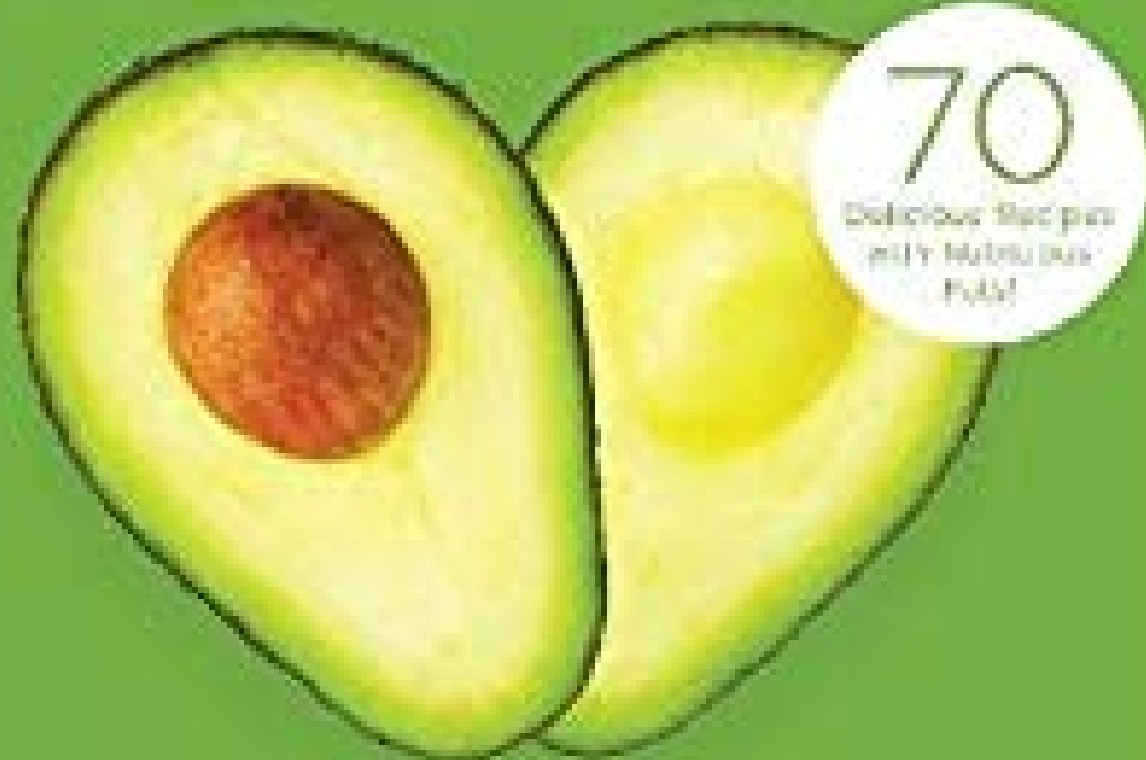


ESCAPE FAT PHOBIA AND
LEARN THE TRUTH!

GOOD FAT BAD FAT

HOW EATING GOOD FATS CAN HELP YOU LOSE WEIGHT,
INCREASE ENERGY AND MINIMIZE DISEASE RISK
HOW ELIMINATING BAD FATS CAN SAVE YOUR LIFE



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Delicious Recipes
with Nutritious
Fats!

ROMY DOLLÉ

Romy Dollé

Good Fat, Bad Fat: Escape Fat Phobia and Learn the Truth!



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Good recipes, science might use some help "Good Fat, Bad Body fat" is a superb recipe book, not so good science publication, and has a rather strange layout that kind of grows on you. Regrettably, the sections on science aren't so good. Additionally there is an index of the dishes in the beginning so you don't have to page through the entire book every period you want to find something. The recipes are grouped by the unwanted fat type with an intro of each fat type at the beginning of each section. The Low-down on Good and Bad Fats In The Big Fat Lie by Nina Teicholz we are given the history of the Low Fat movement and the bad science surrounding its foundation at length. I've read several books on nourishment that spend a lot of the reserve explaining a particular nutritional technique or intervention, with hardly any by the end on implementation. Chapter topics include: the biochemistry of why we are in need of fat, different types of body fat and their compositions, how exactly to work with emotional eating, and a few other chapters. For instance, on the main one hand, we are told that total cholesterol does not have any correlation to heart health (true), then given a chart which tells us to keep total cholesterol below 200 (true, in the event that you buy the lipid hypothesis, which this book will not). In fact, in the event that you plot World Wellness Organization all trigger mortality rates vs. typical cholesterol for all countries we have data, there is a very broad minimal centered about 220 and stretching from 180 to 260.. You can find other issues. Still, this is mainly a recipe book, and there are plenty of good ones. I'd not advocate it to someone trying to lose weight, since the carb counts for some are a bit high. The author is very apparent about using ketosis for weight loss. She just will not include that lots of recipes to use it. My primary critique of this book is that this content of this reserve may also be overly simplified, and doesn't really offer "fresh" information to a person already immersed in the lifestyle. The first 30+ web pages discuss fats, what's the difference between good and bad fats and fat information. However, I'd probably recommend Mark Sisson's "Primal Blueprint" or Gary Taubes' "Why We Get Fat" for people trying to learn what low carbohydrate / primal is focused on. I don't be prepared to understand biology, diet, and multiple acronyms on the first read through, and anticipate re-reading those sections again. Good Fat, Bad Excess fat does a nice job "cutting to the chase". Mainly layman's knowledge, but worthwhile for the recipes I have been immersed in the Paleo/Primal nutrition globe for several years, so I am writing this review as someone with knowledge of what constitutes "great fat" vs. The language was not overly technical, although I didn't grasp everything on the initial read. That's not really a detrimental to me or about the book; Full Disclosure: I was presented with a free duplicate of this reserve for review. There were, however, no references cited, and as a scientist and researcher, I find that bothersome and just a little suspect. Additionally, the technology section of the reserve was relatively small, which I found a little odd given the title; I had expected even more science, fewer recipes, instead of the other way around. The best sections of the publication were the sample menu plans. Then Romy delves into the requirement of consuming Pure Foods, i. As someone who got into the paleo way of living just a few years back, this book motivates me all the more to continue on with it. I also like the variety of foods suggested, since I also have a problem with that. There are a ton of different recipes in the book, divided up by the sort of fat in them (e.g. avocado, coconut, beef, poultry). Each section includes the particular fat, such as ways to get quality elements, and the fatty acid profile. I haven't tried too many of the recipes however, but the ones I have tried had been delicious. My biggest criticism of the publication has been the layout more than the content material. Small sections of the publication are written in brownish font, therefore they stand away from the main elements of the book. Sadly, the brown color is quite light and I found it difficult to learn, even with great light. Phil Maffetone, Dr.), which contributes to the reading difficulty. Great deal of thought was translated from German, it extremely readable and thus accessible to a lay person. For better flow and ease of reading, I'd have desired the recipe substances to be followed by the directions, rather than vice versa and occasionally on opposite pages. My reserve is a hardcopy/paperback version, so I'm wondering if the font will be less problematic with a Kindle edition,

since I could change the color, design, and size to be more readable. Overall, "Good Fat Bad Body fat" is a decent reserve, especially if you're searching for low-carb, high fat recipes and menu suggestions. If you're interested in the science, I would check out various other books about paleo/primal/ancestral eating. I have found other books from Primal Blueprint Publishing to become more solid than this book on the product quality and quantity of information about the science behind this way of eating. The reserve was translated from German, and lost all its references in the process. In Good Fat, Bad Fat by Romy Dollé, however, we learn about the fat themselves, their framework and how to use them with delicious recipes. I would suggest this to anyone who is looking for some new quality recipes or a fresh undertake things primal. You can find fourteen days of "pure food" food plans (as the book phone calls them), and one week of ketogenic meal plans. e. non-processed whole foods and contains sample meal programs. From there to the end of the publication, Romy requires us to each great pure body fat offering us the profile and specifics with plenty of dishes of each to create your mouth water. This reserve will easily fit in together with your cookbooks because you should keep it helpful in your kitchen for frequent use. Four Stars This book has amazing recipes that everyone must try. Some of the info was review for me personally, having read other books about paleo/primal/ancestral consuming. I am so excited to try out these recipes." The reserve in and of itself is quite nicely laid out, with a nicely textured cover, thick glossy pages, and gorgeous photography. The recipe substances were also in various colors, which sometimes made it difficult to read as well (not enough contrast between your background pictures), and were not on a single pages because the recipe directions. The info portion can simply be go through within a few hours, also for people that aren't book lovers. The content is broken up into 2-10 page chapters, much like an average article length on the internet, which makes it easy to find details and digest the arguments in manageable bits. The images are beautiful. The content portion will be greatest for somebody who is still having to become convinced that fat is actually good for you! Furthermore, the section on cholesterol was almost schizophrenic. Good Fat Bad Body fat is a good how-to book about integrating healthful natural fat into your diet. I've recently finished scanning this book and I recommend it. By right now we all finally know that fat is not a four letter term. Some good info, some so so info Good Fat, Bad Fat is among the many books that have recently come out focusing on healthy fats. Dr. Tag Hyman, Gary Taubes, Dr. The font can be thinner than normal (some sort of sans-serif, Arial-type font? My worries relate to lack of references once the author discusses research studies. Tim Noakes to mention a few. I read extensively on this issue and this reserve is an excellent follow and supplement to their work, though it could certainly stand alone. Tasty looking dishes, but without science and readability "Good Fat Bad Fat" is about the significance of good fat in our diet, and how to eat to keep poor fat away of our bodies (and lose body fat while doing so). The start of the book is a summary of the research of extra fat and it part in nutrition. If you are still not really convinced about the healthful effects of the appropriate degree of natural fats in the diet, there are several resources for additional information. The book statements the references are on the author's website, but that, as well, is in German (unsurprising, she is German). Even though I haven't tried any of the recipes yet, I do plan to try some of them soon. The explanation of the healthful great things about fat are presented, nevertheless the overwhelming most the book are detailed recipes and ways to work these healthful body fat into your diet. I found this to be the best area of the book. What I like about this reserve is that it hits all key . While this piece of data would greatly improve the narrative, and is definitely common knowledge in the primal community, it isn't mentioned.. What I like concerning this publication is that it hits all tips about "good fat and bad fat" in just a short amount of words-- detailed but straight to the point at the same time. If you are in that intended market, this book is certainly worth a examine. and nicely helps its dietary standpoints with studies and informational facts from accredited individuals. I have trouble coming up with meal ideas, specifically for breakfast and snacks, when I'm definitely not awake or possess a ton of time, so it's helpful to see new and healthy ideas for meals and

snacks. "bad fat. Preaching to the choir? I believe it can be good for hear someone else's perspective on a topic you are familiar with. That by itself is not a concern. Good Fat, Bad Fats does the contrary. If you're someone who likes to observe lots of references to scientific studies to back again up an author's promises (a la Gary Taubes), you will not find any in this book - which explains why it feels like the intended target audience is people who already know that eating excess fat is wonderful for them. Paleo or not, I feel this publication resonates to the overall pop. There are some great books and articles by a selection of authors detailing the science. The concepts within the book are well researched in the scientific journals, nevertheless the author presents the information in a manner that can be challenging to follow (this could be since it's translated from German). I really liked the way the author went into the breakdown of the different types of fats within different foods. As someone who has rejected the "fat can make you body fat" mantra, We thought it was a fairly good publication overall. David Ludwig, Prof. In case you are new to a primal, ancestral, or Paleo method of eating the info in the book isn't new. The saving grace for this book are the recipes. I must say I appreciate the way they are split up by healthy fats, although I have not tried all of them, I am getting excited about giving them a go soon.



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