



Eat Meat And Stop Jogging: 'Common' Advice On How To Get Fit Is Keeping You Fat And Making You Sick

Mike Sheridan

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Nutrition and Fitness Expert, Mike Sheridan, uncovers everything that's 'wrong' with fat loss and exercise advice in Eat Meat And Stop Jogging. Inspired by personal practice and supported by credible research, Mike discusses the flaws in the prevailing recommendations to get fit, and illustrates the negative affect on our health and body composition. Despite conventional beliefs, Eat Meat And Stop Jogging contends that the instruction to limit red meat, restrict calories, increase fiber, run long distances, avoid saturated fat and reduce cholesterol is increasing our waistline, decreasing our lifespan, and leading to an unnecessary struggle.

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