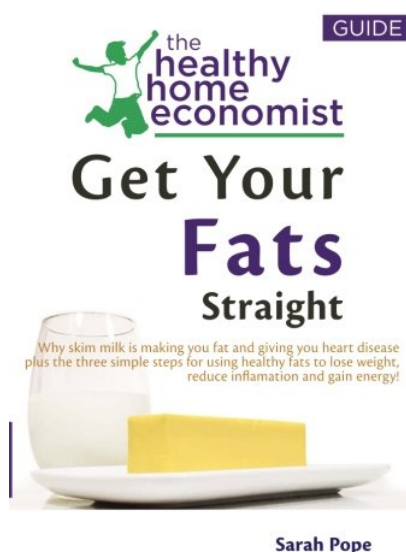


Get Your Fats Straight: Why skim milk is making you fat and giving you heart disease plus the three simple steps for using healthy fats to lose ... energy! (The Healthy Home Economist® Guide) PDF



by Sarah Pope : **Get Your Fats Straight: Why skim milk is making you fat and giving you heart disease plus the three simple steps for using healthy fats to lose ... energy! (The Healthy Home Economist® Guide)**

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Description :

PDF-5f324 | In THE HEALTHY HOME ECONOMIST® GUIDE: GET YOUR FATS STRAIGHT, Sarah Pope quickly identifies how the low-fat movement got its start and the devastating health effects it is having on people in our society today. She beats back the arguments made to convince you to eat low-fat and presents simple, practical advice on the first three steps you need to take to regain your own health, if you have lost... *Get Your Fats Straight: Why skim milk is making you fat and giving you heart disease plus the three simple steps for using healthy fats to lose ... energy! (The Healthy Home Economist® Guide)*

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