



Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now.

Steven, M.D. Masley, Jonny, PhD Bowden

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The innovative guide that reveals how eating more fat—the smart kind—is the key to health, longevity, and permanent weight loss.

For years experts have told us that eating fat is bad. But by banning fat from our diets, we've deprived ourselves of considerable health benefits—and have actually sabotaged our own efforts to lose weight.

Though they originally came from vastly different schools of thought about diet and weight loss, renowned nutritionist Jonny Bowden and well-respected physician Steven Masley independently came to the same conclusion about why so many people continually fail to shed pounds and get healthy. It all comes back to a distinction far more important than calories vs. carbs or paleo vs. plant-based: smart fat vs. dumb fat.

In *Smart Fat*, they explain the amazing properties of healthy fat, including its ability to balance hormones for increased energy and appetite control, and its incredible anti-inflammatory benefits. The solution for slimming down—and keeping the pounds off for life—is to “smart-fat” your meals, incorporating smart fats with fiber, protein, and most importantly, flavor. Bowden and Masley identify smart fats, explain what not to eat, and provide a thirty-day meal plan and fifty recipes based on the magic formula of fat, fiber, protein, and flavor.

It's time to unlearn what we think we know about food. Getting smart about fat—and everything you eat—and learning to smart-fat your meals is the only solution you'll ever need.

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Keith Dunn:

This Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now. book is not really ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is actually information inside this reserve incredible fresh, you will get data which is getting deeper you read a lot of information you will get. That Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now. without we recognize teach the one who looking at it become critical in contemplating and analyzing. Don't become worry Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now. can bring any time you are and not make your case space or bookshelves' come to be full because you can have it in the lovely laptop even telephone. This Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now. having excellent arrangement in word and layout, so you will not truly feel uninterested in reading.

Louise Fulghum:

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