



Fat or Fiction

By Donna Aston

Bolinda Audio, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Are you living a fairy tale? If you are really serious about getting the best body, the best nutrition and the best anti-ageing methods, once pudgy young woman, now bodysculpting champion, Donna Aston will show you: why 95 of people who lose weight regain it and then somehow low-fat dieting is the greatest scam going why those empty processed carbohydrates go straight to the fat bins on your hips why the food pyramid that we have all been taught to worship is wrong that trying to outsmart your body is useless it will win every battle.



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