Fat makes you ill!

Written by DATE_FORMAT_LC2 -



Fat makes you ill!

The fat you are carrying today around will kill you tomorrow!

Scientists discovered that whenever you reduce your body fat mass, you give yourself the chance to live 3 years longer. Too much fat leads to diabetes, heart disease, heart disease, neart disease, neart disease, neart disease, heart disease, heart disease, heart disease, neart disease, near