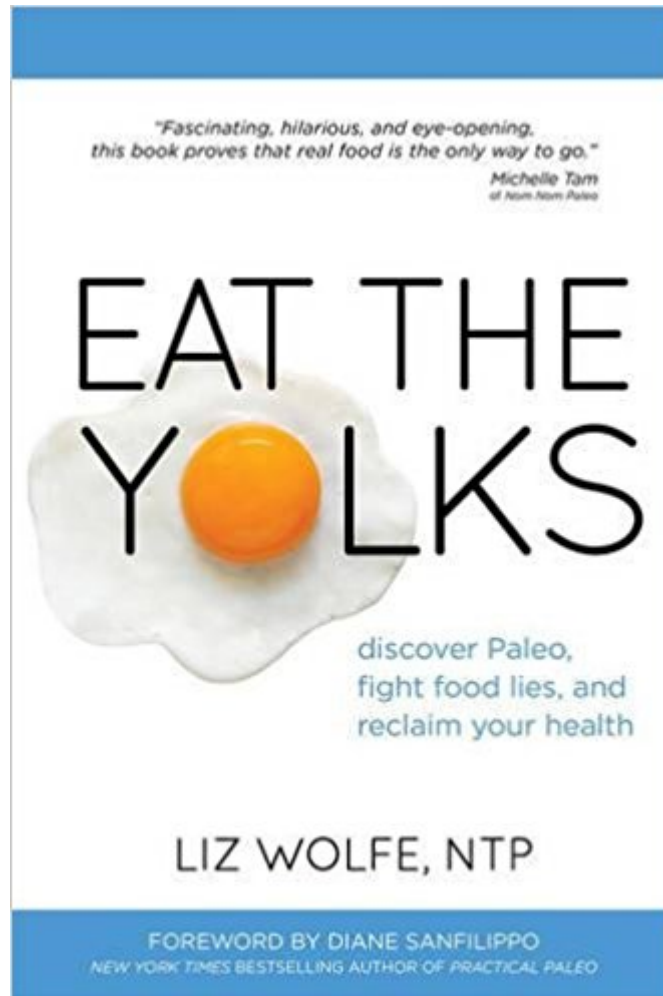




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Eat The Yolks



Synopsis

Worry about cholesterol. Avoid red meat. Eat whole grains. Could it all be a lie? We live in an era of health hype and nutrition propaganda, and we're suffering for it. Decades of avoiding egg yolks, choosing margarine over butter, and replacing the real foods of our ancestors with low-fat, processed, packaged substitutes have left us with an obesity epidemic, ever-rising rates of chronic disease, and, above all, total confusion about what to eat and why. This is a tragedy of misinformation, food industry shenanigans, and cheap calories disguised as health food. It turns out that everything we've been told about how to eat is wrong. Fat and cholesterol are harmful to your health? Nope! They are crucial to your health. "Whole grains" are health food? Not even close. Counting calories is the way to lose weight? Not gonna work! Nutrients are what matter. Nutrition can come from a box, bag, or capsule? Don't count on it! In *Eat the Yolks*, Liz Wolfe debunks all these myths and more, revealing what's behind the lies and bringing the truth about fat, cholesterol, protein, and carbs to light. You'll be amazed at the tall tales we've been told in the name of "healthy eating." With wit and grace, Wolfe makes a compelling argument for a diet based on Paleo foods. She takes us back to the foods of our ancestors, combining the lessons of history with those of modern science to uncover why real, whole food—the kind humans ate for thousands of years before modern nutrition dogma led us astray—holds the key to amazing health and happy taste buds. In *Eat the Yolks*, Liz Wolfe doesn't just make a case for eating the whole egg. She uncovers the shocking lies we've been told about fat, cholesterol, protein, carbs, and calories and brings us the truth about which foods are healthy—and which foods are really harming us. You'll learn truths like: - fat and cholesterol are crucial, not harmful . . . and why - "whole grains" are processed foods . . . and what to eat instead - counting calories is a waste of energy . . . and what we actually should be tracking - all animal products are not created equal . . . and which ones we truly need - nutrition doesn't come in a box, bag, or capsule . . . and why there's no substitute for real food!

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Customer Reviews

Liz Wolfe is a Nutritional Therapy Practitioner (NTP) certified by the Nutritional Therapy Association who is passionate about dismantling widespread nutrition myths and discovering the truth about food. She works with individuals, businesses, and nonprofits to develop nutrition programming based around real, whole foods, and she documents her personal adventures in cooking, nutrition, and homesteading on her much-loved blog, CaveGirlEats.com. When she's not enjoying fresh eggs from her free-range chicken flock or hanging out with her goats, dog, or husband, she's serving as ambassador for her favorite nonprofits: Steve's Club National Program, which provides athletic training and mentorship to at-risk youth; and The First Twenty, an organization dedicated to improving the long-term health of America's firefighters.

When I first sat down with this book, I thought I wouldn't learn anything because of its breezy somewhat snarky style. But I did learn a great many things, despite the fact I have for many years paid a great deal of attention to nutrition. Besides reading all I can over the past 60 years, I have taken courses. (That was because no one would pay any attention to what I had to say unless I could prove I had studied nutrition.) For one thing from this book, I learned there are people out there who pay attention to complete versus incomplete proteins. It has been 50 years since talking about that went out of style. There is an explanation of ATP which is easier to understand for a lay person than the complicated explanation in nutrition courses. I learned that the fat soluble vitamins act synergistically. That has been known (and ignored) for probably 60 plus years about B vitamins, but I did not know it about oil soluble ones. I should have known. Somehow I had missed in my reading that there are vitamin D receptors in every cell throughout the body. Well, for heaven's sake! No wonder we keep discovering things we need D for - above and beyond seeing to it our bones get their calcium. In other words, don't let the breezy conversational style of this book put you off. We

can all learn from it.

I'll admit, I've been on the ancestral/real food train for a number of years now, but a true real foodie is just as hungry for knowledge and understanding, so I pre-ordered Liz's book as soon as I could. THANK YOU, LIZ, for giving us (the paleosphere, the real-food-lovers) exactly what we needed- a book jam-packed with REAL information, an approach that isn't overly branded or easy to put into a "fad" category, a winning sense of humor, and at it's core, a topic meant to change the world. This is the book I've been waiting for, the perfect way to introduce a curious person to a real food lifestyle. I'd recommend Practical Paleo for any kitchen as a reference guide and recipe inspiration or Cate Shanahan's work for those who just really need to see "MD" after the author's name, but this is the book for the hook. This is the book for the friend who is jumping on a plane for a business trip or the busy mom who has 15 minutes to read while her kid is in dance class. It is concise, but every word counts. The approach is totally relatable, fun to read, and beautifully executed. This is absolutely THE book to get people to understand why I eat so much bacon and get militant about where my meat comes from. As an educator, I love how this book encourages people to toss the rules and truly understand health and nutrition. I also love how it puts "paleo" in a positive light, but isn't rigid paleo propaganda. This is so necessary while paleo is shifting more to the mainstream- teach and learn, don't just listen and follow.

I got my book today and I devoured it in a bit over an hour and if you are familiar with her blog you know just how lighthearted but massively informative her writing can be. Liz is able to give you the information she wants to give without sounding like she is lecturing you or trying to sound like a know it all. I follow her blog and because of her I decided to try my hand at backyard chickens and what a Joy it has been since I got my little feathered babies. READ this book it is going to open your eyes to a lot of new information and change your life!

Information is valid, scientific, and clear, but is expressed with humor and has a personal touch. This allows the average person to get into the book, while avoiding ego, biases, and any detraction from the topic at hand. This is something everyone should read, and then they should take steps to avoid everything that is deemed hazardous. Everything we know about health is wrong. Sciences proves this. The only issue I had was that there was a section where the vegetarian/vegan side of eating disorders uses that was explained away in an illogical way. Primates are not inherently herbivores. Some are herbivores, some are omnivores, some are carnivores. Most are omnivorous,

and there are no animals which do not eat other animals some time in their life. The human body best matches common chimpanzees, which get 50% or so of their nutrition from animal and insect sources and cannot properly digest rough vegetation. The animals noted by the plant-only brigade are gorillas, which have the dentition and digestive system of a horse. It is mentioned that we evolved to eat cooked food, which is also incorrect and based on a hypothesis which has several glaring exceptions. Humans cannot digest raw vegetables, but have no issue with raw animal matter whatsoever. Cooked meat digests faster than raw, but this is not a good thing as it means the human will become hungry sooner. Raw flesh remaining in the stomach for a long time allows the body to remain sated for a very long time and doesn't destroy heat-sensitive nutrition. Light cooking is fine, but well-done meat is, by comparison, nutritionally inferior. This, by no means, takes away from the rest of the information, which is scientifically sound. Evolution is an educated guess, at best, and so these opinions of some scientists which wouldn't hold up against scrutiny due to the fact that many peoples consume raw meat and have no issue should be omitted in favor of modern, observable and testable, facts.

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