



Primal Fat Burner: Live Longer, Slow Aging, Super-Power Your Brain, and Save Your Life with a High-Fat, Low-Carb Paleo Diet

Nora Gedgaudas CNT CNS

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Author of the popular *Primal Body*, *Primal Mind* and widely recognized Paleo expert and nutritionist Nora Gedgaudas presents a scientific yet accessible understanding of the positive effects of a high-fat ketogenic diet in maintaining overall health and weight loss.

Popular nutritionist Nora Gedgaudas returns with advice that may sound counterintuitive: Eat fat to burn fat.

Primal Fat Burner explains the benefits and science behind a ketogenic (or fat-burning) diet, which switches your metabolism from a dependence on sugar to run on fats instead. Numerous studies in recent years have begun to refute the long-promoted anti-saturated fat and anti-cholesterol agenda and reverse these widely accepted recommendations. Not only that, 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 and what to avoid, since not all fats are created equal. Quality counts!

That's where *Primal Fat Burner* steps in. The diet outlined in this book begins with essential dietary principles handed down from our most primitive ancestors, with a critical focus on food quality. From there it shows you how to cultivate an efficient and effective metabolic use of fat (ketones and free fatty acids) as a primary source of fuel, rather than using glucose, which comes from carbs in the form of starches and sugars. In addition to this, those who follow this ketogenic diet may even find they end up consuming fewer calories overall! A fat-based ketogenic diet naturally mimics all the benefits of caloric restriction without inducing any feelings of hunger or deprivation. Because fat is so satisfying, you naturally wind up eating less. And the best news is that natural dietary fat—with respect to longevity—is ultimately key to optimized health with innumerable documented benefits.

With this in mind, Gedgaudas provides you with a real appreciation for and understanding of the central role that fat and dietary fat plays in your body, brain, and best health.

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