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LOW FAT LIES

High-Fat Frauds
and the healthiest diet in the world

Kevin Vigilante, MD, MPH,
and Mary Flynn, PhD

Lowfat Lies High Fat Frauds And The Healthiest Diet In The World

Douglas J. Markham



Lowfat Lies High Fat Frauds And The Healthiest Diet In The World:

Low-Fat Lies Mary Flynn,2000-07-01 Most of the time they are boring tasteless and leave you feeling hungry and they can even be harmful to your health Those trendy high fat fad diets like Atkins and Sugar Busters are just as bad Now this book gives you the truth about food and fat and the key to losing weight while staying healthy Doctors Kevin Vigilante and Mary Flynn expose the dangers of low fat diets take on the high fat fraud and show how you can adopt the healthiest diet in the world Say good bye to fad diets forever You will learn everything you need to know to take control of your own health and enjoy real food again *Low Fat Lies* Kevin Vigilante,2000

The Coconut Ketogenic Diet Bruce Fife,2017-08-11 You can enjoy eating rich full fat foods and lose weight without counting calories or suffering from hunger The secret is a high fat ketogenic diet Our bodies need fat It s necessary for optimal health It s also necessary in order to lose weight safely and naturally Low fat diets have been heavily promoted for the past three decades and as a result we are fatter now than ever before Obviously there is something wrong with the low fat approach to weight loss There is a better solution to the obesity epidemic and that solution is The Coconut Ketogenic Diet This book exposes many common myths and misconceptions about fats and weight loss and explains why low fat diets don t work It also reveals new cutting edge research on one of the world s most exciting weight loss aids coconut oil and how you can use it to power up your metabolism boost your energy improve thyroid function and lose unwanted weight This revolutionary weight loss program is designed to keep you both slim and healthy using wholesome natural foods and the most health promoting fats It has proven successful in helping those suffering from obesity diabetes heart and circulatory problems low thyroid function chronic fatigue high blood pressure high cholesterol and many other conditions You will learn Why you need to eat fat to lose fat Why you should not eat lean protein without a source of fat How to lose weight without feeling hungry or miserable How to stop food cravings dead cold Which fats promote health and which ones don t the answers may surprise you How to jumpstart your metabolism How to restore thyroid function How to use your diet to overcome common health problems How to reach your ideal weight and stay there Why eating rich delicious foods can help you lose weight Which foods are the real troublemakers and how to avoid them

How to Keep From Breaking Your Heart Barbara H. Roberts,2008-10-02 **The New Truth About Menopause** Carol Landau,Michele G. Cyr,2003-11-01 Nearly every month brings alarming new headlines about menopause and hormone therapy leaving millions of women who were taking those hormones or planning to take them unsure of what to do next Even their doctors don t always know After all for years the medical establishment had been saying that hormones protected women against heart attacks and Alzheimer s disease Now two distinguished leaders in the field have stepped forward to help women make sense of the latest findings Drs Landau and Cyr offer frank expert advice for women who don t know whether to stop or start hormone therapy are at risk for heart disease osteoporosis or breast cancer suffer from disabling hot flashes or mood swings want the facts on safe effective alternatives to hormone treatment From evaluating new research to

assessing their risk factors and goals this book helps women go beyond the headlines to take charge of their own well being

The Prevention Get Thin Get Young Plan Selene Yeager, Bridget Doherty, 2000-12-01 In this unique 12 week plan you ll discover The amazingly simple method that has been scientifically proven to actually help you lose weight In cludes a fun quiz that will help you identify new activities a handy way to figure out serving sizes a quick self test that will help you pick the right clothes and more

Beyond Atkins Douglas J. Markham, 2005-01-04 Dr Doug believes you have the absolute right to health and happiness

The Pink Ribbon Diet Mary Flynn, Nancy Verde Barr, 2010-09-28 A groundbreaking new diet for the overweight breast cancer patient or anyone at risk for the disease featuring 150 high nutrient recipes

The Culprit & the Cure Steven G. Aldana, 2005 This book presents a wealth of evidence that reveals how a healthy diet exercise and other healthy lifestyles can impact life span and the risk of cancer heart disease diabetes and other chronic diseases It provides easy to follow guidelines that will help individuals begin and maintain a healthy lifestyle for life No infomercials here just the facts from an authority who knows

Beyond Atkins Dr Douglas Markham, 2012-12-11 Dr Doug believes you have the absolute right to health and happiness That s why his Total Health plan has inspired and enlightened thousands The TOTAL HEALTH programme combines a protein rich favourable carbohydrate way of eating with regular physical exercise and suggestions for improving general wellbeing Many of the participants in the programme no longer need prescription medications for diseases such as high blood pressure high cholesterol and adult onset diabetes With BEYOND ATKINS you too can discover the safest most effective way to follow a low carb lifestyle

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