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creator and author Dr
Mark Hyman explains
in Eat Fat Get Thin, a
growing body of
research is revealing
the immense health
and weight-loss

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Benefits of a high-fat
diet rich in eggs, nuts,
oils, avocados,
coconut oil, and other
delicious superfoods.

Weight Loss

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one of the most
important voices in
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medicine, health, and nutrition. And his new book--Eat Fat, Get Thin--is exactly why. Armed with clear up-to-date research and years of clinical success, Dr. Hyman explodes the outdated concept of the evils of dietary fat, and explains in an easy-to-understand fashion how the right fats for

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your body are indeed
the right fats for your
ideal weight.

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introduces a new
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explains how to eat fat, get thin, and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice, Eat Fat Get Thin is the cutting edge way to lose weight, prevent disease, and feel your

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medicine, health, and
nutrition. And his new
book--Eat Fat, Get
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Armed with clear up-to-date research and years of clinical success, Dr. Hyman explodes the outdated concept of the evils of dietary fat, and explains in an easy-to-understand fashion how the right fats for your body are indeed the right fats for your ideal weight.

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hunger, optimize your
cholesterol profile
and can reverse type
2 diabetes and reduce
your risk for heart
disease.

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dieting forces our
bodies to conserve
energy -- it is a recipe
for weight gain. The
way to lose weight is
firstly to eat as much
energy as your body
needs, and secondly
to eat foods that we,
as a species, have
evolved and are
genetically
programmed to eat.

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And Still Lose ...
Well by eating the
right kinds, Mark says
it will help you burn
off the BAD fat inside
your body, feed the
brain (lots of the
foods inside this diet
plan have healthy

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Cholesterol that is
said to provide
benefits to muscles
and the brain), lower
insulin levels and
basically steer an
unhealthy person
who has overeaten
carbs and is suffering
from their effects to
backtrack and
improve their health.

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Review. Why I'll
Never Look at Fat as
my ...

Insulin, you see, tells
fat cells to pull fatty
acids out of the blood
and to keep fat in the
fat cells. Whenever
you eat
carbohydrates, you
body floods your
bloodstream with
insulin. So eating

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more carbohydrates means less time in fat burning mode. Which means more fat accumulation in the fat cells.

How eating fat makes you thin. — Eat the Butter

Eating fat is not bad – our body needs fat there is so much fat

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phobia these days that most people don ' t realise that we actually need it – even for weight loss as cholesterol is the building blocks of an important hormone testosterone which builds lean muscle and helps to lower body fat also.

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As 'Pegan Plan'
creator and author Dr
Mark Hyman explains
in Eat Fat Get Thin, a
growing body of
research is revealing
the immense health
and weight-loss
benefits of a high-fat
diet rich in eggs, nuts,
oils, avocados,

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coconut oil, and other
delicious superfoods.
That's right - as it
turns out, the key to
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increasing overall
energy, and achieving
optimum wellness is
eating more ...

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This is a summary of bestselling author Mark Hyman M.D.'s, "Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health" by Mark Hyman M.D." This summary is intended to give you an in depth overview of the key concepts and

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Summary Of Eat Fat,
Get Thin: Why the Fat
We Eat Is the ...
really true: eating fat
doesn ' t make you
fat, nor does it cause
heart disease – in
fact, it ' s the exact
opposite. If you want
to get thin and
prevent disease, you

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need to eat more fat.
The science proves it!
The Fat We Eat
What you are holding
Is The Key To
in your hands is a
Sustained
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Our long-held beliefs about dietary fat are fundamentally flawed and based on misinformation. And beyond the in-depth scientific validation, Dr. Hyman's empowering narrative provides an action plan enabling everyone the opportunity to recapture health and

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finally attain a
healthy body weight.--
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M.D. 4.3 out of 5

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latest book, Eat Fat,
Get Thin is a great
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complete breakdown
on different types of
fat and the health
consequence of
consuming each.

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those found in eggs, avocados, coconut oil, and nuts should become more a part of our diet according to Dr. Hyman, not only because they promote health but because they also assist in weight loss.

Eat Fat, Get Thin– A
Summary – The

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