

10 Weight Loss Lies Debunked

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Is drinking coffee with butter and oil the key to weight loss? Is Bulletproof coffee " coffee with butter and MCT oil " the key to weight loss? Hardly: "Based on scientific evidence, butter is not dangerous, but neither is it particularly nutritious," says Dr Harcombe, who is an expert in public health dietary guidelines. White Lies? Five Milk Myths Debunked | The Physicians ... Last month, a study was called into question for suggesting that chocolate milk could be beneficial for teens recovering from concussions. Not surprisingly, the study was funded by the dairy industry. Wheat Belly: 10-Day Grain Detox: Reprogram Your Body for ... Wheat Belly: 10-Day Grain Detox: Reprogram Your Body for Rapid Weight Loss and Amazing Health [William Davis] on Amazon.com. *FREE* shipping on qualifying offers.

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