

## *Fats That Heal Fats That Kill*

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*to know how fat affects our health we must embrace two opposite stories most people know only the negative half of the story the gist of the story is that fats are bad as we often associate it with heart disease cancer hardening of the arteries and ugly body flab hence the popularity of the low and no fat craze the reality is used over a long time a no fat diet can make you ill it can set up for cardiac arrest stunt growth in children and harm the liver brain immune system glands and organ function this book unravels at length some truth about how fats and oils have an effect on our health such as fats do not make us fat there are fats that heal and fats that kill avoid we need the right fat not a no fat high fat or fake fat diet manufacturing processes turn healing fats into fats that kill the most unhealthy fats are found in margarine shortening and heated or fried fats this book explains in simple terms how to distinguish between fats you should avoid and to take fats and oils that heal your health depends greatly on you choosing the right fats*

*break the rules not the fast with world renowned biobacker and new york times bestselling author dave asprey*

*the medically proven diet that restores your body's essential nutritional balance good fats essential fatty acids influence every aspect of our being from the beating of our hearts to our ability to learn to remember there are two types of essential fatty acids efas omega 6 and omega 3 the problem with our modern diet is that it contains far more omega 6 fatty acids than omega 3s this hidden imbalance makes us more vulnerable to heart disease cancer obesity autoimmune diseases allergies diabetes and depression the omega diet is a natural time tested diet that balances the essential fatty acids in your diet it is packed with delicious food that contain the good fats including real salad dressing cheese eggs fish even the occasional chocolate dessert and an abundance of antioxidant rich fruits vegetables and legumes the omega diet provides seven simple dietary guidelines for optimal physical and mental health a concise guide to the foods you need to restore your body's nutritional balance a diet plan that lets you eat fat as you lose fat fifty delicious recipes that are quick and easy to prepare a comprehensive three week menu to help you get started*

*in this comprehensive cookbook the beauty chef carla oates provides more than 150 of her favourite delicious nutritious gluten and dairy free recipes food that she cooks to nourish her family and friends*

*packed with hundreds of tips that will lead you into the radiant light of health and happiness susan s latest will help you simplify and improve your life while finding true happiness*

*nutraceuticals are the complementary medicines of the new millennium similar to many supplements nutraceuticals are of natural origin usually obtained from a food source they are sold as isolated purified components in pharmacological doses for specific ailments*

*book tells readers all about the how why and what to do to optimize their insulin levels to avoid serious health problems*

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