



## The Good Fat Diet: Lose Weight and Feel Great with the Delicious, Science-Based Coconut Diet

By Mary Enig, Sally Fallon

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Good Fat Diet: Lose Weight and Feel Great with the Delicious, Science-Based Coconut Diet, Mary Enig, Sally Fallon, Coconut is the new grapefruit. Based on more than two decades of research by world-renowned biochemist Dr Mary Enig, The Good Fat Diet flouts conventional wisdom by asserting that so-called 'healthy' vegetable oils are a major cause of obesity, while the saturated fats traditionally considered harmful (such as those found in coconut oil and butter) are, in fact, essential to weight loss and health. Picking up where Atkins left off, this good news diet uses coconut to kick start a healthy diet, one that will raise metabolism, eliminate cravings and boost energy.



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