



Good Fat

Fran McCullough

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Good News

The good fats -- butter, chocolate, coconut, olive oil, avocado, fish, and shellfish, among many other favorites -- are not only delicious, they're good for your brain, heart, immune system, hormones, skin, memory, and emotional well-being, and can also help you lose weight.

It's a fact: Not all fats are bad. *Good* fats slow the effects of aging, improve mood and memory, boost the immune system, and protect against stroke and cancer. And the most surprising news of all: The right fats are great tools for weight loss, making you feel full longer *and* jump-starting your metabolism.

In *Good Fat*, bestselling low-carb guru Fran McCullough debunks all the fat myths, demystifies cutting-edge science, and -- fork in hand -- reveals the simple secrets to eating well and losing weight. Here she teaches you how to:

1. **identify the good fats** -- and enjoy their good taste
2. **avoid trans fats and other bad fats** that damage health and pile on the pounds
3. **combine low-carb foods** with beneficial fats, proteins, and fresh ingredients for maximum energy
4. **lose weight** by eating *more* of the foods you crave
5. **prepare more than 100 simple, delicious recipes** to put the good fat back on your table

...and much more. Part of the groundswell that prompted the Food and Drug Administration to require mandatory listing of trans fats content on food labels by 2006, *Good Fat* is an inspirational resource for the millions of Americans who have perceived the benefits of a low-carb lifestyle and are looking to live a healthier, happier life.

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John Reed:

Nowadays reading books are more than want or need but also get a life style. This reading behavior give you lot of advantages. The benefits you got of course the knowledge even the information inside the book in which improve your knowledge and information. The details you get based on what kind of publication you read, if you want drive more knowledge just go with education books but if you want sense happy read one having theme for entertaining for example comic or novel. Typically the Good Fat is kind of reserve which is giving the reader unpredictable experience.

Patricia Jones:

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