Counteract the Fat – A Cutting Edge Diet, Nutrition and Health Book

Discover how Fiber and Antioxidants can Counteract the Physiological Effects of Junk Foods – Based on Scientific Studies



Illinois, Chicago, Jul 21, 2021 (Issuewire.com**)** - *Counteract the Fat* – a cutting edge diet, nutrition, and health paperback book release – is a compilation of research findings on how fiber and antioxidants can counteract the physiological effects of junk foods. Discover how fiber and antioxidants can help prevent medical conditions and weight gain associated with high-fat and other unhealthy great-tasting foods.

Counteract the Fat utilizes breakthrough discoveries in nutritional scientific research made at more than a dozen institutions. As the author, I have applied these discoveries to my own life, and have since followed a "straight and narrow" dietary path to excellent health – successfully "counteracting the fat" in my own diet. I have successfully maintained excellent blood cholesterol, blood sugar, blood pressure, and body weight without having to deprive myself of junk food favorites (as evidenced by my routine blood tests showing consistently superior results). If you are not successful with *Counteract the Fat,* you will receive a refund of the purchase price.

This cutting edge diet, nutrition, and health book are currently available in the Amazon Marketplace at 50% off of the list price for a limited time! For more information about *Counteract the Fat,* click here: https://www.counteract-fat-best-diet-nutrition-health-book.info/

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