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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Gov't Wants You To Be Fat

By Maya Pinion

The Gov't Wants You To Be Fat

by: **Maya Pinion**

if you eat 2,000 calories a day you can have up to 65 grams of fat per day.

if you eat 2,500 calories a day you can have up to 80 grams of fat per day.

And teenagers (3,000 calories a day) can have up to 100 grams of fat daily.

Now, if you go to the

McDonalds.com

website you will see that one Big Mac contains a total of 33

grams of fat. And 2 Big Macs would contain 66 grams of fat, an allowable amount of daily fat.

DestinyFinders.com

Scales Are For Fish, Not Weight Loss

By Dr Jeff Banas

But they are still depressed because they only lost a lousy 2 pounds! Right? Are we sure???

We now check their body fat and it is now 36% not 40%. Let's do a little math.

You need to measure and focus on PERCENT OF BODY FAT, AND NOT WEIGHT!

www.personal-weight-loss-help.com

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Scales Are For Fish, Not Weight Loss

Fat Loss Supplement

Find out why you haven't been able to loose Weight yet!!!

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