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What the Fat?: Fats In, Sugar s Out: How to Live the Ultimate Low Carb Healthy Fat Lifestyle (Hardback)

By Grant Schofield, Dr Caryn Zinn, Craig Rodger

Weldon Owen, 2018. Hardback. Condition: New. Reprint. Language: English . Brand New Book. Modern health pioneers are turning the food pyramid on its head, replacing a low-fat focus to one that embrace the Low-Carb, Healthy Fat (LCHF) ethic as a means to achieving optimal health. What the Fat? shows how easy it can be to adopt the ketogenic lifestyle so you can lose weight and keep it off, deter inflammation, increase energy, and live better for longer. Professor Grant Schofield, dubbed the Fat Professor, is a respected public-health academic with 20 years of experience into leading the wave of change in how we think about our health, including how we exercise, sleep, play, and connect. Dr. Caryn Zinn is a registered dietitian and sports nutritionist. With a master s in sports nutrition and doctoral studies in achieving sustainable weight loss, Caryn s mission is to influence the dietetic profession to understand the potential of improved health benefits of LCHF nutrition. Craig Roger is a classically-trained chef with Michelin-starred restaurant experience. Craig and his family are the founders of LOOP, New Zealand s first restaurant to feature an LCHF approach to dining out in which carb-laden fillers are replaced with nutritionally...



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