

EAT FAT, GET THIN

Mark Hyman, MD

READ BY THE AUTHOR

True or False?

- Eating fat makes you fat. • Eating fat causes heart disease.
 - Eating fat increases your risk of diabetes.
- You should avoid cholesterol and saturated fat at all costs.
 - The more fat you eat, the worse your body functions.

If you answered True to any of the above, prepare to be astounded.

For decades we've been told that the fat we eat turns to fat in the body, contributing to weight gain and disease. And yet we're heavier and sicker than ever before. What's going on? Could it be that the most feared food group is actually . . . the most helpful?

As bestselling author Dr. Mark Hyman explains in *Eat Fat, Get Thin*, a growing body of research is revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, coconut oil, and other delicious superfoods. As it turns out, the key to losing weight and achieving optimum wellness is eating *more* fat, not less. With easy-to-follow advice and more, *Eat Fat, Get Thin* will help you lose weight and stay healthy for life.

Mark Hyman, MD, is the director of the Cleveland Clinic Center for Functional Medicine, the Pritzker Foundation Chair in Functional Medicine at Cleveland Clinic, chairman of the Institute for Functional Medicine, and founder of The UltraWellness Center. He is the #1 *New York Times* bestselling author of twelve books, including *The Blood Sugar Solution*, *The Blood Sugar Solution 10-Day Detox Diet*, *UltraMetabolism*, *The UltraMind Solution*, *The UltraSimple Diet*, and coauthor of *The Daniel Plan* and *UltraPrevention*.



Running Time: Approx. 8 Hours • Unabridged

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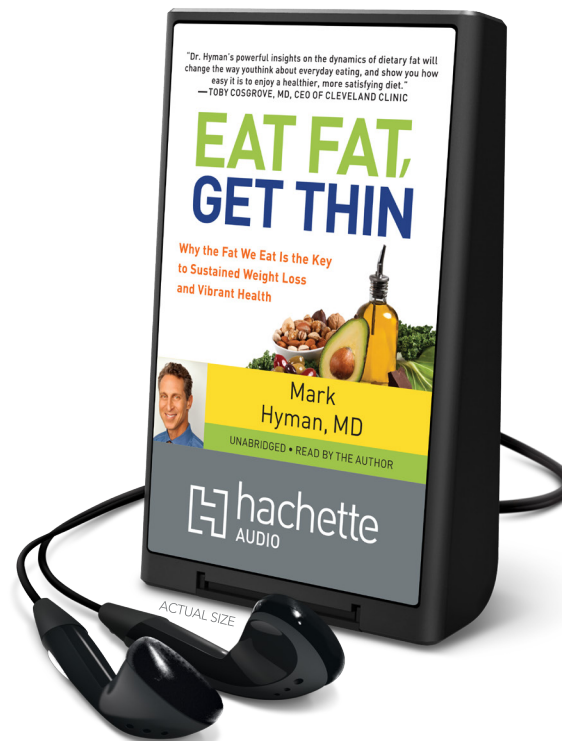
Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health

Mark Hyman, MD

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