31 A comprehensive and inspiring look at the keys to revamping your tired lifestyle. Sam offers his best tips for renewing, restoring, revitalizing, and rejuvenating your life with his trademark personal style. This book will become the one title anyone needs to feel better, needs as it covers mind, body, and spirit. Full of tips, lists, and doable suggestions, as well as personal stories and experiences. **The Path to Phenomenal Health** is a great read, sure to help you get on the right track with your health, once and for all.

The Food Connection Sam Graci, 2010-01-26 The Food Connection will show you how to balance your hormonal system to positively affect weight, motivation, sleep patterns, and cognitive abilities. How to jump start your health with the seven-day World's Best Diet. The 17 bioenergetic foods to eat daily. How food affects your mood at breakfast, lunch, and dinner. Why men and women must take different approaches to ensure their hormonal health. How to assess your Biological Age and take quick steps to improve your health.

Quill & Quire, 2002 *Book Review Digest*, 2002-05 **The British National Bibliography** Arthur James Wells, 2002 **Canadian Books in Print**, 2003 *Canadian Books in Print 2002* Marian Butler, 2002-02 *Canadian Periodical Index*, 2000

Fat Wars Action Planner Brad J. King, 2003-04-11 Tens of thousands of readers have discovered the innovative **Fat Wars** regime. Now nutrition and fitness expert Brad King is back with easy-to-follow guidance as well as more groundbreaking research to help you win your personal Fat War. The **Fat Wars Action Planner** includes cutting-edge research that explains how sleep affects the way our body stores or burns fat, how stress can set your body into a fat-storing mode, how water can increase your energy levels, and help you burn fat faster and much more. This book picks up where **Fat Wars 45 Days to Transform Your Body** left off and is essential reading for new readers and existing **Fat Wars** fans alike. You'll learn how **Fat Wars** works, what to eat, and how to exercise. These elements are the keys to

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