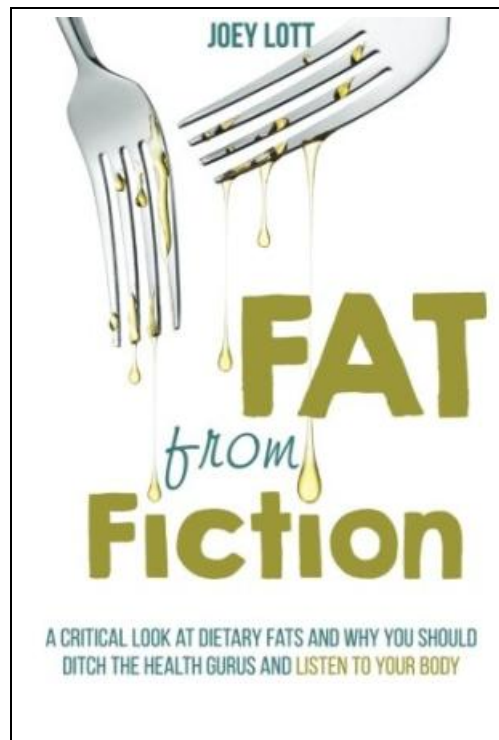


Fat from Fiction: A Critical Look at Dietary Fats and Why You Should Ditch the Health Gurus and Listen to Your Body (Paperback)



Filesize: 6.17 MB



Reviews

This ebook is definitely not straightforward to start on looking at but really enjoyable to learn. It usually will not charge excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Karianne Deckow)

FAT FROM FICTION: A CRITICAL LOOK AT DIETARY FATS AND WHY YOU SHOULD DITCH THE HEALTH GURUS AND LISTEN TO YOUR BODY (PAPERBACK)



Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are You Afraid of Fat? Or are you a fat-worshipper? Should we eat less fat to protect our hearts? Should we eat a ketogenic diet (or become fat-adapted)? Is the Weston A. Price foundation right when it says saturated fat is healthy? Should we take fish oil, the most popular supplement in North America, or is it a deadly poison? Polyunsaturated, monounsaturated, saturated, hydrogenated-what s the deal with all these fats? Which ones should we eat, and which ones should we give up? Has Our Fear of Fat Been Misplaced? Welcome to the fat wars. For the past sixty years, we ve been embroiled in a nutrition battle that doesn t seem close to ending. Official groups-like the American Heart Association and the USDA-have taken a stance against fat, telling us it will lead to heart disease, diabetes, and obesity, but is this really true? Things have changed a bit in recent years with the paleo diet gaining momentum, but we still have diehards who think fat-free is the way to be. So who s right? Who s wrong? What should you put on your plate? What s the truth about fat? And, for the love of god, what should you be eating? Does Your Body Want Butter? In his typical fashion, author Joey Lott digs into the hard facts in Fat from Fiction, going straight to the research on the f word-fat. By the end, you ll know all the ins and outs of vegetable oils, fish oil, saturated fat, low fat, and high fat. Get the scoop on the revered omega 3s and the feared omega 6s. Find out if saturated fat is a sin and if polyunsaturated fats...

-  [Read Fat from Fiction: A Critical Look at Dietary Fats and Why You Should Ditch the Health Gurus and Listen to Your Body \(Paperback\) Online](#)
-  [Download PDF Fat from Fiction: A Critical Look at Dietary Fats and Why You Should Ditch the Health Gurus and Listen to Your Body \(Paperback\)](#)

Relevant eBooks



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Download Document »](#)



My Grandma Died: A Child's Story About Grief and Loss

Parenting Press,U.S. Paperback. Book Condition: new. BRAND NEW, My Grandma Died: A Child's Story About Grief and Loss, Lory Britain, Carol Deach, This gentle story is written for the very young. It uses simple, honest...

[Download Document »](#)



Let's Find Out!: Building Content Knowledge With Young Children

Stenhouse Publishers. Paperback. Book Condition: new. BRAND NEW, Let's Find Out!: Building Content Knowledge With Young Children, Sue Kempton, Ellin Oliver Keene, In her new book, Let's Find Out!, kindergarten teacher Susan Kempton talks about...

[Download Document »](#)



Why Is Mom So Mad?: A Book about Ptsd and Military Families

Tall Tale Press, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The children s issues picture book Why Is Mom So Mad?...

[Download Document »](#)



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Download Document »](#)