



## Users Guide to Good Fats and Bad Fats Basic Health Publications Users Guide

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By Marie Moneysmith

Basic Health Pubns. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.5in. x 4.0in. x 0.2in. Nearly everyone seems confused about dietary fats. Not all fats are bad for your health. In fact, some fats are essential for optimal health. This Users Guide to Good Fats and Bad Fats helps you understand the difference. You'll learn how to avoid unhealthy fats hidden in many foods, while learning about the benefits of good fats. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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