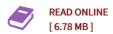




Stay away from obesity

By BEN SHE

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 142 Publisher: Jiangsu Science and Technology Press Pub. Date: 2008-1-1. How to become a disease of obesity culprit it Fat should be a blessing rather than bad ah. in the past who said. fat are called fat. and that this person lucky. Children grow fat like family. that the child lucky. very healthy. Through years of research. the current understanding of obesity have been greatly changed. being overweight is harmful to human health is one important reason is the occurrence of many diseases and development of the culprit. Therefore, there must be a full understanding of obesity. Editor's purpose in writing this book is to let you know the health risks of obesity and how to prevent obesity and reduce diseases caused by obesity, health and longevity. Contents: The first part of the obesity is not a blessing one way to determine obesity (a) visual method (b) Standard weight method (c) Determination of body fat (D) body mass index two. the classification of obesity (a) overweight and obesity disease (two) three secondary obesity, obesity causes four, the...



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