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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you gluten-free and struggling to lose weight? Fat burning is a process that reduces fat stores in our body. Fat burning occurs under two different circumstances. - Primarily, fats are burnt during exercise or workouts. The cells utilize the fats as a fuel for releasing energy required by the body to perform various activities....

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- Authored by Chris Hammer
- Released at 2016



Reviews

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