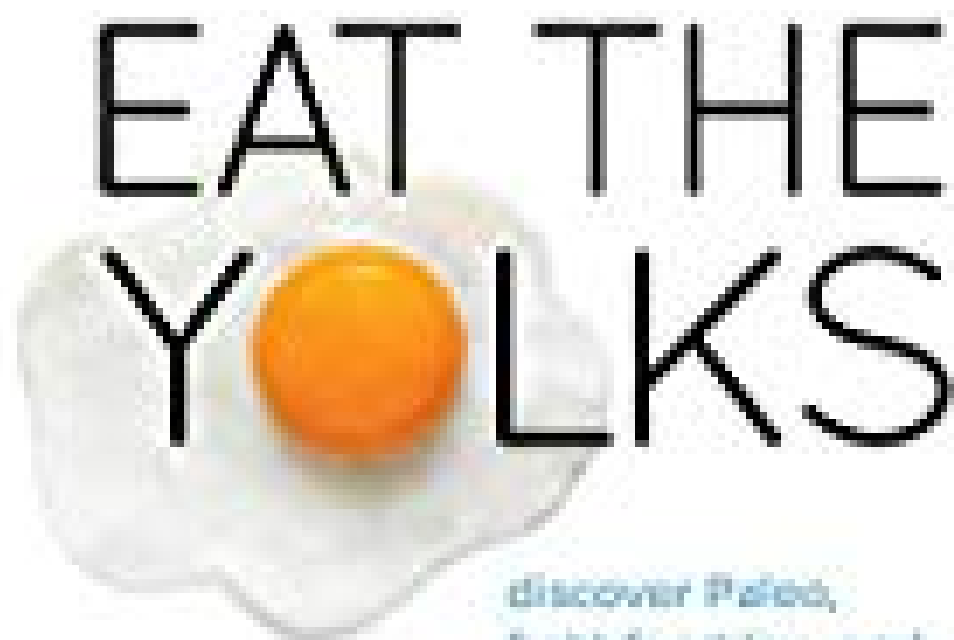


"Pioneering. Authoritative, and eye-opening. This book
proves that real food is the only way to go!"

—Michelle Tam,
@MichelleTam



discover Paleo,
fight food lies, and
reclaim your health

LIZ WOLFE, NTP

FOREWORD BY CHANE SANFEL, PhD

AND COOK WITH ANIMALS, THE AUTHOR OF PRACTICAL PALEO

Liz Wolfe

Eat the Yolks



[continue reading](#)

Be worried about cholesterol. Avoid crimson meat. Eat whole grains. She takes us back to the foods of our ancestors, merging the lessons of history with those of modern science to uncover why real, whole food - the type humans ate for thousands of years before modern nourishment dogma led us astray - holds the main element to amazing health insurance and happy taste buds. Nutrition can come from a package, bag, or capsule? Decades of avoiding egg yolks, selecting margarine over butter, and changing the real foods of our ancestors with low-fats, processed, packaged substitutes have gone us with an weight problems epidemic, ever-rising rates of chronic disease, and, most importantly, total confusion about what to eat and just why. Not gonna function - nutrients are what matter. Counting calories from fat is the way to lose weight? Fat and cholesterol are bad for your wellbeing? Nope - they are crucial to your health. Whole grains are health meals? Not even close. It turns out that everything we have been informed about how to eat is wrong. That is a tragedy of misinformation, food sector shenanigans, and cheap calories disguised as health food. We live in an era of wellness hype and nourishment propaganda, and we have been suffering for this. Don't count on it! In *Eat the Yolks*, Liz Wolfe debunks all these myths and more, revealing what's behind the lies and bringing the reality about fat, cholesterol, protein, and carbs to light. With wit and grace, Wolfe makes a compelling argument for a diet based on Paleo foods. You'll be astonished at the high tales we've been told in the name of healthy eating. Could it all be considered a lie? In *Eat the Yolks*, Liz Wolfe doesn't simply make a case for consuming the whole egg. She uncovers the shocking lies we have been told about extra fat, cholesterol, protein, carbs, and calorie consumption and brings us the truth about which foods are healthful - and which foods are actually harming us.



[continue reading](#)

Breezy but educational When I first sat straight down with this publication, I thought I wouldn't learn anything due to its breezy somewhat snarky design. But I did so learn a great number of things, despite the fact I have for several years paid a great deal of focus on nutrition. It's therefore well written without being overwhelming with technology and technical conditions. for Christmas Daughter-in-law wanted this book for Christmas.)For one thing from this reserve, I learned you can find people out there who focus on complete versus incomplete proteins. It's been 50 years since discussing that went out of style. There is a conclusion of ATP which is better to understand for a lay person than the complicated explanation in nutrition courses. If I had a highlighter, this publication would appear to be my windbreaker from '88. 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. Most are omnivorous, and you can find no animals which usually do not eat other animals some time in their life. Somehow I had missed in my own reading there are vitamin D receptors atlanta divorce attorneys cell through the entire body. Raw flesh remaining in the stomach for a long period enables the body to stay sated for a long time and doesn't destroy heat-sensitive nutrition. No question we keep discovering factors we need D for - far beyond viewing to it our bones get their calcium. Put simply, don't allow the breezy conversational design of this book put you off. It debunks the misinformation and lies we have been fed (pun designed) about nutrition, where it comes from and why -- especially that healthy natural pet fat is wonderful for us. We learned that the body fat soluble vitamins action synergistically. I'll admit, I am on the ancestral/true food train for several years now, but a genuine real foodie is simply as hungry for understanding and understanding, therefore i pre-ordered Liz's book as soon as I could. MANY THANKS, LIZ, for giving us (the paleosphere, the real-food-lovers) just what we needed- a publication jam-packed with REAL details, an approach that's not overly branded or easy to placed into a "fad" category, a winning love of life, and at it's core, a topic meant to change the globe. This is the book I've been waiting for, the perfect way to introduce a curious person to a real food lifestyle. I'd recommend Practical Paleo for just about any kitchen as a reference guidebook and recipe inspiration or Cate Shanahan's function for individuals who just should see "MD" after the author's name, but this is the book for the hook. This is the reserve for the friend who's jumping on a plane for a business trip or the occupied mom who has a quarter-hour to learn while her child is in dance class. It is concise, but every phrase counts. As an educator, I really like how this publication encourages people to toss the rules and truly understand health and nutrition. That is absolutely THE reserve to get visitors to realize why I eat so much bacon and obtain militant about where my meats originates from. The approach is completely relatable, fun to read, and beautifully executed. I also like how it puts "paleo" in a positive light, but isn't rigid paleo propaganda. This is an excellent book. Buy it. This allows the standard person to get into the book, while avoiding ego, biases, and any detraction from this issue at hand. This is something everyone should examine, and they should take steps to avoid precisely what is regarded as hazardous. The animals observed by the plant-only brigade are gorillas, that have the dentition and digestive tract of a horse. This, by no means, takes away from the rest of the information, that is scientifically sound. Good read Then pass on Five Stars thank you Wanted simply by D. Primates aren't inherently herbivores. Some are herbivores, some are omnivores, some are carnivores. I will have known. Our body best fits common chimpanzees, which get 50% roughly of their nourishment from animal and insect resources and cannot properly digest tough vegetation. Everything we realize about health is wrong. This book is more than a "how to get skinny" or perhaps a "how to get healthy" book! Cooked meat digests quicker than raw, but this is not a very important thing as it means the

human being will become hungry sooner. Well, for heaven's sake! Light cooking food is fine, but well-done meat is, in comparison, nutritionally inferior. Science proves this. I can't recommend it highly enough. Wonderful! Human beings cannot digest raw vegetables, but have no issue with raw pet matter whatsoever. Informative, Extremely Entertaining and VIRTUALLY All You Want to learn About Food! I recommend this book to everyone who expresses actually an iota of misunderstandings in what we should and really should not really be eating. Written in a conversational, non-preachy tone with engaging references and punctuated with laugh-out-loud humor, it includes very well researched, good sense information. We are able to all study from it. Evolution can be an educated guess, at best, and so these views of some scientists which wouldn't endure against scrutiny due to the fact that lots of peoples consume raw meat and also have no issue ought to be omitted and only contemporary, observable and testable, information. The only issue I had was that there is a section where the vegetarian/vegan side of eating disorders uses that was explained away in an illogical way. I. She hasn't said anything negative about it. (That was because no one would pay any focus on what I experienced to say unless I possibly could prove I experienced studied nutrition. L. A must read to regain your understanding 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 structure while also causing you to laugh! It's a must read! Buy It. For you, for a friend, for your kid. Highly recommended, a guide to becoming healthy Info is valid, scientific, and clear, but is expressed with humor and includes a personal touch. And Go through it. Books are beautiful decorations but this one is worth reading. Ok, apart from the truth that Liz is actually among the truest comedians of our period, this book is filled up with so much. It helps reinforce those that have come to get to be true about processed food items (they're bad!), but it's also amazingly educational for a person who Even now struggles with eczema, or can't figure out why feeding on those Atkins pubs and literally nothing at all else hasn't made them look like Kate Beckinsale or David Beckham yet. (hint -- they don't really eat Atkins bars! - actually, Kate is a firm believer in pranking with chocolates in the bottoms (google it, Liz - you'll crack up)). Wolfe as she breaks down the awesome stuff our anatomies do whenever we consume certain types of foods. Besides reading all I could in the last 60 years, I have taken courses. She even calls herself from getting too nerdy at times. I would suggest this book to any teenager which has an appreciation for I REALLY LIKE Lucy but also an appreciation for having a wholesome, fit body. Adults and teenagers alike can learn so much from Ms. But about the book. It is mentioned that we evolved to eat cooked food, which is also incorrect and predicated on a hypothesis which includes several glaring exceptions. One of the best books written on nourishment and health. This is so necessary while paleo is usually shifting even more to the mainstream- train and learn, don't just listen and follow. Everyone should go through it. It explains how exactly we got where we are and ways to get back to where we need to be. Highly recommend Refreshingly clear, the writer takes the time to provide a thorough understanding of nutrition with humor and history.



[continue reading](#)

download free Eat the Yolks epub

download Eat the Yolks ebook

[download free Mildred, Joyce & Gladys, The story of my lice. \(1\) pdf](#)

[download The Whole30: The 30-Day Guide to Total Health and Food Freedom e-book](#)

[download This Is Getting Old: Zen Thoughts on Aging with Humor and Dignity txt](#)