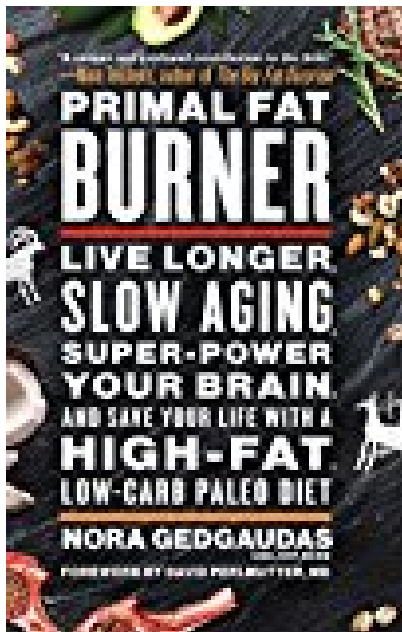


Primal Fat Burner Live Longer Slow Aging Super-Power Your Brain and Save Your Life with a High-Fat Low-Carb Paleo Diet



BOOK DETAILS

- Author : Nora Gedgaudas CNS NTP BCHN
- Pages : 368 Pages
- Publisher : Atria Books
- Language : English
- ISBN : 150111641X

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BOOK SYNOPSIS

Author of the popular *Primal Body*, *Primal Mind* and widely recognized Paleo expert and nutritionist, Nora Gedgaudas presents a revolutionary, scientific, accessible high-fat diet for maintaining health, losing weight, and reversing some chronic diseases. Popular nutritionist Nora Gedgaudas returns with advice that may sound counterintuitive: Eat fat to burn fat. In her new book, *Primal Fat Burner*, she explains the benefits and science behind a ketogenic (or fat-burning) diet, which switches your metabolism from a dependence on sugar to running on healthy fats. As Gedgaudas reveals, numerous studies in recent years refute the long-promoted anti-saturated fat and anti-cholesterol agenda. Now, Gedgaudas explains the science that fat isn't a "no-no" but rather a "yes-yes"—if you know the right kinds of fats to eat. In her accessible, enjoyable style, she also lays out a practical meal plan with recipes. When you follow a ketogenic diet, you consume fewer calories overall! Author of the bestselling *Grain Brain*, Dr. David Perlmutter writes in his foreword that *Primal Fat Burner* is, "Wonderfully actionable, compassionately taking the reader from 'why' to 'how.'" On this diet, you efficiently and effectively metabolize fat (ketones and free fatty acids) as your primary source of fuel, rather than glucose from carbs, starches, and sugars. Because fat is so satisfying, you naturally wind up eating less—without feelings of hunger or deprivation. And natural dietary fat is ultimately key to optimum health and longevity. Gedgaudas communicates a real appreciation for and understanding of the central role that dietary fat plays in your body and brain, and explains how you can eat to feel better, look better, think clearer, and live longer.

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