



Saturated Fact: A Closer Look at Healthy Fats and the Truth about Saturated Fat (Paperback)

By Josh Rubin, Jeanne Rubin

Archangel Ink, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Put Down Your Fork and Read This First! What if everything you thought you knew about fat was wrong? If you've had your pulse on the world of health for any length of time, it's very likely that you've picked up some misinformation. Misinformation that could be driving you to put on weight and even increase disease risk factors, including the risk for heart disease. The days of low-fat and non-fat are over. And replacing butter with vegetable oil? Never again! It's time for saturated fat to take its place back on the plates of health-minded eaters, and that's where Saturated Fact comes in. This revolutionary book will change the way you think about fat forever. Fat and Cholesterol Conspiracy Doctors, dieticians, and even giant government-funded organizations have been pushing a low-fat protocol for many decades now. But did you know that this agenda was based on one rather dubious study? With Saturated Fact, you'll discover the real cause of elevated cholesterol. (Hint: it's not saturated fat!) Learn how the body works and what you really...



[READ ONLINE](#)
[7.77 MB]

Reviews

This ebook is definitely not easy to get going on looking at but quite fun to learn. We have read and so I am sure that I will gonna study once more yet again later on. I am very happy to inform you that here is the finest publication I actually have read inside my personal daily life and might be the best publication for possibly.

-- **Sister Langosh**

Extensive manual for pdf fanatics. This can be for all who state there was not a well worth looking at. I am pleased to tell you that this is basically the very best pdf I have go through inside my individual existence and might be the finest ebook for at any time.

-- **Dorian Roob**