

Eat Fat Get Phat

I cannot emphasize enough: fat is good for you. Fat is healthy. Fat is your friend. Your body **needs** fat.

The low fat craze has been popularized by extremely poor science. There is literally no convincing evidence that fats from high quality animal sources are unhealthy in anyway whatsoever. The healthiest cultures, free of modern diseases thrive on high fat diets (the Eskimo, the Masai, the Neurs, the Maori, etc). Over the last 50 years we have consumed the least amount of fat, and yet we are more disease ridden and obese than ever. You do not need to fear fat. You need to eat fat.

But which fat is good and which is bad?

It is not the quantity of fat you need to focus on, but the quality. You must eat fat from healthy animals, and avoid fat from vegetable oils.

Contrary to what you've most likely been told your entire life, saturated fat is good for you. Polyunsaturated fat is not good for you. Saturated fat has little effect on cholesterol levels, and even when it does, it usually improves them, raising HDL and lowering LDL. Did you know that our bodies produce cholesterol? And quite a bit of it. Our cell membranes are made up cholesterol; without it, we

would die. When we eat adequate amounts of cholesterol, our bodies need to make less, keeping us in balance.

Your body needs fat to absorb vitamins, as most vitamins are fat soluble. If you were eating a 0% fat diet, you would be severely vitamin deficient.

Saturated fats from grass-fed animals, wild seafood and pastured dairy products are rich in vitamins (particularly A, E, D and K). They are healthy, nourishing and good for you. At no point in human history have people not eaten saturated fats from animal products (excluding famine/religious reasons). Saturated fats from high quality animal sources are also high in omega-3 fatty acids and reduce inflammation. SatFat is also highly stable, particularly when cooking.

Polyunsaturated fat is the dangerous fat. It is often found in vegetable oil. It is easily oxidized (which can contribute to atherosclerosis). PUFAs are high in omega-6 fatty acid which contributes to inflammation. Inflammation is the basis of all disease.

Will eating fat make you fat?

No! Particularly if you're eating lower carb (most people's current diet is extremely high in carbs, usually in the form of refined grains). Fat is satiating. Ever had oatmeal or

cereal for breakfast and been hungry an hour later? This is due to two reasons, without fat you are not satiated, and without fat, grains are high on the glycemic index and will spike your blood sugar, causing you to crash shortly thereafter. If you want to lose weight, the easiest way to do so is to limit grains, eat a low starch diet and eat healthy fats. This is how we were built to eat.

Eating an adequate amount of high quality fats:

- aids weight loss
- improves mood
- boosts energy
- reduces feelings of depression and anxiety
- improves hair, skin and nails
- provides essential vitamins and minerals
- reduces inflammation
- improves/cures acne
- improves blood sugar regulation

To be successful these 8 weeks, you must eat high quality fats. Pastured egg yolks are one of this richest sources of choline, butter is rich in vitamin K2, fermented cod liver oil is rich in vitamins A and D. Do you see where I'm going with this? Fats are some of the healthiest food choices you can make.

Fats

Your Guide To
Good & Bad Fats

Healthy Fats To Eat Regularly

Coconut Oil
Organic Palm Oil
Duck Fat
Pastured Bacon
Fat
Lard
Tallow
Butter or Ghee

Fats To Cook With

Lard
Tallow
Butter
Ghee
Bacon Fat
Duck Fat
Coconut Oil
Palm Oil

Fats To Eat Raw

Sesame Seed Oil
Walnut Oil
Avocado Oil
Macadamia Oil
Olive Oil
Rice Bran Oil
Flax Oil

Fats To Never Eat

Canola Oil
Soy Oil
Corn Oil
Cottonseed oil
Peanut Oil
Vegetable Shortening
Sunflower Oil
Safflower Seed Oil
Grapeseed Oil

