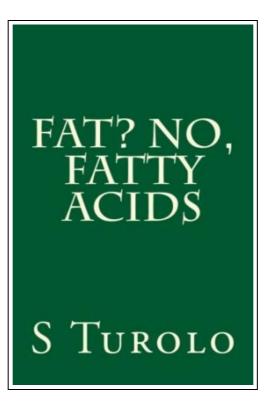
## Fat? No, Fatty Acids (Paperback)



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## Reviews

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## FAT? NO, FATTY ACIDS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Usually fat is synonymous of bad : LDL, HLD, Triglycerides, cholesterol. are all a kind of nightmare for everyone. We always put on eye at lipid and fat percentage of all kind of food, we run and run to burn fat, we go on gym and make the most strange kind of diet. This book wants to speak of a particular kind of fat: the fatty acids. Well, fat = bad, usually acid = bad, so fatty acid = high risk ? No. Probably for most people the words fatty acid is more near a non sense then something, but if I use some of their synonymous, probably they became a bit more nice: Omega-3, Omega-6 and Omega-9. This book will speak about them, in which food you can find theme and their biological role. This is NOT a book of diet, a book of nutrition. Is a book to present you the current research and discover about fatty acid.

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