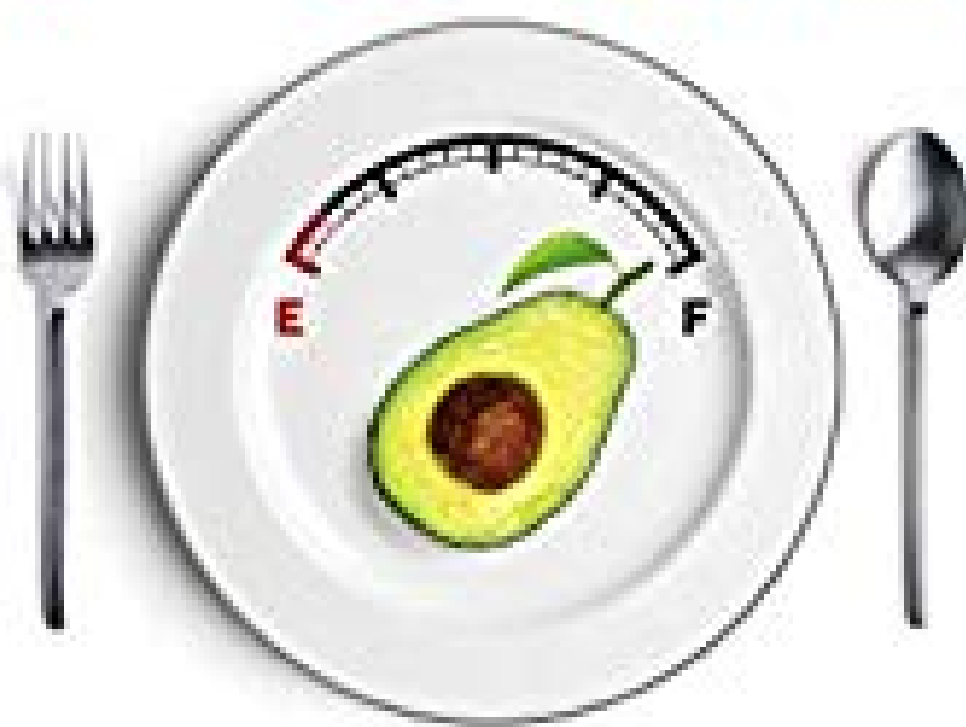


# FAT FOR FUEL



**A Revolutionary Diet to Combat Cancer,  
Boost Brain Power, and Increase Your Energy**

**DR. JOSEPH MERCOLA**

*New York Times* best-selling author of **EFFORTLESS HEALING**

Dr. Joseph Mercola

## Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy



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For over a century, we've been told that cancer is a genetic disease. But what if cancer isn't a genetic disease in the end? It's a disease of damaged DNA but rather of defective metabolism because of mitochondrial dysfunction? Imagine if that startling truth could revolutionize our knowledge of other illnesses as well— After that he reveals what's not what you need and show us a radical new path to optimal health? Mercola shows you that you can take control of your health simply by offering your body the correct gas—I'll learn in clear, rational terms how the body works at a molecular level. Dr. Mercola is really causing your metabolism to go haywire: harm and dysfunction in the mitochondria, thousands of which are at work in nearly every cell in your body, generating 90 percent of the energy you should stay alive and well. and it's here. In this groundbreaking guide, the first of its kind, New York Times best-selling author and leading natural-health practitioner Joseph Mercola clarifies how nearly all disease is due to defective metabolic functions. We've likely been led to believe. A ketogenic diet, very low in carbohydrates and high in healthy fats, may be the method to optimize the biochemical pathways that suppress disease and support healing. And the benefits can end up being astonishing—not merely in treating or preventing serious illness, but in improving your brainpower, increasing your energy, assisting you lose pounds and keep it off, and much more. As you go through this book, you'll see that when mitochondria become broken in good sized quantities, it is difficult to stay healthy. We've accepted the scientific consensus that cancer results from genetic disease due to chromosomal damage in cell nuclei. It's finally understood the type of fuel it's designed to burn off in the most effective way possible. You'll see that what if researchers are chasing a flawed paradigm, and malignancy isn't. And you won't need to wait ten years or two for metabolic mitochondrial therapy to create its way into the mainstream. You can create a healthier body and mind at the cutting edge of the exciting new discipline, starting right now.



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Just seven days and down 11 lbs We am still reading the reserve. I'm about 8 days on a plan of 1600-2000 calories, less than 40-50 net carbs, proteins at around 100 grams (calculated using his formulation in the book) and the others of calorie consumption. As I have to lose a whole lot of weight, and also have failed many,many, many times before, I wanted to jump right in rather than stall. I believe what helped me enter moderate ketosis is that I cut out all added sugars immediately and all flour. I decided to begin my MMT/Keto diet immediately upon receipt of the book. It's amazing how well my body has reacted to the program. I've done low carb previously and experienced good short term results but this feels different. The Intermittant Fasting can be fantastic. I purchased the ketosis test sticks on amazon (about \$10) and on about my 6th day time it was a moderate color purple. I lost 11 pounds in my first 7 days. That's obviously excellent (I don't treatment if its drinking water weight--it is 11 lbs less i'm hauling around), but what is more satisfying is how hunger and cravings go away. As I'm probably a meals addict, I'm never really hungry. Getting the cravings shut down is absolutely what I need. I've also been considering medical procedures, but actually want to beat this beast without surgery. My goal is usually net 40 grams of carbs, but I'm probably closer to 30grams (I monitor everything on an on the web app). I'm surprised that I'm not starving. If you want to live well, drop weight, and be strong and healthy, FOLLOW HIS ADVICE."This book can be an easy read, well written, full of amazing specifics, and ties jointly so a lot of what I understand but under no circumstances saw in this light.!. I'm amazed that I'm not craving food. I really do have a cup of coffee with 1/2 tbsp of MCT oil every day so perhaps it isn't a 100% fast. Why perform we, as nurses, never observe this on the laboratory results?5 to 11.. Of course that won't last permanently but I'm riding that train as long as it last.My diet has consisted mainly of the following (prepared varioius methods for different meals) eggs, avocado,berries, hemp proteins powder, olives, essential olive oil, mct essential oil, beef/chicken/seafood, macadamia nuts, pumpkin/sunflower seeds riced cauliflower/broccoli, kale/spinach, onions and garlic and spices. Olives (Davina Organic Pitted Green Olives) have already been a great snack for me personally (staisfying, low carb, and good fat).Again, I'm just getting started. I hope to upgrade this review as I be successful. Meantime, the publication has been great. Plenty of information. I question why the medical establishment will not discuss the difference between small and dense LDL versus large and fluffy LDL. Readable.I digress..Just a quick update. Initial, I'm in ketosis--moderate ketosis (4). I do an 18 hr fast each day (6pm-Noon) and eating as recommended in the book makes it simple. Weight loss in less than a month is usually 26. No cravings, no hunger, energized and feeling motivated.. I LOVE THIS MAN! Dr. Joseph Mercola's Body fat For Fuel is a MUST read - even if you think you do not agree with the idea of eating fat (instead of copious carbohydrates).. Joseph Mercola recommends for days gone by two years and had my Type 2 Diabetes healed (no more injecting insulin! (Bad more than enough that nobody ever tells the sufferers to fast for 12 hours before a cholesterol check, but to not even give them an accurate explanation of those results is a sin in the highest degree). Plus I very easily lost 18 kgs over a 10 month period. Not worth buying.In case you are skeptical I urge you to learn this book and check out the clinical trial results that are being published around the world. They are there if you seek out them.If we consume the way Dr. Great book Dr Mercola is quite knowledgeable. I only bought it because every once in a while I love to support your website since I have already been using it and relying on your professional opinion for 20 years. (Especially if you love MITOCHONDRIA and ORTHOMOLECULAR HEALING). Fifteen years ago an all natural doctor healed my hair loss with minerals chelated to the Kreb Cycle of the mitochondria of the cell, thus beginning my romance with this beautiful bacteria which live within our cells and control EVERYTHING. I can not even

begin to let you know how amazing this publication is in explaining what most of us need to know concerning this tiny, small organelle. Once more, Dr. Mercola takes a large number of information and says it in a way that we can all understand and apply to our lives for better health and healing. The contents of this book have the potential to provide you with a second-chance of a fresh, healthy existence!! Sounds about ideal to me. I'm also doing Peak Fasting discussed in the book. Back in 1997 I stumbled upon his website and thought that he might just know what he's discussing because he appears like my Grandma (who learned from reading Adelle Davis) and he spoke of items that I was beginning to get worried with. Now, twenty years later on, I am convinced that he is without a question an amazing healer and a godsend to the planet. As a registered nurse I have witnessed the pain and suffering endured by my individuals and their families while the pharmaceutical businesses and for-revenue medical community thrive. I have been fired countless times to be a strong individual advocate and empowering my sufferers to accomplish their research and query their doctors, never to give up the fight, never to settle for unanswered questions and ill health because we CAN heal ourselves or AT LEAST reduce the suffering in the most severe case scenarios. (I finally determined that I experienced to tell them NOT FORGETTING, "My nurse explained about XYZ," but to instead say, "A pal told me about XYZ, what do you consider? However, without food cravings/cravings, it is a lot much easier to correct the bad habits that I've acquired for decades. Good science. Nevertheless, it hasn't taken me out of ketosis and I maintain slimming down (approx.), 40-year-previous fatty liver return to normal, eyes healed and angina go.6/15. He's also smart to promote intermittent fasting, such as for example his "peak fasting", which I'd recently been doing successfully..5 a day).com for a long period and today I am telling everyone I know to BUY THIS Reserve. I am a nurse so understanding the chemistry behind keto is definitely important to me.. If you want to understand the true inner workings of the body, read this book. HABITS is what I'm remaining to fight. Dr. Joseph Mercola is definitely a man who not merely truly cares for the human race, but can admit when he may not really have experienced all the details when he made up his mind years back (I reference his latest content on gluten) and he's completely at ease telling us that he provides changed his mind. Many thanks, Dr. THAT is a doctor you can trust.. IF YOU Browse ONLY 1 HEALING BOOK THIS SEASON, CHOOSE THIS ONE! I was blown away when I actually started to read it!!! I have a big library of books related to alternative nourishment and healing; this book is my new favorite. For example, he promises (p..THIS BOOK WILL CHANGE YOUR LIFE! Really?! Good info This actually wasn't for my very own use but what little I did read was great information What can be better Where else can you get so much information distilled for so small. Many thanks! Joseph Mercola suggests our medical costs will plummet.. It just makes common sense. This way of consuming (using what we eat to heal our bodies) is not just about slimming down but becoming Good.. I have already been eating the way that Dr..... Still forming the habit/life style, nonetheless it has been fairly easy. Mercola, for writing this book.... Nothing I didn't know or watched on YouTube. Great book Great book. Mostly about ketogenic diet but has tons more A Ketogenic Diet plan is great, But. It is a modified approach as I fast from 7:30PM to 9AM during the weekday of my first week, and 7:30PM to 1PM on the weekends.. I'm extremely glad the Mercola has the courage to openly promote a healthy high fat diet, but the subtitle of the reserve goes overboard. He appears to be on thinner ground on some of his claims, such as for example concerning protein and cancers. I'd prefer to see a many more science right here. I have already been sending family, friends, and patients to mercola. 104) that almonds have an excessive amount of protein.! Is definitely 14% by calorie an excessive amount of?! On another notice, he describes how fructose can be processed by the liver however, not

that the triglycerides that result frequently end up being stored as surplus fat. Similarly his science on mitochondria seems rather weak considering just how much he claims his diet is founded on them. He recommends a plant based ketogenic diet over a more general ketogenic diet that includes things such as bacon and eggs that a lot of researchers on low carb diet programs consider to be healthy enough. Certainly it is very much harder to maintain a healthy vegetarian diet plan. I tried it for many years and ended up having a heart attack after letting too many carbs in. On the other hand, Mercola pays to warn in regards to a high protein diet, or overdosing on iron.. arrived quickly Great book and lots of good info for Keto people. A must read once and for all health That is a well-written explanation of the ketogenic diet. It will turn into a dog-eared bookshelf staple for several years.



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