



**Eat Fat Lose Weight: The Fat Facts of Life: Eat
More Fat to Lose More Fat (Eat Fat Get Thin,
Weight Loss, Smart Fat, Eat Fat Lose Weight, Eat
Fat Lose Fat)**

Salutem Tunnel

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This book contains proven steps and strategies on how to add fat back into your daily diet and actually improve your health.

Today only, get this Amazon bestseller for just \$0.99. Regularly priced at \$2.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

For over 50 years we have been told and we have believed that fat is bad. As a society we have struggled with low fat diets, no fat food items that tasted like cardboard, and numerous diet and exercise programs that have failed to provide long term solutions to the health problems that haunt the majority of people today. Suddenly in 2010 and 2011, researchers have discovered that what we have all been taught is rubbish. Your body needs fat in order to perform many of the normal functions that our miracle system does. Someone finally pointed out that our bodies are designed to process every kind of food we eat, including fat. Once we begin to eliminate certain things from our diets, our systems become unbalanced and diseases start to gain a foot hold in our lives. We were lead to believe that all fat was evil and it would make our life spans shorter. Fact is, without fat in your diet, your liver can not function at full capacity, your blood flow is affected, you run a higher risk of developing diabetes, depression, obesity, dementia, and many other health concerns. Since we started on this journey of fat eradication back in the 1950's our society has actually grown larger in size, not slimmed down. The time to get our bodies back to the way they were designed to be is now...And that means we eat fat and get healthier!

Here Is A Preview Of What You'll Learn...

- Fat Facts
- Changing How You Perceive Food
- A Healthier Eating Plan
- Healthy High Fat Weight Control Plan
- And Much, much more!

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