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Protein: Protein Food

By Cathy Wilson

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Protein: Protein Food by Best Selling Nutrition Author Cathy Wilson introduces the power of protein in your life. Dr. Lawrence Wilson says proteins are associated with motion and life. FACT: According to WIN, Weight-Control Information Network of America, 2 in 3 adults are considered overweight or obese in 2013, and 10 percent of adults are considered extremely obese. The World Health Organization says, the fundamental cause of obesity is an imbalance in energy between the number of calories you eat and expend. This book shows you how to provide your body with healthy amounts of lean protein, for the purpose of building lean muscle to blast fat long-term, and provide energy and support for all your internal system functions. EVERY CELL IN YOUR BODY HAS PROTEIN! Sneak Peak Inside. *What is PROTEIN? *Protein DISEASES *DIFFERENCE between COMPLETE and INCOMPLETE PROTEIN *PALEO diet or MUSCLE diet eating *SYMPTOMS of protein deficiency *SERIOUS disease like Marasmus and Kwashiorkor *All about AMINO ACIDS *FANTABULOUS protein foods *How much PROTEIN do you need? *Protein MYTHS debunked! Wilson uses basic scientific principles to...


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