



# How I Got Skinny Eating Fat

*Sally Asher*

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## **How I Got Skinny Eating Fat** Sally Asher

After years struggling to lose weight on low fat, low calorie diets, Sally moved to France, the land of full fat delights, and discovered that you can lose weight pleurably and more healthfully by increasing your healthy fats like olive oil, butter, eggs, cream, red meat, creamy cheeses and bacon while decreasing your carbohydrates.

For years Sally had denied herself full fat foods in her quest to be thinner and healthier, until she discovered that in fact, conventional low fat diets are fattening. Paradoxically, what if the forbidden foods we have been denying ourselves for several decades such as whole milk, creamy cheeses and sizzling steaks are the secret to lasting weight loss and appetite regulation?

The science is finally catching up with the observation of some physicians that carbohydrates and high glycemic foods contribute to weight gain, diabetes, heart disease and some cancers. While saturated fats have been traditionally considered harmful, Sally demystifies the French Paradox and explains why healthy fats are actually essential to weight loss and health.

Featuring dozens of delicious, healthy fat recipes to get you started on a higher fat, lower carbohydrate (LCHF) way of living, you will soon discover that fat won't make you fat and that satisfaction is the key to losing weight permanently and improving your health

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