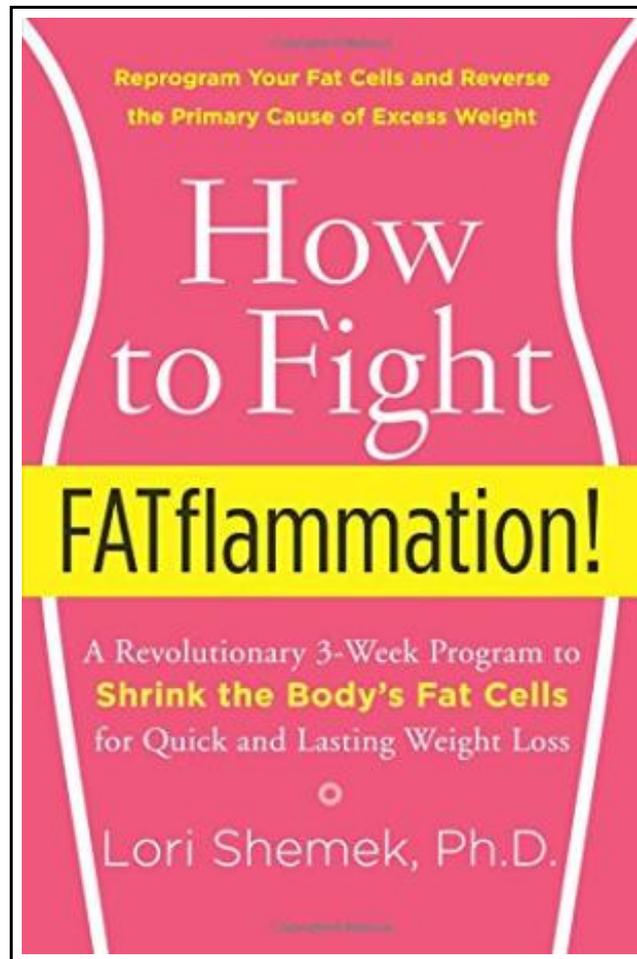


# How to Fight Fatflammation!: A Revolutionary 3-Week Program to Shrink the Body's Fat Cells for Quick and Lasting Weight Loss



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## **Reviews**

*Absolutely essential study book. It normally fails to price excessive. I realized this ebook from my dad and i encouraged this publication to find out.*

*(Mariela Stroman)*

## HOW TO FIGHT FATFLAMMATION!: A REVOLUTIONARY 3-WEEK PROGRAM TO SHRINK THE BODY'S FAT CELLS FOR QUICK AND LASTING WEIGHT LOSS



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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, How to Fight Fatflammation!: A Revolutionary 3-Week Program to Shrink the Body's Fat Cells for Quick and Lasting Weight Loss, Lori Shemek, From a leading voice in health, nutrition, and fat-cell research comes a radical and revolutionary approach to losing weight, looking great, and achieving optimum health—simply by restoring your body's fat cells to their natural state. Are you consistently overweight, no matter what you do? Have you tried everything? Are you plagued by stubborn fat hanging around your hips, thighs, and belly? Well, there's a reason for that. All those frustratingly pointless diets and exercise regimes have failed to address the root cause of weight gain. According to Dr. Lori Shemek, a successful diet isn't centered on calories or cardio. She says, "Cutting calories doesn't cut it." Our problems with fat are created because we eat foods that cause the body's natural fat cells to become inflamed. Sadly, the staples of the Standard American Diet—from pasta and bread to factory-farmed chicken and cattle, from sugar and artificial sweeteners to salad dressing and soft drinks—irritate our fat cells, causing chronic inflammation and chronically oversized fat cells. This irritation causes the body to store fat permanently, no matter how hard you exercise or how diligently you cut back on calories. Dr. Shemek calls this serious condition FATflammation, and only when you decrease the inflammation of the fat cells can you achieve the weight loss and optimum health you've been chasing. We need to forget about counting calories, counting points, fad diets, no-fat diets, and spending countless hours at the gym. There is a better and more satisfying way to lose the fat and maintain your desired weight. "If we want to fix our problems with fat," Shemek writes, "we need to reduce..."

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