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FATS AND FIGURES RE EXAMINING SATURATED FAT AND WHAT S REALLY GOOD FOR YOUR HEART EBOOKS 2019

FATS and FIGURES



Re-examining saturated fat and what's really good for your heart

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Have doctors been deceiving us for decades? If you believe the plethora of memes doing the rounds on social media, medical science has got it wrong. Generations of patients have been told that saturated fat was the enemy, the villain that caused heart disease and stroke. But according to every diet guru and self-titled nutrition expert, it's not saturated fat at all, but sugar and inflammation that are to blame for the modern plague of atherosclerosis. In this min-eBook, Dr C. Edward Pitt cuts through the spruiking to examine the science. What separates memes that are more about sales than science? What does the evidence show about saturated fats, sugar and inflammation? What's the best way to reduce our chances of heart attacks and strokes? And just what is poly-unsaturated fat anyway? This short, easy-to-read analysis of the evidence provides a starting point to help every health consumer navigate through the competing myths and memes swirling through social media, and helps to clarify what really is good for your heart.

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