

HEALTHY FATS FOR LIFE

Preventing and Treating Common Health Problems with Essential Fatty Acids

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Give Birth to a Healthier Baby



Lorna R. Vanderhaeghe, BSc & Karlene Karst, BSc, RD

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Omega 3 and 6 Secrets Revealed Rudy Silva, Healthy Fats for Life Lorna R. Vanderhaeghe, Karlene Karst, 2004-01-05 You CAN eat fat and be healthy For years we have been told that fat is bad for us But the low fat and no fat diets designed to improve our health have instead created an overweight society with skyrocketing rates of heart disease and diabetes Recent scientific research has shown that certain types of essential fatty acids EFAs healthy fats improve immune and hormone functions and play a vital role in treating all forms of degenerative disease including cancer Healthy Fats for Life will help you to understand the difference between good fats and bad fats while providing a simple plan for obtaining essential fats to reach optimum health Learn how to reduce your weight lower your cholesterol control your diabetes prevent heart disease reduce the risk of cancer improve brain function develop stronger bones increase your longevity eliminate arthritis symptoms protect the prostate improve fertility give birth to a healthier baby You ll discover the important role of essential fatty acids for health and learn how to easily incorporate them into your diet to reduce the risks of disease Casting fat as the enemy despite the best of intentions has created a host of health problems in recent years Lorna Vanderhaeghe and Karlene Karst do an excellent job of clearing up this and other misconceptions about fat They also provide readers with practical ways to evaluate dietary fats and fatty acid supplements Julian Whitaker MD Health and Healing newsletter *God'S Grand Design for Health* James Darnell, 2017-05-24 In his inspiring new book Dr Darnell teaches you the basics of good cellular health and the importance of reducing inflammation in order to prevent chronic diseases This book will guide you through the evolution of the American diet and its impact on our health along with the many factors that cause the cells within the body to become diseased Understanding these factors and following the guidelines to wellness provided in this book may lead you to a healthier life and pain free longevity **Naturally There's Always Hope** Neil McKinney, 2008-06 **The Vitamin Cure for Eye Disease** Robert G. Smith, Ph.D., 2012-06-15 This text will be an indispensable tool for people seeking therapeutic natural help for specific eye diseases as well as those wanting to maintain their healthy eyes later in life **Food and Nutrition/Editorial Advisers, Dayle Hayes, Rachel Laudan** Dayle Hayes, Rachel Laudan, *Get Off Your Acid* Daryl Gioffre, 2017-02-14 Easy customizable plans two day seven day and longer to rid your diet of the acidic foods that cause inflammation and wreak havoc on your health Let s talk about the four letter word that s secretly destroying your health ACID An acidic lifestyle consuming foods such as sugar grains dairy excess animal proteins processed food artificial sweeteners along with lack of exercise and proper hydration and stress causes inflammation And inflammation is the culprit behind many of our current ailments from weight gain to chronic disease But there s good news health visionary Dr Daryl Gioffre shares his revolutionary plan to rid your diet of highly acidic foods alkalize your body and balance your pH With the Get Off Your Acid plan you ll Gain more energy Strengthen your immune system Diminish pain and reflux Improve digestion focus and sleep Lose excess weight and bloating naturally With alkaline recipes for easy delicious snacks and meals Get Off

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