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## WHAT THE FAT?: FAT S IN, SUGAR S OUT: HOW TO LIVE THE ULTIMATE LOW CARB HEALTHY FAT LIFESTYLE (HARDBACK)



Weldon Owen, 2018. Hardback. Condition: New. Reprint. Language: English. Brand New Book. Modern health pioneers are turning the food pyramid on its head, replacing a low-fat focus to one that embrace the Low-Carb, Healthy Fat (LCHF) ethic as a means to achieving optimal health. What the Fat? shows how easy it can be to adopt the ketogenic lifestyle so you can lose weight and keep it off, deter inflammation, increase energy, and live better for longer. Professor Grant Schofield,...

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- · Authored by Grant Schofield, Dr Caryn Zinn, Craig Rodger
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