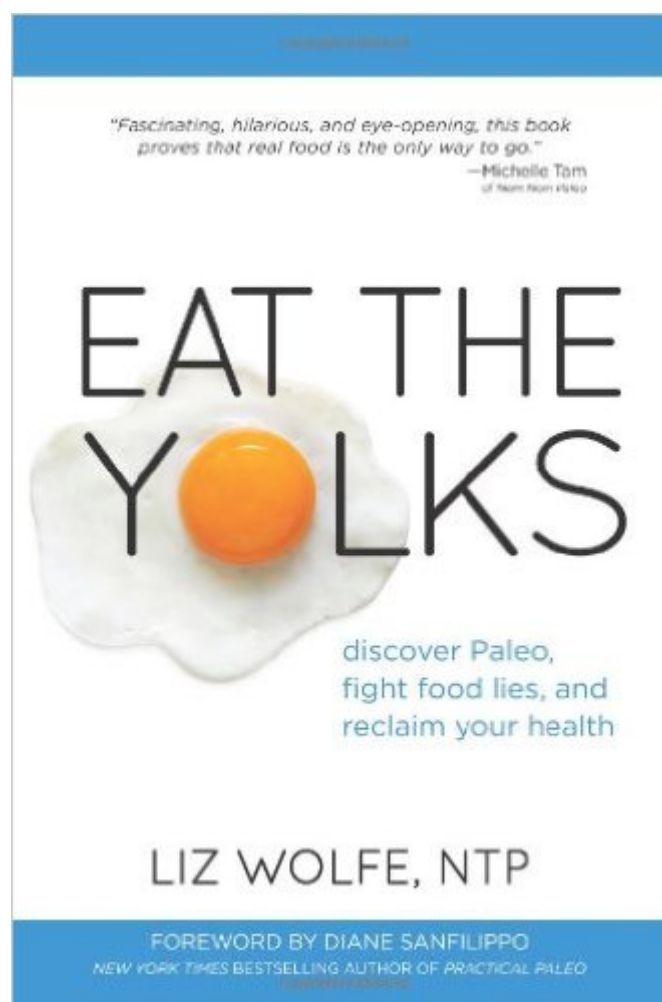


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# Eat The Yolks



## 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!

## Book Information

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## Customer Reviews

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.

This is a great educational read. I learned some things I did not know, and for that reason, I did not necessarily dislike this book. Liz is passionate about nutrition and exposing the lies that we've been told by industry and health officials. However, I am giving this book 3 stars because I cannot say that I loved it. While making a book informative and entertaining is appreciated, the writing style was somewhat distracting. The pop culture references and humor inserted every other paragraph was just a little too much for me. I prefer straight and to the point, which better suits my personal learning style. I do want to note that different from what I'm used to does not mean bad. I would recommend this as a good read for someone who is new to the lifestyle, and would like to know more about WHY changing your beliefs and eating habits is necessary. The details are eye-opening. I plan to pass my copy along to some friends I think would appreciate the humor.

If you're busy eating lean meats, living on egg white omelets, and misting "vegetable" oil on your low-fat salads then I'm here to tell you that your suffering is over my friend. In her new book, *Eat The Yolks*, author Liz Wolfe takes on the diet dictators, and explains why they're blatantly WRONG. Take a seat on the Yolk Train, and buckle up tight because Liz is gonna rock your world! You'll not only learn why eating grass-fed pastured red meat is a health food, why you should have a little broccoli with your butter, and why eating egg-white only omelets is a bad idea, Liz takes the time to explain how to do a little digging of your own. You'll learn how to take a closer look at all of those "claims" and "studies" so that you can decide for yourself if bacon is indeed enemy #1, or if, that low-fat "healthy" turkey bacon is actually what is causing you to feel inflamed and in pain. In the process you'll also learn how we all ended up here in the first place, why government directed programs and subsidies are making us sick, fat and stupid, and why you can leave the guilt at the door while you enjoy every single morsel of that bacon wrapped filet mignon, with a side of garlic mashed potatoes and butter slathered sauteed veggies....And you'll be thoroughly entertained while re-programming your brain! There's nothing like a dry and boring book to help you get to sleep at night, so be forewarned, you won't want to keep this on your nightstand. Full of witty humor and smile inducing examples, Liz will keep you thoroughly entertained while giving dietary dogma a

serious beat-down.

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