

Transform Your Mind, Body & Health

MAKE PEACE WITH FAT

*Applying ancestral wisdom and modern nutrition
to reverse metabolic diseases, reset hunger,
increase energy and maximize performance.*



Mihaela A. Telecan, DVM, RD

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Information I possibly could understand & put into practice to improve health & reduce joint pain I've severe osteoarthritis in my knees (knee substitute was recommended) and moderate/severe osteoarthritis in many other joints. Furthermore, I've numerous other health and digestive issues. You can trust this information and apply it to your daily life I enjoyed reading Mihaela's book. Her method is very practical and an easy task to follow. I love the book and utilize it as a reference once in a while. Make Peace with Fat is an excellent book. Another advantage has been a decrease in my fasting blood sugar from 97 to 80 on the first 6 months on this plan. My A1c has stabilized at 5.3, straight down from a high of 6.1. She helps us understand our ancient method of eating that is truly amazing. is practical. Telecan addresses other issues in this reserve, those were the things I found most highly relevant to my needs. Mihaela, took enough time to organize the publication with the scientific explanation and walked through the process of how to put this into practice. Telecan explains some very complicated digestive processes in a way I can understand. That understanding allows me to place off knee replacement, improve my mobility and reduce my pain. The way we ought to be eating... She actually is the real thing & The book, 'MAKE PEACE with FAT' by Mihaela Telecan, DVM, RD, is very informative. I totally enjoyed reading the publication. Dr. My knee pain is greatly improved and many of my joints with moderate arthritis usually do not harm at all. I would recommend this publication to anyone attempting to find out more about digestion, irritation and using food to control inflammation and discomfort. Mihaela, Thank you for taking the time and effort to explain the concept at length, while offering us a glimpse of your healing and the transformation procedure. It is full of interesting reliable information but is easy reading too. By using this book, I believe I have been in a position to adapt to a means of eating that my body feels at peace. This book explains the idea in an approachable and incredibly practical way. A practical how-to guideline that explains the "why" behind making changes. Although weight loss was not my main aim, I lost 13 pounds in less than 6 months. I'm really enjoying this reserve! This publication explains them within an approachable and incredibly practical way. The knowledge is presented clearly and really helps to understand the "why" behind making dietary transformation. The second half of the publication is a useful "how-to" manual of placing the data into practice. Mihaela Telecan, DVM, RD answers many queries about the frequently confusing dietary guidance we hear nowadays. The reset protocols are incredibly helpful. I feel very motivated to use this knowledge in my dietary habits, and also with my patients and clients. Excellent information, practical advice! As a physician I've studied biochemistry and know how complex the metabolic pathways are. The info is technical, yet explained well. I saw the author give a lecture this morning, and ordered the publication for my kindle immediately. Once you have gained these insight it will seem easier to attain. I'm motivated and motivated to stay on this path of personal care to be able to feel my best and stay healthy. I would like to avoid diabetes and Alzheimer's, and being up to date and supported is the best way I understand of!" Try putting a few of these concepts into practice and find what happens. A compelling book based upon science This is a comprehensive book that delivers the science behind Miheala's recommendations. It is organized therefore that one can grasp the science first, then better realize why this lifestyle works & Although Dr. Lastly, she includes quality recipes for actionable follow-through. Further, her life story is so compelling as you start the book & it is clear she actually is writing this book with a passionate heart centered on helping others.. offers much to offer within this book! Her method is quite practical and easy to follow 'MAKE PEACE WITH FAT' is a casino game changer pertaining to a busy mom. Mihaela Telecan will a lovely work of giving step-by-step instructions on how best to live a wholesome lifestyle. It worked. Great info! She provides dishes which will be ready to follow and the whole

family can enjoy! Great book and incredibly thorough Great book and very thorough. Some of the scientific details was over my mind but I was so glad it was there. It really assists me understand the keto lifestyle and the ramifications. She provides specific instructions and examples starting with cleaning out your pantry. It makes sense, and the information is practical. Very beneficial, and amusing, I cant wait around to learn the book! I initially began this program and bought this book with an vision towards reducing the pain and irritation in my own joints through what I eat. The knowledge is presented clearly and really helps to understand the “why” behind making dietary modification. In the reference section we reach the nitty gritty of what will be best to eat for our health and wellness and well getting. There is a good route through the narrative, especially for anyone who has not already switched around the last 50 years or even more, of misinformed considering which turned us from good fats. Although it may seem an overwhelming amount of information he book is organized well and when you follow her suggestions, you will see it is possible to achieve a transformation. Activity and the ultimate way to excersice also feature in her story. It is comprehensive in nutritional info giving a basis to understanding how carbohydrates, including sugars, protein and fat contribute to a healthy lifestyle. Her recipes help with keeping us on the right track whilst providing some delicious ways to use some foods that may be unfamiliar to us if we are used to a typical American diet plan. Armed with knowledge from Mihaela, the reader will be ready to take on board her protocols. I’ve been reading about nutrition and tweaking my diet for years, and this reserve is one of the best I’ve go through! As Mihaela explains “It’s all in the mind . I recommend this book.



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