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Healthy Fats for Life: Preventing and Treating Common Health Problems with Essential Fatty Acids

By Vanderhaeghe, Lorna; Karst, Karlene

Kingston, Ontario, Canada: Quarry Press, 2003. Soft cover. Book Condition: New. Book Description 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...



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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. She provides technical and regulatory advice on essential fatty acids, as well as giving educational seminars, lectures and presentations to the public on the role of EFAs in nutrition and health. She previously worked as a clinical dietitian, teaching classes and providing counseling for nutrition, diabetes and cardiovascular health. Karlene is currently the Nutrition and Education Specialist at Bioriginal Food and Science Corporation, the world's leading supplier of essential fatty acids. She can be contacted at www.fatsforhealth.com. These fats are considered essential fatty acids because the body isn't capable of producing them on its own, which means we must rely on omega-3 foods in our diet to supply these key compounds. There are actually three different types of omega-3 fatty acids: ALA (alpha-linolenic acid), DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). Healthy fats have long been recognized for their medicinal properties in traditional forms of medicine like Ayurveda and Traditional Chinese Medicine. According to Ayurveda, fats are used to promote healthy skin, support satiety and calm the nerves. On an Ayurvedic diet, it's generally recommended to steer clear of trans fats and include plenty of vegetable-based fats and omega-3 fatty acids.