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# Primal Fat Burner: Live Longer, Slow Aging, Super-Power Your Brain, And Save Your Life With A High-Fat, Low-Carb Paleo Diet



## 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.

## Book Information

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## Customer Reviews

Some years ago in support of my husband's high cholesterol, I put my family on a low-fat/low cholesterol diet. I bought a book by the American Heart Association and followed that. Always fairly healthy previously, I began to have a number of health issues slowly appear from non-stop heart palpitations and hormonal fluctuations to anxiety, depression, and extreme insomnia. My youngest son began to have extreme behavioral issues and problems with self-regulation and then finally, severe depression in 3rd grade. Making a long story short, much of what I learned from Nora's first book, *Primal Body Primal Mind*, helped transform my life and that of my son's. Now, six years later for me, and 5 for my son, our lives continue to be exponentially better and we are no longer on medications (the meds have been gone for years too). In *Primal Fat Burner*, I especially resonate with the chapter, *Think Fat as I am quite certain our brains were inflamed and starved of fat and while my son was healing, I saw a direct correlation with his behavior and the balance of fat and starchy carbohydrates. I was amazed at the effect of increasing butter and decreasing starchy carbs. We were shocked at his regression when he ate gluten (after a good amount of healing, he no longer has such an extreme reaction when he is exposed, but we do not have gluten in our house and he brings a nutrient dense lunch to school). As a nutritional therapy practitioner now (I was inspired to back to school so I could teach this to others!), I really appreciate the chapters, "A Field Guide to Fat-Soluble Nutrients" and "Primal Fat Burning May Help Prevent and Alleviate Disease." Personally for me, the dietary approach that Nora presents in *Primal Fat Burner* has helped me maintain a lean body after menopause and also has helped me pretty much avoid all the pesky modern-day menopausal symptoms that are incorrectly referred to as normal. I'm 54 and as of this writing have no aches or pains or no known health problems. I am full of energy and feel much more vibrant than I did when I was younger. I work extremely hard too! Lastly, I want to say what a wonderful, genuine person Nora is. I met her while I was going to nutritional therapy school (NTA) and ever since, she has been nothing but supportive and encouraging. Always giving me a hug, remembering my name, and asking how things are going. She truly cares. You can hear the passion in her voice when she*

speaks. You can feel her emotion. And quite honestly, the content of Primal Fat Burner can literally save your life! [Nora, I wish you much success with this book! I can't wait to share it with my clients!]

This book was highly recommended by my Naturopathic Doctor. I'm glad I purchased it. It is well written and highly informative book on the low carb, high fat lifestyle. Also has so much information on the history of human food consumption, and the introduction of grains in our culture, and how grains have affected our health.

I read straight through this and really appreciated the mix of science and advice. A couple of times her frustration bleeds through, and there are one or two things I feel are maybe a bit off, but that's out of hundreds that are right on. I have my husband reading this book—a tall, thin 70-something man who eats carbs all day long at unprecedented levels. Of course, he challenges much of what he read. However, armed with her arguments, I'm able to support them with my own knowledge and am finally seeing some of his eating habits change.

.. and more. A well written book. Enjoyable to read. Clear and informative with the second half full of great tools to help you implement the Primal Fat Burner Plan. It is one of the best "DIY" sections I have found in a nutrition book. As a health care practitioner for over 30 years, I still found plenty of new and "geeky" nutritional information!. With that said, because Nora's writing style is so easy to understand, I have no qualms in giving this book out by the dozens to my patients.

This book is the ultimate bible for paleo enthusiasts. It is written in a fully clear and easily understandable style fully backed by science . Nora Gedgaudas is the guru of her field and it's understandable why she is highly sought as a lecturer all over the world.

I'm well read and knowledgeable on the subject of and science behind Keto, yet I learned much from this book. Lots of science and research backing up her claims. Well written in a conversational style, making it easy to read. Very well edited. Thorough coverage of the subject and well organized.

Primal Fat Burner is the best diet book ever written. Nora breaks it all the way down to the micronutrients and how our bodies process the nutrients to become disease free and healthy and

happy. I did not believe that eating fat could help you lose fat, and feel better, but it is absolutely true. I now feel better than I ever have in my entire life. This book Rocks, get it, feel better. FAT IS WHERE IT'S AT!

Started following Nora's primal fat-burning way of life several years ago after reading her "Primal Body, Primal Mind." It changed my life! She is an ABSOLUTE genius! The first book was so thorough and contained so much information that it was sometimes hard for people to get all the way through it. But this book is very precise and detailed, with everything very simply and clearly spelled out. Change your life and start saving your health today by reading Primal Fat Burner. I HIGHLY recommend reading "Primal Body, Primal Mind" as a follow-up to this book. It will pick up where this one ends, adding to your deep understanding of why being a fat burner is so important to avoiding disease, clearing your mind, and extending your life.

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