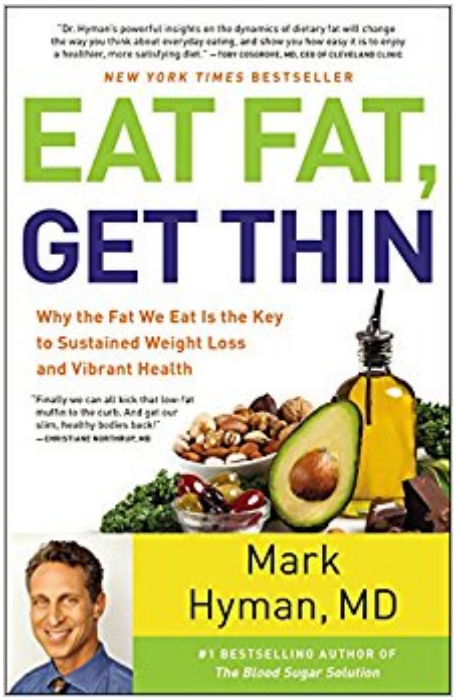
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Eat Fat, Get Thin: Why The Fat We Eat Is The Key To Sustained Weight Loss And Vibrant Health



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Synopsis

A revolutionary new diet program based on the latest science showing the importance of fat in weight loss and overall health, from # 1 bestselling author Dr. Mark Hyman. Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious super-foods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and 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 best.

Customer Reviews

"Dr. Mark Hyman has helped thousands of people lose weight and lead happier, more energetic lives. His powerful insights on the dynamics of dietary fat will change the way you think about everyday eating, and show you how easy it is to enjoy a healthier, more satisfying diet."Ã¢â ¬â ¢Toby Cosgrove, CEO of Cleveland Clinic"A great read that helps make sense of all the conflicting information we've come to believe about including fat in our diets. Dr. Hyman shows, yet again, the powerful role nutrition plays in all of our lives."Ã¢â ¬â ¢Maria Shriver"Eat Fat, Get Thin cuts through the big fat lies we've all been fed about dietary fat-including us doctors. Sharing his own experience and that of his many patients, Dr. Hyman lays out a dietary plan that is satisfying, delicious, sustainable, and healthy. Finally we can all kick that low- fat muffin to the curb. And get our slim, healthy bodies back!"Ã¢â ¬â ¢Christiane Northrup, MD, author of Women's Bodies, Women's Wisdom

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