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Girth Control: The Science of Fat Loss and M - Alan Aragon

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Girth Control | Alan Aragon

Alan Aragon is a nutrition researcher and educator with over 20 years of success in the field. He is known as one of the most influential figures in the fitness industry's movement towards evidence-based information.

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Chapter 15 is one of the most useful, where Alan gives you several different formulas for determining your calorie and macronutrient intake. Girth Control is a little dated at this point, but all of the information is just as

accurate now as it was then.

5 Diet Books That are Actually Worth Reading â€“ Complete

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