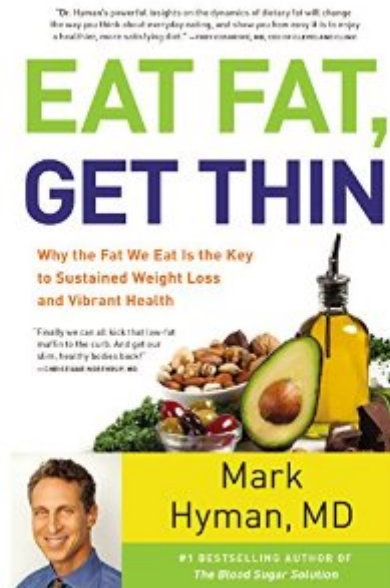


The book was found

Eat Fat, Get Thin: Why The Fat We Eat Is The Key To Sustained Weight Loss And Vibrant Health



Synopsis

A revolutionary new diet program based on the latest science showing the importance of fat in weight loss and overall health, from number-one best-selling author Dr. Mark Hyman. Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fatphobia, revealing the immense health and weight loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious superfoods. In his new book, best-selling author Dr. Mark Hyman introduces a new weight loss and healthy living program based on the latest science and explains how to Eat Fat, Get Thin and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists as well as step-by-step, easy-to-follow advice, Eat Fat, Get Thin is the cutting-edge way to lose weight, prevent disease, and feel your best.

Book Information

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Customer Reviews

I was a member of Dr. Hyman's beta test group for this book and my results were miraculous. I was an insulin dependent type 2 diabetic with high blood pressure. I have been off all of my medications and have lost about 50 pounds. I have no more heartburn, no more stiff joints and feel like I am 30 years younger. It is truly an amazing book. Words are not enough to express my gratitude to Dr. Hyman for giving me back a healthy life.

It's true! No counting calories, fat grams or logging into my fitness pal. I'm down 8 pounds by applying principals and I'm HAPPY w/out joint pain! As a former Weight Watcher lifetime member eating unlimited core foods, I've struggled with hunger, cravings and blood sugar swings causing

my weight to be impossible to manage, until Eat Fat Get Thin!!! I can actually eat something sweet and not want more. Dr. Hyman has about 500 references in the book and by no means does he "take credit" for a new look on fat and sugar. There are a ton of recommended supplements that I don't take all in one day, however when I do have the potato starch, PGX etc. my blood sugar is under control and I feel better. Make a few recipes like suggested so you're not overwhelmed with "what do I eat", a simple grass fed burger w/a carton of mushrooms, onion, avocado and sweet potato w/butter is an incredible satisfying dinner (no bun). The lamb shepherds pie, cream of mushroom soup and chia seed breakfast are incredible recipes. I never thought I'd be able to give up my oatmeal and here I am eating roasted veges for breakfast w/avocado oil, salt, pepper. If I'm stuck and eat say a slice of pizza, it doesn't taste great and give me that "wanting another two slices". There is a ton of information in this book, it's not just "skip to the back and get the diet". I'm truly happy eating this way and in no rush to see where my weight goes and I know the numbers are only going down.

The fat that we eat of course turns into fat on our body. WRONG. That's the essential mistake that we Americans have been making for decades. Following the advice of government nutrition experts, many of us drastically cut fat out of our diets. How did it work? Not good at all. The doctor notes that there has been a DRASTIC reduction in the percentage of fat in our diets, but heart disease and obesity are going UP! The solution that the doctor recommends is based on scientific studies, as well as from patients in his own practice (who give their names and testimonials later in the book.) The key finding of these studies is remarkable: A diet high in fat INCREASES your metabolism compared to lower fat diets. One study showed that the high-fat eaters burn 300 calories a day more than the low-fat eaters. So, the idea is, get your metabolism running faster. You will be more full of energy and naturally lose weight. Instead of fat, research now shows that "Sugars and refined carbs are the true causes of obesity and heart disease--not fats, as we've been told. Carbs turn on the metabolic switch, causing a spike in the hormone insulin and this leads to fat storage..." So, Dr. Hyman explains, we've got to rethink our idea of fat--we need to get over our FEAR of eating fat. **TIP ON USING THIS PLAN** The author often makes note of the carbs/protein/fat percentages. (And of course, the folly of the low-fat diet.) To keep track of how your diet contains carbs/protein/fat, I have found it useful to use a free app like "Loseit" or other similar apps. There are several good apps that you can get for free. These apps automatically keep track of these percentages, based on your meals. Then, you can get a summary, either for the week, or for the day. For instance, I just discovered that my eating habits put me pretty close to bad high-carb eating. (See the photo of a

screenshot showing my weekly nutritional mix.)All in all, I found EAT FAT, GET THIN to be a little startling. The doctor's research was surprising to me. I honestly didn't know about the research showing that high fat diets speed-up your metabolism. I am re-evaluating how I eat, and I'm going to check-out the carb/fat mix in my diet.

I think this is one of the best books that I have read in regard to diets. I have always thought that sugar was the big culprit in our diets and the increase of obesity in America. Glad to see that this is true. Its time for us to eat whole natural foods, vegetables, and grass fed meats. Eat no processed foods, and yes we all have time to cook wholesome food. This book is a major starting point to eating well. Pair this with a good exercise regimen, and a great diet supplement likeÂ Atrafen Thermogenic Fat Burner & Appetite SuppressantÂ and you will be well on your way to a great new body. It took me 4 months, but I did it!

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