



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

By Joey Lott

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...



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