



Everything You Need To Know About Fat Loss

By Chris Aceto

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Everything You Need To Know About Fat Loss By Chris Aceto

Trying to lose weight but just too confused as where to start? *Everything You Need to Know About Fat Loss* will show you the way. You will learn and understand the effects total calories, types of calories and exercise exert on body fat loss and body fat inhibition. The author covers 8 important topics in 11 chapters. The topics include:

- *Physiology of Weight Loss
- *Calories
- *Carbohydrates, Protein and Fat
- *Fat Storing Foods
- *Hormones
- *Drugs
- *Diets
- *Exercise

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Editorial Review

Review

"... covers the spectrum of controversy from no carbs and hi fat diets to high carb-no fat approaches." -- *Nutrition Times*

"Aceto makes sense combining logic and fact in a book that stands out in an ugly and crowded field." -- *Dr Diet Weight Loss News Letter*

"Wow! A must have guide for the confused or desperate dieter!" -- *Karen Brolin, Author "But What If I gain It All back?"*

From the Publisher

This book lacks gimmecks, lies and crash dieting that only lead you down the path to a slower metabolism and more fat gain! Here's the real way to lose fat and hold muscle and the info you need to make life long changes in your muscle to fat ratio.

About the Author

Chris Aceto, BS, Applied Exercise Science is the Director Of Education at Club Creavalle Fitness Weekends in Maine and Florida. A regular contributor to Muscle and Fitness, FLEX and Muscle and Fitness Hers, Aceto lectures on sports nutrition, weight control and athletic performance

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Virgil Arriola:

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