

Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now.

By Steven, M.D. Masley, Jonny, PhD Bowden

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The innovative guide that reveals how eating more fat—the smart kind—is the key to health, longevity, and permanent weight loss.

For years experts have told us that eating fat is bad. But by banning fat from our diets, we've deprived ourselves of considerable health benefits—and have actually sabotaged our own efforts to lose weight.

Though they originally came from vastly different schools of thought about diet and weight loss, renowned nutritionist Jonny Bowden and well-respected physician Steven Masley independently came to the same conclusion about why so many people continually fail to shed pounds and get healthy. It all comes back to a distinction far more important than calories vs. carbs or paleo vs. plant-based: smart fat vs. dumb fat.

In *Smart Fat*, they explain the amazing properties of healthy fat, including its ability to balance hormones for increased energy and appetite control, and its incredible anti-inflammatory benefits. The solution for slimming down—and keeping the pounds off for life—is to “smart-fat” your meals, incorporating smart fats with fiber, protein, and most importantly, flavor. Bowden and Masley identify smart fats, explain what not to eat, and provide a thirty-day meal plan and fifty recipes based on the magic formula of fat, fiber, protein, and flavor.

It's time to unlearn what we think we know about food. Getting smart about fat—and everything you eat—and learning to smart-fat your meals is the only solution you'll ever need.

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Editorial Review

Review

“Smart Fat provides eloquent foundation for the critical health supportive attributes of fat in the human diet. This wonderful book paves the way to welcome this critical nutrient back to the table, opening the door for health and disease resistance.” (**David Perlmutter**, MD, FACN, board certified neurologist and *New York Times* bestselling author of *Grain Brain* and *Brain Maker*)

“Smart Fat is a groundbreaking book that’s going to create a seismic shift in how we look at fat AND why we need much more of it in our diet. A must-read!” (**JJ Virgin**, *New York Times* bestselling author of *Sugar Impact Diet*)

“Smart Fat comes to us at a critical time. It is easy to read, easy to implement and will definitely help your brain work better, so you can too.” (**Daniel G. Amen**, MD, Founder of Amen Clinics, and author of *Change Your Brain, Change Your Life*)

“Smart Fat perfectly illustrates what I tell my clients and readers: It’s not about calories, it’s about eating foods that are hormonally helpful. It’s not about eating less or more, it’s about eating smarter. This is a smart book by two of the smartest experts in the field.” (**Sara Gottfried**, *New York Times* bestselling author of *The Hormone Reset Diet* and *The Hormone Cure*)

“Smart Fat is written brilliantly, filled to the brim with the research necessary to back up the authors’ claims and is destined to become a nutritional classic.” (**Leanne Ely**, CNC, *New York Times* bestselling author and the founder of SavingDinner.com)

“Smart Fat spells out a simple new understanding of which fats can improve your health and which will set you back. By learning which fats are good... bad... and neutral, you can easily shed unwanted weight and cut the risk of heart disease and other chronic diseases.” (**Alan Christianson**, NMD, *New York Times* bestselling author of the *Adrenal Reset Diet* and founder of Integrative Health)

“Do you want gorgeous skin, glowing health, balanced hormones, a slim body, and amazing energy? Then stop listening to out-of-date doctors who tell you to shun fat, and start reading SMART FAT.” (**Dr. Kellyann Petrucci**, NMD, author of *Dr. Kellyann's Bone Broth Diet* and creator of drkellyann.com; featured in the public television special, *21 Days to a Younger, Slimmer You*)

“Dr. Masley and Dr. Bowden have mastered getting out the information in a simple comprehensive way which is guaranteed to make changes for the better for your health. Wonderful ideas and great menus.” (**Marcelle Pick**, OB-GYN and Pediatric Nurse Practitioner, founder of WomentoWomen.com, author of *The Core Balance Diet, Is It Me or My Adrenals*, and *Is It Me or My Hormones*)

“VERDICT: A sensible reconsideration of healthy eating.” (Library Journal)

“Drs. Masley and Bowden have outlined a strategic plan in *Smart Fat* and offer the reader many creative options to dismantle insulin resistance, diabetes, and metabolic syndrome.” (Stephen T. Sinatra, M.D., F.A.C.N., cardiologist and coauthor of *Health Revelations from Heaven and Earth*)

“Finally, a book that helps eliminate our irrational fear of fat! Steven Masley and Jonny Bowden break through one of our most ingrained beliefs about food. They skillfully replace fear with fiercely smart strategies for nourishing your body, brain, and overall health.” (Dr. Susan Albers, psychologist and *New York Times* bestselling author of *EatQ*, *Eating mindfully*, and *50 Ways to Soothe Yourself Without Food*)

“A 29-day menu, meal-by-meal advice and “diet” recipes that sound like no diet you’ve ever been on—beef stew, anyone?—round out this informative and useful volume.” (BookPage)

From the Back Cover

The age-old question of “What should we eat to be healthy and lose weight?” has been argued for decades, creating mass confusion while our waistlines have only gotten larger.

At last, the final word on the smartest way to eat and live has arrived, from well-respected physician Steven Masley and renowned nutritionist Jonny Bowden—a team that originally came from vastly different schools of thought about diet and weight loss but independently came to the same conclusion about why so many people continually fail to shed pounds and get healthy. For Masley and Bowden, it all comes back to a distinction far more important than calories vs. carbs or paleo vs. plant-based: smart fat vs. dumb fat.

Smart Fat is the result of their findings and is the first book to break fat into smart, dumb, and neutral categories while explaining the amazing properties of healthy fat, including its ability to balance hormones for increased energy and appetite control and its incredible anti-inflammatory benefits.

The solution for slimming down—and achieving long-term health as well—is to “smart-fat” your meals, incorporating smart fats with unprocessed fiber, clean protein, and—most important—flavor. Masley and Bowden identify these smart fats, explain what not to eat, and provide a thirty-day meal plan and fifty recipes based on the magic formula of fat, fiber, protein, and flavor. They also caution readers on how to avoid doing dumb things with smart fats, like cooking oils at high temperatures that destroy their nutritive powers and make them unhealthy.

It’s time to unlearn what we think we know about food. Getting smart about fat and learning to smart-fat your meals is the only solution you’ll ever need.

Finally the Truth: Eating More Fat Is the Smartest Decision You Can Make for Permanent Weight Loss and Health

“Perhaps the most damaging but still pervasive notion in healthy nutrition has been the castigation of fat. *Smart Fat* provides eloquent foundation for the critical health supportive attributes of fat in the human diet. This wonderful book paves the way to welcome this critical nutrient back to the table, opening the door for health and disease resistance.”—David Perlmutter, M.D., FACN, board certified neurologist and *New York Times* bestselling author of *Grain Brain* and *Brain Maker*

“A groundbreaking book that’s going to create a seismic shift in how we look at fat and why we need much more of it in our diet. A must read!”—JJ Virgin, *New York Times* bestselling author of *Sugar Impact Diet*

“*Smart Fat* comes to us at a critical time. It is easy to read, easy to implement and will definitely help your brain work better, so you can too.”—Daniel G. Amen, M.D., founder of Amen Clinics and author of *Change Your Brain, Change Your Life*

“Perfectly illustrates what I tell my clients and readers: It’s not about calories, it’s about eating foods that are hormonally helpful. It’s not about eating less or more, it’s about eating smarter. This is a smart book by two

of the smartest experts in the field.”—Sara Gottfried, M.D., *New York Times* bestselling author of *The Hormone Reset Diet* and *The Hormone Cure*

“*Smart Fat* is written brilliantly, filled to the brim with the research necessary to back up the authors’ claims and is destined to become a nutritional classic. I love both these men’s astute minds and know the passion that they both share with their work. Having them join forces to write a book is a dream come true!”—Leanne Ely, CNC, *New York Times* bestselling author and founder of SavingDinner.com

About the Author

Steven Masley, M.D., FAHA, FACN, FFAFP, CNS, is a clinical assistant professor at the University of South Florida, a nutritionist, and a trained chef. He also has a private practice in St. Petersburg, Florida, and has received the award of Fellow from the American Heart Association, the American College of Nutrition, and the American Academy of Family Physicians. He is the author of *The 30 Day Heart Tune-Up*, several other health books, and numerous scientific articles.

Jonny Bowden, Ph.D., CNS, is the author of fourteen health books including the bestselling *The 150 Healthiest Foods on Earth*. He has a master’s degree in psychology and counseling and a Ph.D. in nutrition, and he has earned six national certifications in personal training and exercise. He is board certified by the American College of Nutrition, is a member of the prestigious American Society for Nutrition, and speaks frequently at conferences and events across the country.

Users Review

From reader reviews:

Rita Campanelli:

What do you about book? It is not important along with you? Or just adding material when you really need something to explain what your own problem? How about your free time? Or are you busy individual? If you don't have spare time to do others business, it is give you a sense of feeling bored faster. And you have time? What did you do? Everybody has many questions above. They should answer that question due to the fact just their can do in which. It said that about guide. Book is familiar on every person. Yes, it is correct. Because start from on jardín de infancia until university need this particular Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now. to read.

Vicky Bowman:

Now a day people that Living in the era just where everything reachable by connect to the internet and the resources within it can be true or not demand people to be aware of each facts they get. How many people to be smart in acquiring any information nowadays? Of course the reply is reading a book. Reading through a book can help individuals out of this uncertainty Information particularly this Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now. book because book offers you rich facts and knowledge. Of course the information in this book hundred % guarantees there is no doubt in it you may already know.

Wade Diaz:

Your reading 6th sense will not betray you, why because this Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now. guide written by well-known writer who really knows well how to make book that may be understand by anyone who all read the book. Written within good manner for you, leaking every ideas and producing skill only for eliminate your hunger then you still skepticism Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now. as good book but not only by the cover but also with the content. This is one reserve that can break don't ascertain book by its include, so do you still needing yet another sixth sense to pick this!? Oh come on your examining sixth sense already told you so why you have to listening to yet another sixth sense.

Marie Forrest:

Is it a person who having spare time subsequently spend it whole day by simply watching television programs or just resting on the bed? Do you need something totally new? This Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now. can be the solution, oh how comes? A fresh book you know. You are consequently out of date, spending your spare time by reading in this fresh era is common not a geek activity. So what these books have than the others?

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