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Thu, 15 Nov 2018 13:06:00 GMT

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Humans have two types of fat: white fat & brown fat, and understanding the differences between the two, can help people lose weight. "White fat" is the thin layer of blubber we see on the human belly. backs of arms and on the thighs.

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Thu, 15 Nov 2018 14:39:00 GMT

A Sample Bulking Diet. The bulking diet below is more or less one day on my "dirty-clean" bulk, as the foods enumerated here are more or less healthy—or at the very least, are things your great-grandfather would recognize as food.

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