

Maximum Fat Burning

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The human body is a storage machine. The body is always trying to store energy for more demanding times, mostly around the waist, belly and legs. But the times when we had to hunt and gather our food belong to prehistory. In the modern age, there are almost no limits to food supply, especially fats and sugars. On top of that, we have jobs where we sit all day in front of a computer. In the rest of our free time we are not much more active. We drive everywhere we go and sit watching television at night. All these factors promote the accumulation of calories in our fat cells, making obesity one of the most serious illnesses of our modern civilization