

*"Fascinating, hilarious, and eye-opening.
This book proves that real food is the only way to go."*

*Michelle Tam
of Nom Nom Paleo*

EAT THE YOLKS

discover Paleo,
fight food lies, and
reclaim your health

LIZ WOLFE, NTP

FOREWORD BY DIANE SANFILIPPO
NEW YORK TIMES BESTSELLING AUTHOR OF PRACTICAL PALEO

Liz Wolfe

Eat the Yolks



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Worry about cholesterol. Not even close. Eat whole grains. We live in a time of health hype and nutrition propaganda, and we've been told about how to consume is wrong. Fat and cholesterol are bad for your health? No, they are crucial to your health. "Avoid red meat. Counting calories is the way to lose excess weight? Not gonna function. Nutrition is what matters. Nourishment will come from a package, bag, or capsule? We're struggling for it. Whole grains." In *Eat the Yolks*, Liz Wolfe debunks each one of these myths and even more, revealing what's behind the lies and bringing the reality about fat, cholesterol, protein, and carbs to light. You'll end up being amazed at the tall tales we've been told in the name of "healthful eating." She takes us back to the foods of our ancestors, combining the lessons of history with those of contemporary science to uncover why real, whole meals and which foods are really harming us. That is a tragedy of misinformation, food sector shenanigans, and cheap calorie consumption disguised as health food. It just helps to make a case for eating the complete egg. She uncovers the shocking lies we've been told. With wit and grace, Wolfe makes a compelling argument for a diet predicated on Paleo foods. Years of staying away from egg yolks, selecting margarine over butter, and replacing the real foods of our ancestors with low-excess fat, processed, packaged substitutes have left us with an obesity epidemic, ever-rising rates of chronic disease, and, above all, total confusion in what to eat and just why. We'll learn truths like: - body fat and cholesterol are necessary, not harmful . . . and what we actually ought to be tracking - all animal products are not created equal. It depends on it! No substitute for real meals! We've been told on the subject of fat, cholesterol, protein, carbs, and calorie consumption and brings us the truth about which foods are healthy and what to eat instead - counting calorie consumption is a waste of energy . . . and why - " . . . and which ones we need - nutrition doesn't come in a box, bag, or capsule . . . the kind humans ate for a large number of years before modern nourishment dogma led us astray are processed foods .



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Breezy but educational When I first sat straight down with this publication, I thought I wouldn't learn anything due to the breezy relatively snarky design. But I did learn a great many things, despite the fact I have for many years paid a great deal of attention to nutrition. Purchase It. I would recommend this publication to any teenager that has an appreciation for I Love Lucy but also an appreciation for having a wholesome, fit body. This is a great book. There is an explanation of ATP which is simpler to understand for a lay person compared to the complicated explanation in nutrition classes. It's been 50 years since discussing that went out of style. I learned that the body fat soluble vitamins take action synergistically. That is known (and ignored) for probably 60 plus years about B vitamin supplements, but I did not know it about essential oil soluble ones. I should have known. Somehow we had missed in my own reading that there are supplement D receptors atlanta divorce attorneys cell through the entire body. Everyone should go through it. Quite simply, don't allow the breezy conversational design of this book put you off. No wonder we keep discovering points we are in need of D for - far beyond viewing to it our bones obtain calcium. We are able to all learn from it. EASILY had a highlighter, this book would look like my windbreaker from '88. I'll admit, I've been on the ancestral/real food train for a number of years today, but a genuine real foodie is just as hungry for understanding and understanding, therefore i pre-ordered Liz's book the moment I could. It's a must read! Books are wonderful decorations but this one will probably be worth reading. I'd recommend Useful Paleo for any kitchen as a reference guidebook and recipe motivation or Cate Shanahan's function for individuals who just really need to see "MD" after the author's name, but this is actually the publication for the hook. This enables the standard person to get into the book, while avoiding ego, biases, and any detraction from this issue at hand. It is concise, but every word counts. For you personally, for a pal, for your kid. Ok, apart from the fact that Liz is clearly among the truest comedians of our time, this reserve is filled up with so much. As an educator, I really like how this publication encourages people to toss the rules and truly understand health insurance and nutrition. I also love how it puts "paleo" in a positive light, but isn't rigid paleo propaganda. That is so required while paleo is normally shifting even more to the mainstream- coach and learn, don't just listen and follow. One of the best books written on nourishment and health. This is the publication for the friend who is jumping on a plane for a business trip or the active mom who has quarter-hour to read while her kid is in dance class. This is something everyone should read, and they should do something to avoid precisely what is regarded as hazardous. Everything we know about health is incorrect. Sciences proves this. The only issue I had was that there was a section where the vegetarian/vegan side of eating disorders uses that was explained away within an illogical way. Primates aren't inherently herbivores. Some are herbivores, some are omnivores, some are carnivores. Most are omnivorous, and you can find no animals which usually do not eat other animals a while in their life. The body best matches common chimpanzees, which get 50% roughly of their diet from animal and insect sources and cannot properly digest rough vegetation. This reserve is greater than a "how to get skinny" or perhaps a "ways to get healthy" publication. L. Human beings cannot digest raw vegetables, but have no issue with raw pet matter whatsoever. Cooked meat digests faster than natural, but this is not a good factor as it means the individual can be hungry sooner. And READ it. She even calls herself out on getting too nerdy at times. This, in no way, takes away from the rest of the information, which is scientifically sound. Evolution can be an educated guess, at best, and so these opinions of some scientists which wouldn't endure against scrutiny due to the fact that many peoples consume raw meat and also have no issue should be omitted and only contemporary, observable and testable, details. Wonderful!! Informative, Very Entertaining and JUST ABOUT All You Want to learn About Food! I recommend this book to everyone who expresses actually an iota of dilemma in what we should and really should not be eating. Written in a conversational, non-preachy tone with engaging references and punctuated with laugh-out-loud humor, it offers very well researched, good sense information. It debunks the misinformation and lies we have been fed (pun meant) about nutrition, where it comes from and why --

especially that healthy natural pet fat is good for us. I can't recommend it highly more than enough. Good read Then pass on Five Stars thank you Wanted by D.We. It is mentioned that people evolved to consume cooked food, which is also incorrect and predicated on a hypothesis which has many glaring exceptions. for Christmas Daughter-in-law wanted this reserve for Christmas. She hasn't said anything negative about any of it. A must read to regain your knowledge of nutrition This book is among my favorites to provide as gifts for all those just beginning their journey to real food Health. Liz writes in an easy to understand and read format while also making you laugh! THANK YOU, LIZ, for giving us (the paleosphere, the real-food-lovers) exactly what we required- a reserve jam-packed with REAL details, an approach that isn't overly branded or easy to put into a "fad" category, an absolute love of life, and at it's core, a topic meant to change the globe. Besides reading all I could over the past 60 years, I've taken courses. The strategy is very relatable, fun to read, and beautifully executed. Buy it. Raw flesh remaining in the stomach for a long period enables the body to stay sated for a long time and doesn't eliminate heat-sensitive nourishment. This is the book I've been looking forward to, the perfect way to introduce a curious person to a genuine food lifestyle. That is absolutely THE reserve to get people to realize why I eat so much bacon and get militant about where my meats comes from. It helps reinforce people with come to get to be true about processed foods (they're bad! It's so well written without being overwhelming with technology and technical terms. (hint -- they don't eat Atkins bars! - in fact, Kate is a company believer in pranking with chocolates in the bottoms (google it, Liz - you'll crack up)). But about the publication.), but it is also incredibly educational for a person who STILL struggles with eczema, or can't figure out why feeding on those Atkins bars and literally nothing else hasn't produced them look like Kate Beckinsale or David Beckham yet. Light cooking is okay, but well-done meats is, by comparison, nutritionally inferior. (That was because nobody would pay any focus on what I experienced to say unless I could prove I had studied nourishment. Adults and teens as well can learn so very much from Ms. Wolfe mainly because she reduces the amazing stuff our bodies do when we consume specific types of foods. The animals mentioned by the plant-just brigade are gorillas, which have the dentition and digestive system of a horse. Highly recommended, helpful information to becoming healthy Details is valid, scientific, and clear, but is expressed with humor and includes a personal touch.) To begin with from this publication, I learned you can find people out there who focus on complete versus incomplete proteins. Well, for heaven's sake! It explains how we got where we have been and ways to get back to where we have to be. Highly recommend Refreshingly clear, the writer takes the time to supply a thorough understanding of nutrition with humor and history.



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