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In How to Fight FATflammation Shemek reveals her revolutionary three-week

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program that helps reboot your body chemistry by returning your body's fat cells back to their natural, healthy state. In the process, she explains the critical importance of maintaining balance between good fats (omega-3) and bad fats (omega-6) and how a proper ratio of both will help boost your metabolism; in short, your body will burn fat simply by

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your eating the right kinds of fat.

How to Fight FATflammation!: A Revolutionary 3-Week ...

In How to Fight FATflammation. Shemek reveals her revolutionary three-week program that helps reboot your body chemistry by returning your body's fat cells back to their natural, healthy state.

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How to Fight FATflammation!: A

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Revolutionary 3-Week ...

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How to Fight FATflammation! - HarperCollins

Praise. " How to Fight FATflammation leverages the newly discovered relationship between gut bacteria and signaling systems in body fat to provide

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a rock solid program to curtail inflammation and enhance weight loss as well.”. - David Perlmutter, MD, author of Grain Brain.

How to Fight FATflammation! - Lori Shemek PhD - E-book

In “How to Fight Fatflammation,” Dr. Shemek masterfully explains how the

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foods and food-like substances you eat are making you fat, inflamed, and sick. Dr. Shemek provides a simple, easy, how-to-plan to deflate and cool off that unwanted toxic body fat.

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"Massages decrease inflammatory stress hormones. People think it's a luxury, but it really shouldn't be," says nutrition and weight loss expert Lori Shemek, PhD, author of How to Fight FATflammation! Because massage provides short-term benefits, you need to get them regularly.

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She suggests one every two weeks.

5 Surprising Habits That Reduce Inflammation

I'm delighted to share that my new health book, *The 21 Day Immunity Plan - How to Rapidly Improve Your Metabolic Health and Resilience to Fight Infection*, is officially released. It was quite a

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mammoth task to write in six weeks but with the help of a great publishing team at Hodder, we've made it happen.

'The Handbook of Health for our Time' - Mark Hyman - Dr ...

How to Fight FATflammation! | From a leading voice in health, nutrition, and fat-cell research comes a radical and

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revolutionary approach to losing weight, looking great, and achieving optimum health—simply by restoring your body's fat cells to their natural state. Are you consistently overweight, no matter what you do?

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How to Fight FATflammation with Dr. Lori Shemek - #184. Weight loss and nutrition expert Dr. Lori Shemek explains FATflammation and why silent inflammation of your fat cells is a primary underlying cause of weight gain. Find out which foods bloat your fat cells and lead to a vicious cycle of inflammation and excess pounds, plus

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the right foods you should be eating to reverse inflammation and shrink your fat cells back to their normal size. Dr. Shemek's revolutionary approach uses the ...

How to Fight FATflammation with Dr. Lori Shemek - #184 ...

In How to Fight FATflammation Shemek

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How to Fight FATflammation! on Apple Books

Although the keto diet and intermittent fasting (IF) have been studied separately, there isn't research on the health effects of combining them. Still, many people are doing keto and IF to lose ...

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**Intermittent Fasting Keto: How It
Works, Benefits, Risks ...**

In the process, she explains the critical importance of maintaining balance between good fats (omega-3) and bad fats (omega-6) and how a proper ratio of both will help boost your metabolism; in short, your body will burn fat simply by

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your eating the right kinds of fat.

**How to Fight FATflammation! eBook
by Lori Shemek PhD ...**

Dec 29, 2018 - My book 'How to Fight
FATflammation!' with HarperCollins will
stop and reverse inflamed fat cells or
FATflammation - the core cause of
weight gain, so ...

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How to Fight FATflammation!

Cutting calories doesn't cut it! Reduce fat cell inflammation to reduce your weight: researchers have recently discovered a unique form of chronic inflammation that is taking place in the fat cells in our bodies.

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**Dr. Lori Shemek | Best-selling
author, radio show host...**

Perfect companion to How to Fight
FATflammation, Fire Up Your Fat Burn
stands on its own as an easy to follow
handbook that takes the drudgery out of
dieting. Very matter of fact, to the point,
and simplifies the more elaborated upon
topics in Dr. Shemek's How to Fight

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FATflammation.

**FIRE-UP YOUR FAT BURN! Super
Easy Quick Tips, Strategies ...**

The FATflammation Free Smoothie taken
from my new book 'How to Fight
FATflammation!' For more delicious
recipes you can find them in my book
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