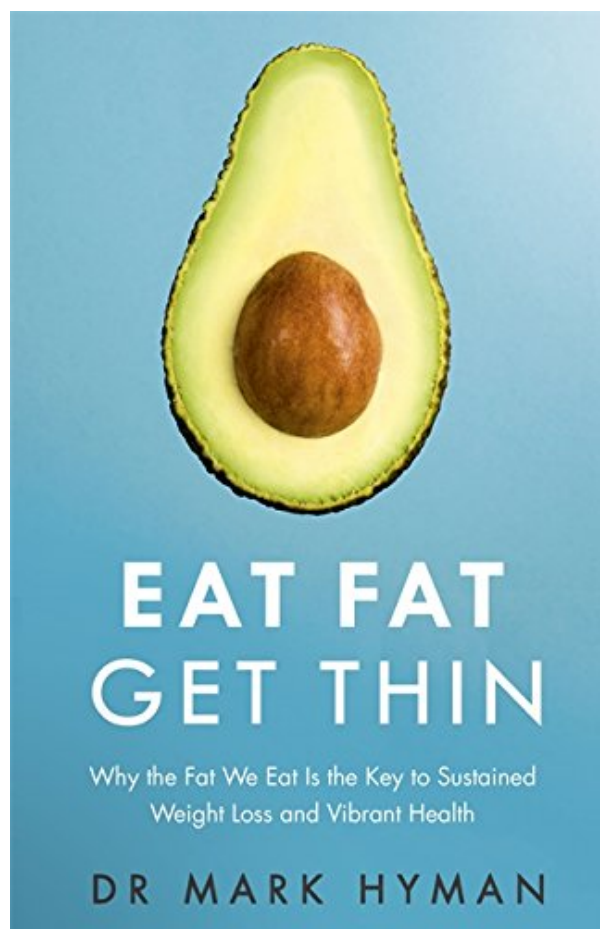
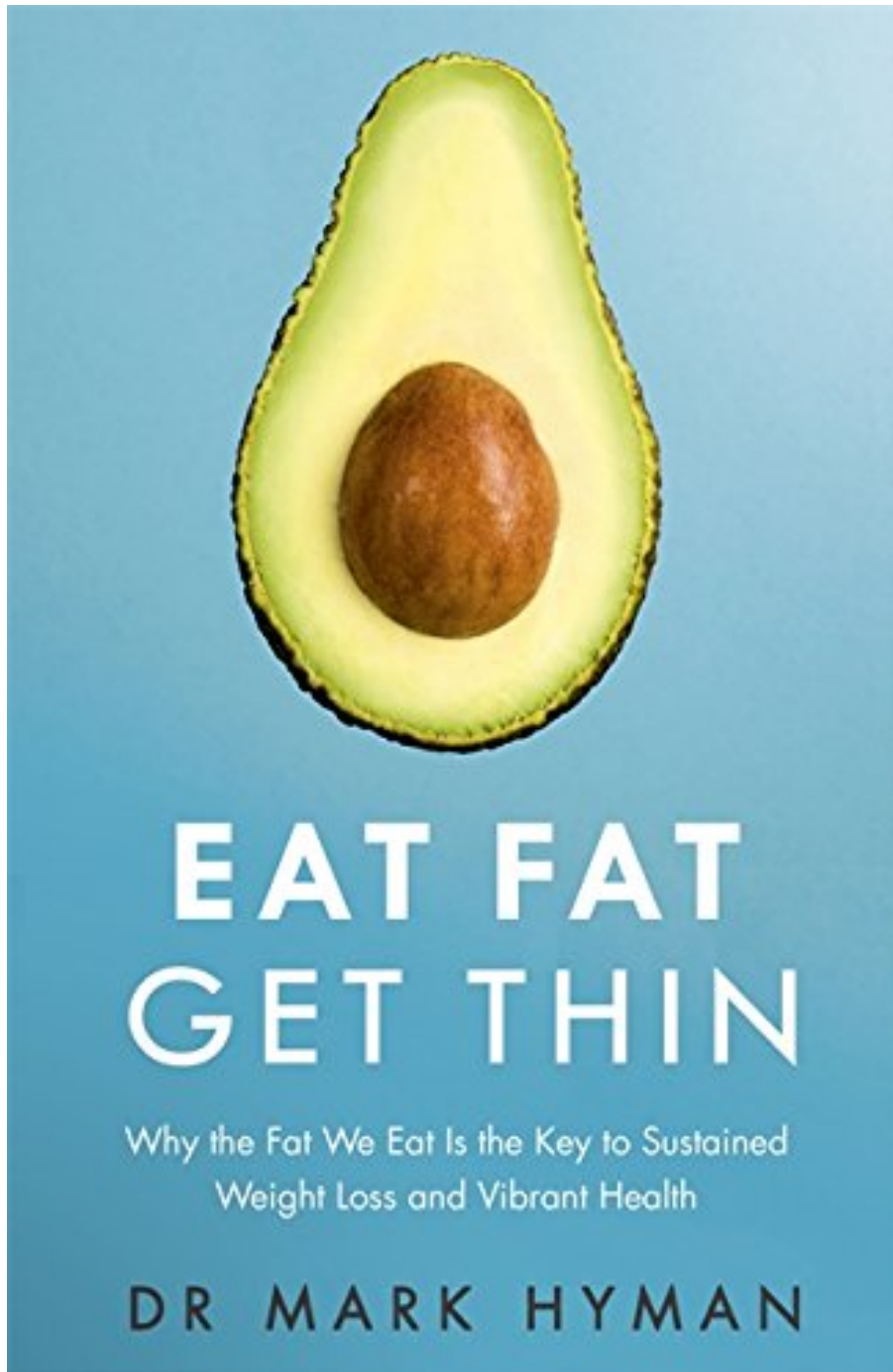


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AND VIBRANT HEALTH BY DR. MARK
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A revolutionary new diet program based on the latest science showing the importance of fat in weight loss and overall health, from New York Times #1 bestselling author For decades we've been told that the fat we eat turns to fat in the body, contributing to weight gain, heart disease, diabetes, and generally poor health. And yet, even with all our low-fat products, we're fatter and sicker than ever before. What's going on? Could it be that the most feared food group is actually...the most helpful? As 'Pegan Plan' creator and 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, oils, avocados, coconut oil, and other delicious superfoods. That's right - as it turns out, the key to losing weight, increasing overall energy, and achieving optimum wellness is eating more fat, not less. Dr Hyman debunks some of our most persistent fat-phobic myths and clearly explains the science behind fat's health benefits. In addition to learning why fat is good and which fats are best, you'll learn how to apply that knowledge to your day-to-day life. With easy-to-follow advice, simple and flavourful recipes, shopping lists, and more, *Eat Fat Get Thin* will help you lose weight and stay healthy for life.

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Most helpful customer reviews

868 of 907 people found the following review helpful.

This book is awesome....I have tried the plan and it works !!!!

By Joanne Schvien

I was a member of Dr. Hyman's beta test group for this book and my results were miraculous. I was an insulin dependent type 2 diabetic with high blood pressure. I have been off all of my medications and have lost about 50 pounds. I have no more heartburn, no more stiff joints and feel like I am 30 years younger. It is truly an amazing book. Words are not enough to express my gratitude to Dr. Hyman for giving me back a healthy life.

482 of 516 people found the following review helpful.

Incredible book.....I'm following plan and it works. The holy grail of eating!!!!

By Kate

It's true! No counting calories, fat grams or logging into my fitness pal. I'm down 8 pounds by applying principals and I'm HAPPY w/out joint pain! As a former Weight Watcher lifetime member eating unlimited core foods, I've struggled with hunger, cravings and blood sugar swings causing my weight to be impossible to manage, until *Eat Fat Get Thin*!!! I can actually eat something sweet and not want more.

Dr. Hyman has about 500 references in the book and by no means does he "take credit" for a new look on fat and sugar. There are a ton of recommended supplements that I don't take all in one day, however when I do have the potato starch, PGX etc. my blood sugar is under control and I feel better.

Make a few recipes like suggested so you're not overwhelmed with "what do I eat", a simple grass fed burger w/a carton of mushrooms, onion, avocado and sweet potato w/butter is an incredible satisfying dinner (no bun). The lamb shepards pie, cream of mushroom soup and chia seed breakfast are incredible recipes. I never thought I'd be able to give up my oatmeal and here I am eating roasted veges for breakfast w/avacado oil, salt, pepper.

If I'm stuck and eat say a slice of pizza, it doesn't taste great and give me that "wanting another two slices". There is a ton of information in this book, it's not just "skip to the back and get the diet". I'm truly happy eating this way and in no rush to see where my weight goes and I know the numbers are only going down.

97 of 101 people found the following review helpful.

This Diet Really Works

By Lawrence Layden

I lost about 10 pounds in 6 weeks since I began following this diet. I also feel much better and stronger physically and that's saying a lot since I'm 71 years old.

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