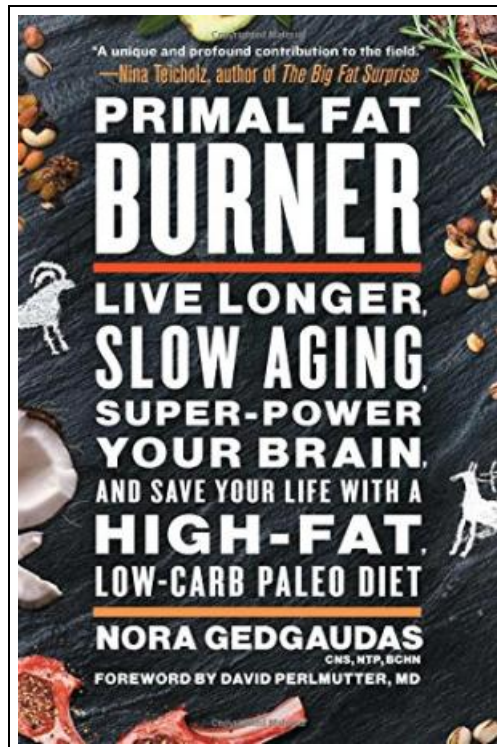


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Atria Books, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Author of the popular Primal Body, Primal Mind and widely recognized Paleo expert and nutritionist Nora Gedgaudas presents a revolutionary and accessible high-fat diet for maintaining health, losing weight, and reversing some chronic diseases. Popular nutritionist Nora Gedgaudas returns with advice that may sound counterintuitive: Eat fat to burn fat. In Primal Fat Burner, she explains the benefits and science behind a ketogenic (or fat-burning) diet, which switches your metabolism from a dependence on sugar to running on healthy fats. As Gedgaudas reveals, numerous studies in recent years refute the long-promoted anti-saturated fat and anti-cholesterol agenda. Now, with able, funny writing (Booklist), Gedgaudas explains the science that fat isn't always a bad thing--if you know the right kinds of fats to eat. In her comprehensible, enjoyable style, she also lays out a practical meal plan with recipes. Author of the bestselling Grain Brain, Dr. David Perlmutter writes in his foreword that Primal Fat Burner is, Wonderfully actionable, compassionately taking the reader from why to how. On this diet, you efficiently and effectively metabolize fat (ketones and free fatty acids) as your primary source of fuel, rather than glucose from carbs, starches, and sugars. Because fat is so satisfying, you naturally wind up eating less--without feelings of hunger or deprivation. And natural dietary fat is ultimately the key to feeling better, looking better, thinking clearer, and living longer. Discover all this and more healthy tips in one of the most groundbreaking nutritional books in recent time.

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