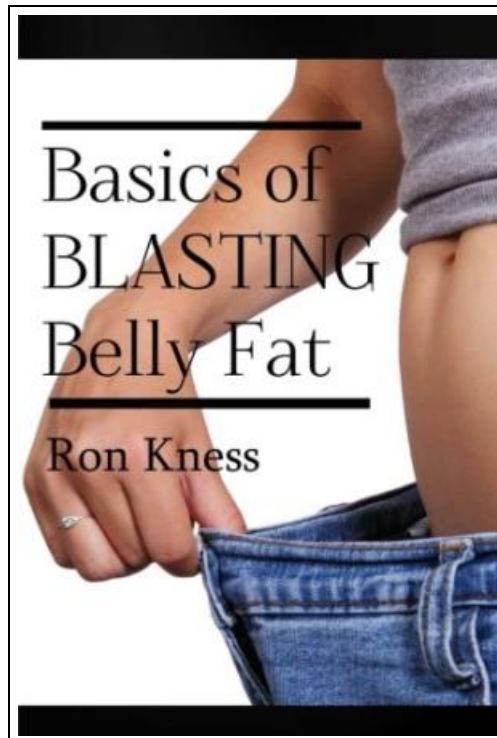


## The Basics of Blasting Belly Fat: Reap the Benefits of Both Looking and Feeling Great! (Paperback)



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*Extensive information! Its this sort of great read through. It is amongst the most incredible book i have go through. I realized this publication from my i and dad suggested this book to understand.  
(Prof. Devon Bernhard PhD)*

## THE BASICS OF BLASTING BELLY FAT: REAP THE BENEFITS OF BOTH LOOKING AND FEELING GREAT! (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Although most people want to lose belly fat so they look better, there are many more reasons why shrinking your midsection should be a priority. Recent studies have found that belly fat is more dangerous for the heart than general obesity. If that isn't scary enough, people carrying extra pounds around the waist have mortality rates that are twice as high as those who are obese. Even if the rest of your body is within normal range for body fat, a large mid-section will still put you at risk for serious medical conditions. Therefore, if you want to live a long and healthy life, losing your belly fat is a must. This isn't hype - science has confirmed that belly fat is not only a potential sign of poor cardiovascular health, but can also be a predictor of future health problems, such as insulin resistance, diabetes, heart attack, cancer, dementia, stroke, sexual dysfunction, sleep problems and mood disorders. Most people never make the connection between their poor health and the size of their mid-section - their main motivation for losing their belly is to look better. There is nothing wrong with wanting to look good in your jeans and it is perfectly fine if this is one of your motivating factors. But it is equally important that you understand the bigger picture because if you don't address your issues with belly fat, you may end up with much bigger problems than not fitting into your skinny jeans. As you may have experienced, belly fat is tough to lose and it feels like a never ending battle. Although belly fat is stubborn, it is not impossible to lose....



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