



Lose Weight and Feel Great  
with Three Delicious,  
Science-Based  
**COCONUT** Diets

- *Quick and Easy Weight Loss*
- *Health Recovery*
- *Everyday Gourmet*

THE HEALTHY  
ALTERNATIVE

# EAT FAT, LOSE FAT

DR MARY ENIG AND SALLY FALLON

Mary Enig and

Eat Fat, Lose Fat : Lose Weight and Feel Great With the Delicious, Science-Based Coconut Diet



[continue reading](#)

Because the late 1950's, it's been drilled into us that fat is bad, saturated fat is even worse, and tropical fats, like coconut and palm, are just about as near to poison as a food can be. However, a fresh and unprejudiced appear at fat research during the last fifty years shows that the opposite is true, and that saturated fats, and in particular coconut oil, will be the healthiest fats you can consume. This is simply not a deprivational diet. This diet will put you back again on the monitor that nature intended for efficient nourishment. Starving yourself is normally counter-productive, as it signals the body to hold fat. Forget about the notion that you must suffer to lose excess weight. Instead, eating adequate quantities of the proper combinations of fats (as outlined in the recipes and menu programs), you'll observe that you can choose several hours without eating, and without suffering from cravings as the body is pleased and also has steady blood sugar levels. As a result, hunger pangs melt away, and eating sensibly turns into easy!



[continue reading](#)

I ate better than every before with this author's philosophy.. Low fat diets have usually left me hungry and desperate for more food and sweets. This book is the best method of adopting a wholesome eating lifestyle while not having to sacrifice eating great tasting food. Then one day time, I was no longer happy with my pounds, and decided it had been time to carefully turn to the Fast and simple Weight Reduction section to continue upon this happy path. My feeling is certainly that if more people were to eat because they suggest, after that there would be a significant decrease in diabetes, cardiovascular disease and other lifestyle-related diseases in this country. Health Recovery is BRILLIANT, but Quick and Easy Weight Loss didn't live up to the promise I wanted to love this reserve, I must say i did. I still eat in this manner today and maintain a comfortable fat and feel amazing. Simply simply because we've known for some time, it's best to understand who financed the analysis you want to rely on for your health. Personally i think better, have so much more energy and am not hungry like I utilized to be the majority of the day time - and lost 7 lbs on 2500 calories/day! I am content. After a few weeks, the sweet cravings went away as well.. If this review helped you decide, one way or another, please click the "yes" switch stating my review was useful. Like all books state, consult your physician prior to trying any switch in your typical diet. I hope it does for you too.. This book changed my life!it will be nice to know my opinion had an impact! The best part of this strategy is I ate better than any additional "diet" I ever really tried before. I purchased it after I had already purchased Nourishing Traditions and Sally Fallon's broth reserve as well, and implementing her Health Restore traditional consuming diet in this publication RADICALLY turned my health around for the better - I no more suffered from panic, I no longer suffered from depressive disorder, my osteoarthritis was eliminated, my weight was stable, my heart problems had gone away, and I was content. I devised my very own plan based on recipes and recommendations and I lost 26pounds. I was VERY excited the initial and second weeks, when I dropped 2 pounds each week. Five Stars Great book. Then your third week into the program, I didn't shed anything, not inches. Ditto for the 4th week. 2 days before the approach of the end of my 5th week weigh in, I weighed myself and found just what I'd suspected - nothing at all lost AGAIN!!In the event that you continue to be concerned about the real meaning of cholesterol levels (hint: There are no studies that truly prove that cholesterol CAUSES CAD), the effects on your own body and arteries of fats, and the level of corporate interference in your food choices--this book can give you new insights. Need to keep a library book for my own It was found in great shape.! I discovered he'd written a book about it, and after investigation found that what had occurred, in fact, during weeks 3, 4, and 5, were that my CARBOHYDRATE consumption had increased. Not really a great deal, but I was consuming oatmeal every day for breakfast.THEREFORE I began adding in Prof Noakes' guidelines for keeping carbohydrates between 25g and 50 g each day, and for the last 2 days ahead of my Week 5 pounds in, I kept them low, and didn't have oatmeal for breakfast. Result? I lost another 2 pounds at week 5 weigh in. IN 2 DAYS. Comparison that with the full week it took upon this program for each of the first two weeks!MAY I recommend this book? ABSOLUTELY! Vital Health Information This book presents evidence that clears any confusion about health effects of animal fats, saturated fats, polyunsaturates, trans fats, and the entire spectrum of (mis)information we have been subjected to linked to these products.! If you are not used to healthy eating, if you have degenerative illnesses that need addressing, BUY IT, put into action medical Recovery strategies and you will be loving yourself for it!BUT, if you are like me and have problems with carbohydrate intolerance (and everyone is different, everyone metabolizes carbohydrates differently), then consider keeping an enthusiastic eye on your own carbohydrate intake and make sure it stays between 25g and 50g per day, and you'll possess

much more success. That had by no means happened before! There's sufficient proof that what we realize, and what the medical field depends on, is info published according to meals oil-manufacturing profit necessities. Personally i think healthful. I read this book when i read "Know Your Body fat," by Mary Enig, which gives a good amount of hard data gathered from University of Maryland's study, and details Dr. Enig's difficulties in getting these details to the general public over developing deterrence tactics. NoWhat about my calorie count, got it exceeded 2,500 calories per day? Great nutrition manual for people who have been brainwashed to trust fat is bad Both my fiancee and I've turned around our thinking and eating habits because of this book and have a consistent, healthy weight loss showing for it. In two months, he has lost 20 lbs and I have lost 11. Five Stars great product Wow!! I do not really feel deprived or wanting for flavorful food. Following their principals, I lost 25% off my beginning weight, and also have been able to keep it all off for two years, without a lot of effort. Prof Tim Noakes wrote the reserve 'The Real Meal Revolution' and I recommend it in addition to Eat Fat, LOSE WEIGHT to anyone who is set on improving their health for the better. He will not even understand I am posting this. I love this book so much I have on the net and on Kindle Sally Fallon and Dr. Mary Enig are retro-revolutionaries in the health and diet field and have done remarkable work, basing it off the foundation work of Weston Cost. I take advantage of retro-revolutionaries, because their work encourages you to get back to the fundamentals of eating nutritious meals, and to eliminate highly-processed foods from your diet. In addition they encourage the reader to make the right fat choices. (I am active, but my activity level hasn't changed). Occasionally I'll crave something lovely, have a bite or two and end up throwing it away because it doesn't taste good. The change was worthwhile, and like most people who have lost a significant amount of weight, Personally i think far better. in roughly 40 days. I highly recommend this book, and as well as the additional books they have created. NoWhat about my oil, was I eating enough coconut oil? It is a good reference point and I kept borrowing from library and chose for price I should have my own copy Mary recommends in the publication a coconut oil that's sold by a company who's owner answers the phone and talks nutrition -- and that guy is as good of an educator as Mary I read this in Kindle but then bought a hard copy and plan on it getting in my kitchen the others of my lifestyle. My wife isn't big on nonfiction but she's reading it in bits and pieces. Mary recommends in the reserve a coconut oil that is sold by a company who's owner answers the telephone and talks nourishment -- and that guy is as great of an educator as Mary. I don't know them but am so impressed that I will recommend you buying coconut oil from Martin at 937-456-9393. We probably won't try a few of the recipes however the book is filled with great suggestions and solid nutritional info. I am not really getting paid. His item and knowledge is merely that good Five Stars Best price and brand new got it? One Star Waste of money! As a former Pounds Watchers innovator who had lost 79 pounds on Weight Watchers, I had been taught, and myself taught others, that in a healthy diet you could expect a weight lack of simply one pound weekly. packed with information. Nothing at all else has helped in the past, at least long-term. Great Publication everyone should read! But after we started focusing on eating fat and low carb whole foods, the pounds started to melt off - without hunger. Great book, we've seen the improvement inside our health due to their research/ compilation. Recommend also: Healthy Traditions Thank you ladies! So I place my analytical mind to the test and began to sleuth out the problem: What were my portion sizes, had they grown too large? Old school is best, again! So much good info and completely counter from what we have been fed over the past 25 yrs! I've energy. Yes Then I remembered a video I'd viewed called Cereal Killers, and Prof Tim Noakes and his Great Fat Low Carb Diet. I've continued Banting (the dietary plan that Prof Noakes

recommends) and also have continued to reduce a pound a day for days gone by 4 days. This publication is the weight-loss element of their work in Nourishing Traditions.



[continue reading](#)

download Eat Fat, Lose Fat : Lose Weight and Feel Great With the Delicious, Science-Based Coconut Diet e-book

download free Eat Fat, Lose Fat : Lose Weight and Feel Great With the Delicious, Science-Based Coconut Diet epub

[download The Mission Walker: I was given three months to live... fb2](#)

[download Unshakable Hope: Building Our Lives on the Promises of God ebook](#)

[download free A Simplified Life: Tactical Tools for Intentional Living e-book](#)