



## Just The Fats Nutrition For Every Body Part II

By Tracy Burke

iUniverse. Paperback. Book Condition: New. Paperback. 108 pages. Dimensions: 9.1in. x 6.1in. x 0.3in. Fats are necessary nutrients for optimal health. Life would not exist without fats in our diets. This book addresses information regarding various classes of fat and fat-like products, needed to sustain life. I hope the information contained in this book helps the reader to understand that, not all fats are detrimental. Moreover, this book informs its readers that fats are just as important as the other classes of nutrients. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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