



Eat Fat, Lose Fat: The Healthy Alternative to Trans Fats

Mary Enig, Sally Fallon

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Coconut oil, red meat, and butter—these fats are traditionally considered harmful, but this powerful book, based on more than two decades of research, shows that these saturated fats are actually essential to weight loss and health. *Eat Fat, Lose Fat* flouts conventional wisdom by revealing that so-called healthy vegetable oils (such as corn and soybean) are in large part responsible for our national obesity and health crisis.

The three programs in this book, which features delicious coconut oil based recipes, among others, show that eating healthy fats is the answer to losing weight and achieving good health for a lifetime.

“If permanently losing weight while improving your health is a real goal, I highly recommend *Eat Fat, Lose Fat*.”—Dr. Joseph Mercola, bestselling author of *The No-Grain Diet*

“Dr. Mary Enig and Sally Fallon are two of the most important voices in the wellness revolution. *Eat Fat, Lose Fat* is a must read.”

—Jordan S. Rubin, author of *The New York Times*’ bestselling *The Maker’s Diet*

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