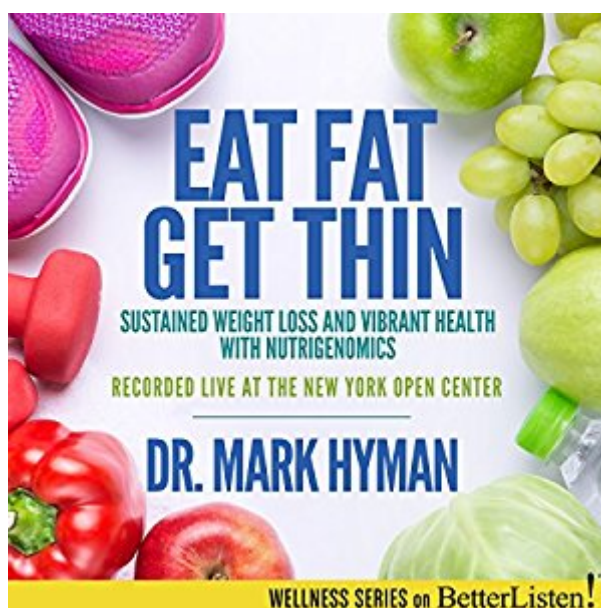


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# Eat Fat, Get Thin: Sustained Weight Loss And Vibrant Health With Nutrigenomics



## Synopsis

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, best-selling 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.

## Book Information

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## Customer Reviews

I was a member of Dr. Hyman's beta test group for this book and my results were miraculous. I was an insulin dependent type 2 diabetic with high blood pressure. I have been off all of my medications and have lost about 50 pounds. I have no more heartburn, no more stiff joints and feel like I am 30 years younger. It is truly an amazing book. Words are not enough to express my gratitude to Dr. Hyman for giving me back a healthy life.

It's true! No counting calories, fat grams or logging into my fitness pal. I'm down 8 pounds by applying principals and I'm HAPPY w/out joint pain! As a former Weight Watcher lifetime member eating unlimited core foods, I've struggled with hunger, cravings and blood sugar swings causing my weight to be impossible to manage, until Eat Fat Get Thin!!! I can actually eat something sweet and not want more. Dr. Hyman has about 500 references in the book and by no means does he

"take credit" for a new look on fat and sugar. There are a ton of recommended supplements that I don't take all in one day, however when I do have the potato starch, PGX etc. my blood sugar is under control and I feel better. Make a few recipes like suggested so you're not overwhelmed with "what do I eat", a simple grass fed burger w/a carton of mushrooms, onion, avocado and sweet potato w/butter is an incredible satisfying dinner (no bun). The lamb shepards pie, cream of mushroom soup and chia seed breakfast are incredible recipes. I never thought I'd be able to give up my oatmeal and here I am eating roasted veges for breakfast w/avacado oil, salt, pepper. If I'm stuck and eat say a slice of pizza, it doesn't taste great and give me that "wanting another two slices". There is a ton of information in this book, it's not just "skip to the back and get the diet". I'm truly happy eating this way and in no rush to see where my weight goes and I know the numbers are only going down.

I lost about 10 pounds in 6 weeks since I began following this diet. I also feel much better and stronger physically and that's saying a lot since I'm 71 years old.

I'm a retired librarian who reads books on nutrition. The career I wanted was the one Dr Hyman has. I invested in a couple years of premed studies after my post-bac degree and then worked for a year at the med school in the city where I was living then. I did this because I wanted to help people avoid the problems I'd had with my health. My spouse is in his 50s, as is Dr. Hyman. I mention this because older people (me) will heal, but will do so more slowly - and I've noticed this in reviews and talks I've listened to - so don't give up if you are trying to use this program. In late January Dr. Hyman interviewed via podcast others of his ilk on his "Facts or Fat" health summit. At that time we purchased this book. We've been eating a grain and dairy free diet much like what he describes for almost 2 years - 75% of our dinner plates covered with veggies and grass fed, or wild caught meat, (red, white, fish), 25%. No processed food. Bullet proof tea or coffee in the AM - with grass fed collagen, usually veggie leftovers or healthy raw stuff at lunch. It was hard at first, but has become much easier as we don't spend as much time preparing food, nor do we buy as much food now as both of us have gradually lost our excess weight (and visceral fat) and are not as hungry as we were when we started the program because our gut microbiota were used to our over consumption of refined carbohydrates - on what we believed was a "healthy" eating regimen. Also we've begun to exercise again - we feel so good. This book explains why the scientific advice given about food consumption by our government agencies is wrong and how we got in the fix of believing that a "low-fat, healthy whole grain diet" is the best diet for optimal health - It provides this explanation

more briefly than Gary Taubes, whose two books are very detailed - but also very readable - depending on your level of interest and whether you want to change your diet or just educate yourself. Taubes is a science writer, Hyman is a doctor who has seen a lot of patients. Hyman's book includes recipes. Taubes book (why we get fat and what we can do about it) has a printable sheet for your frig, but iirc, no recipes. Hyman explains briefly but very clearly why we need good fats in our diets (and what they should be) and what the ratio of omega 3s to omega 6es should be (not information that is easy to find elsewhere, imo). It also exonerates all of us who have felt bad because "common knowledge" dictates that it is our fault for being overweight - we are lacking in will power and don't exercise enough, of course - when the actual reason that we have gained weight is because of the disproportionate amount of refined carbs in our diets that causes metabolic syndrome, or insulin resistance. But we need good, healthy fats to support the function of the approximately 3 lbs of fat that compose the tissue of our brains. This is problematic on a Western diet and there is so much conflicting information (and research) on this topic. This book has addressed all of my questions and concerns such as, what about fiber, what about the best oil or fat, what about supplements. How much protein do I need. What kind of carbohydrates can I eat. Does red meat cause cancer. Why is my friend looking /feeling so poorly on statins - should women use them, etc. Book is divided into 4 parts, 1) how we got to this state, 2) why eating the right kinds of fat is so important 3) a plan to follow 4) cooking and recipes. It explains bad food combinations like refined carbs and fat. It explains the complexity of research that tries to isolate nutritional elements of the diet. It explains new gen lab tests (such as the CardioloQ test offered by Quest) that will help you and your functional medicine doctor determine your actual risk of CVD - because they tell you the diameter of those tiny LDL particles, rather than just their frequency. I like Dr Hyman's efforts to build consensus around this topic. For example, for many years I've been curious about the Ornish diet and lifestyle modifications - because they are reportedly very successful, but I've always known I'd have trouble staying on a diet of less than 10% fat - even with lots of help from a good "social network". Dr Hyman is generous and kind as he explains why the research doesn't support such extreme dietary modification. I do wish our medical system was more "responsive" to our basic human needs - such as "why am I sick, how can I get better by changing or supplementing my diet". I've been among those in "ordinary poor health" (Linus Pauling's phrase) with problems that conventional medical doctors would NOT or could NOT treat because I cannot use big pharma developed drugs. This book is a major departure from others like it because the program it describes is one that you can maintain for many years for the purpose of either staying healthy, or regaining good health - and you'll never be hungry and you'll also NOT lose your mind as you age.

Give it a try - having done so with my partner we both won't ever go back. This book is really an important book. It's not that you can't get this information from other sources, it is\_ nothing new really. But it contains all\_ the answers and info you will need to figure out how to eat to be healthy. Dr Hyman has been asked by the Cleveland Clinic to set up a functional medicine clinic. Functional medicine does\_ teach nutrition and does try to help patients find the root cause of their chronic disease. It isn't just about checking your vital signs and writing a prescription for a drug. Our bodies can heal and we are all smart enough to figure this out but the costs of our health care are absolutely mind boggling and this is going to get worse because the western world is exporting its cheap processed food to the entire globe.

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