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HOW TO LOSE
BELLY FAT



ANTHONY
EKANEM

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Abdominal obesity, also known as central obesity, is something that many people worldwide have problems with. Once you hit middle age, far too many people are plagued by those two dreaded words.belly fat. It can, however, also be a problem for children and teens. People just look at it as a weight problem, but it can also be linked...

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- Authored by Anthony Ekanem
- Released at 2015

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