



Eat Fat, Lose Fat: Lose Weight And Feel Great With The Delicious, Science-based Coconut Diet

Sally Fallon, Mary Enig

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The healthy alternative to trans fats, this revolutionary program explains why we must eat healthy, saturated fats-especially coconut-to achieve weight loss and good health.

Since the late 1950s, it's been drilled into Americans that fat makes you fat, saturated fats (such as those found in butter, eggs, and red meat) are unhealthy, and tropical fats and oils (like coconut and palm) are downright deadly. And yet-as we eliminate saturated fats from our diet for fear of high cholesterol levels and hardened arteries-obesity, heart disease, and cancer rates have continued to climb.

Based on more than two decades of research by world-renowned biochemist and fats expert Dr. Mary Enig, *Eat Fat, Lose Fat* flouts conventional wisdom by asserting that so-called healthy vegetable oils (such as soybean and corn) are in large part responsible for our national obesity and health crises, while the saturated fats traditionally considered "harmful" are, in fact, essential to weight loss and health.

World populations on four continents that subsist on the coconut, with less evidence of heart disease, weight gain, or other chronic illnesses, provide the best proof of this food's safety and efficacy; dozens of studies conducted by prestigious, mainstream universities support the use of coconut and other healthy fats and reveal the faulty reasoning underlying the saturated fat/heart disease hypothesis; and case stories from a wide range of people illustrate how using coconut oil in concert with other healthy fats can spark weight loss and heal serious illnesses, including anxiety, hypothyroidism, and chronic fatigue syndrome.

Featuring delicious recipes for each of its three nutritional programs, *Eat Fat, Lose Fat* is the book to help you build energy, lose weight, fight disease, and boost your immunity.



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