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Dr. Galland's Newsletter

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 **Pill Advised
Newsletter**

 **Herxheimer Reaction**

March 4th, 2016

Dr. Hyman Separates Fat from Fiction

 **The Fat Resistance
Diet**

 **Dr. Jyman Separates
Fat From Fiction**

Everyone seems to be talking about fat these days.

In his latest book, my good friend and #1 *New York Times* bestselling author Dr. Mark Hyman reveals an important new medical discovery that turns our understanding of why we get fat and sick completely upside down.

With [*Eat Fat, Get Thin*](#), Dr. Hyman separates fat from fiction by giving you the skinny on fats – what to eat and how to use dietary fats to regain your health and ideal body weight. Dr. Hyman explains why eating the right fat can make you thin. He reveals how the right fats increase

metabolism, stimulate fat burning, and help cut hunger.

Let's look at some fat facts from [*Eat Fat, Get Thin*](#),

1. **Sugar, not fat, makes you fat.** The average American eats 152 pounds of sugar and 146 pounds of flour that converts to sugar every year. That's nearly a pound of

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sugar and flour combined every day! You can't burn all the sugar you eat. Inevitably, your body stores it as fat.

2. **Dietary fat is more complex than sugar.** There are some 257 names for sugar, but despite very minor variations, they all create the same damage. In other words, sugar is sugar; it all wreaks havoc on your health. Fat is more complex. We have saturated, monounsaturated, polyunsaturated, and even trans fats, not to mention subcategories within each group.
3. **Some fats are unhealthy. They include** trans fat and inflammatory vegetable oils. Unfortunately, these fats have increased in our diet as they make us fatter and contribute to inflammation, which plays a role in nearly every chronic disease on the planet.
4. **Eating fat can make you lean.** Healthy cell walls made from high-quality fats are better able to metabolize insulin, which keeps blood sugar better regulated. Without proper blood sugar control, the body socks away fat for a rainy day. The right fats also increase fat burning, cut your hunger, and reduce fat storage. Eating the right fats makes you lose weight, while eating excess sugar and the WRONG types of fat make you fat.
5. **Your brain is about 60 percent fat.** Of that percentage, the biggest portion comes from the omega-3 fat called [docosahexaenoic acid \(DHA\)](#). Your brain needs DHA to spark communication between cells. Easy access to high-quality fat boosts cognition, happiness, learning, and memory. In contrast, [studies link a deficiency of omega-3 fatty acids](#) to depression, anxiety, bipolar disorder, and schizophrenia.
6. **Your body gives you signs whether or not you are getting enough quality fat.** The higher-quality the fat, the better your body will function. That's because the body uses the fat you eat to build cell walls. You have more than 10 trillion cells in your body, and every single one of them needs high-quality fat. How do you know if your cells are getting the fats they need?

Your body sends signals when it's not getting enough good fats:

- Dry, itchy, scaling, or flaking skin
- Soft, cracked, or brittle nails
- Hard earwax
- Tiny bumps on the backs of your arms or torso
- Achy, stiff joints

Some of Dr. Hyman's favorite sources of fat include:

- Avocados
- Nuts—walnuts, almonds, pecans, macadamia nuts, but not peanuts
- Seeds—pumpkin, sesame, chia, hemp
- Fatty fish, including sardines, mackerel, herring, and wild salmon that are rich in omega-3 fats
- Extra virgin olive oil
- Extra virgin coconut oil, which is a great plant-based source of saturated fat that has many benefits. It fuels your mitochondria, is anti-inflammatory.

Want to learn more? [Watch the Q&A video on Fat.](#)

Here are just some of the questions Dr. Hyman answers in this video:

- If it's not fat, what is the true cause of heart disease, diabetes, and disease?
- How can we differentiate between good and bad fats?
- And how did we get into this big, fat mess?

Plus, you'll discover how you can get your copy of Dr. Hyman's new book and receive up to 9 not-to-be-missed bonus gifts.

I know you probably have a lot of questions...

Get the [FREE Q&A Video here](#).

It covers the top questions he gets about fat, and simple strategies you can implement *today* to look and feel your best in no time.

- See more at: <http://pilladvised.com/2016/03/separating-fat-from-fiction/#more-23433>

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Best Health,
Jonathan Galland
Co-Founder and CEO



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