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# FAT LOSS 101 INTERMITTENT FASTING SIMPLIFIED



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 122 pages. Dimensions: 9.6in x 6.7in x 0.3in.A Harvard Biologists Take On Intermittent Fasting While concentrating in human evolutionary biology at Harvard University, I came to discover that biology and thus anything to do with sustainable weight loss only make sense in light of evolution. This book, utilizing intermittent fasting as its frame, explores how to exploit fundamental concepts in human evolution to lose fat and keep ...

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