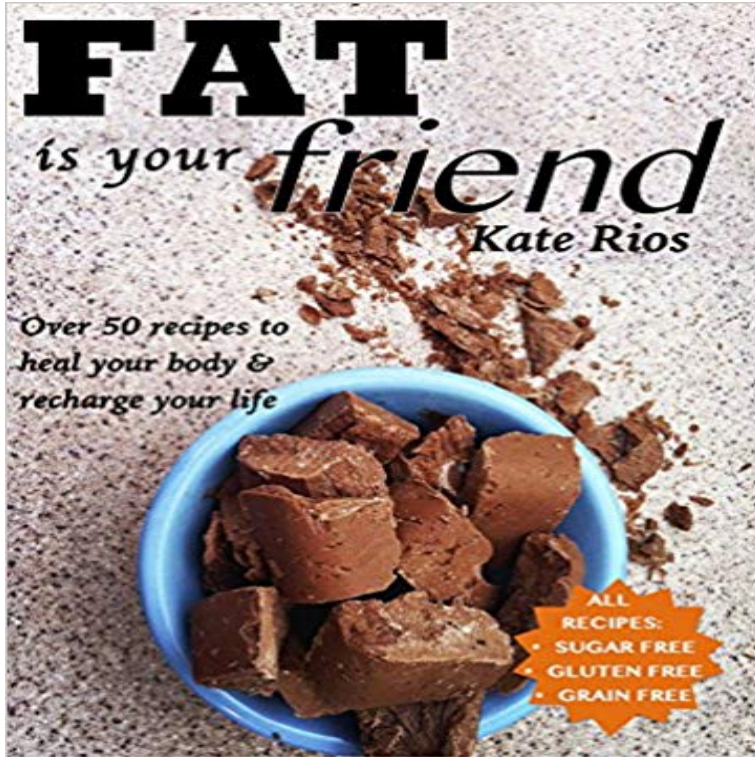


# Fat is Your Friend: Over 50 recipes to heal your body & recharge your life



Since the 1950s, we have been told to eat less fat and more carbohydrates and refined grains. This experiment has resulted in a human race who is sicker and heavier than ever before. As you'll read in *Fat is Your Friend*, our body needs an adequate amount of dietary fat to function optimally. Our carbohydrate-rich diet these days is creating inflammation in our bodies and encouraging us to store body fat due to the high sugar levels. *Fat is Your Friend* contains over 50 fat-friendly recipes, plus all the information you need to kick-start healing and weight loss. Recipes: - Breakfast - Lunch - Savoury Snacks - Dinner - Desserts - Sweet Snacks - Drinks - Sauces Plus: - Why we fear fat - Why our bodies need fat - Which oils to use in cooking - Tips to boost healing & weight loss - Testimonials from eating more fat!

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**Biblioteca USV** Kristin Canty, my friend who created Farmageddon, said, Youve got to put him on Bone broth is truly a crucial component of healing your body of many of its ills. Its a dying out of the things youve maybe eaten your entire life. Their book, The Heal Your Gut Cookbook: Nutrient-Dense Recipes for **Making Bone Broth May Be the Key to Improving Your Health**

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