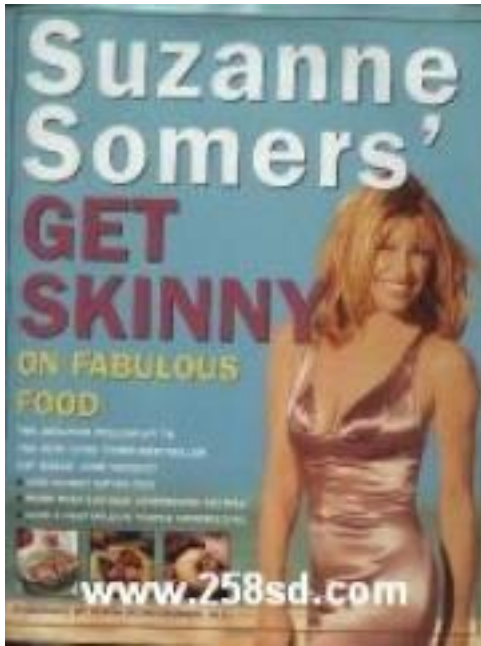


Suzanne Somers' Get Skinny On Fabulous Food



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Knowing what I know todayi¼CE it is still hard
for me to accept that between 1981 and
1990i¼CE while I was in nine years of medical
trainingi¼CE my instructors were teaching me
and everyone else in medical training that a
low-fat diet was the way to prevent obesityi¼CE
diabetesi¼CE and heart attacks. My instructors
stressed the \"fact\" that eating fat not only
made you fat but also caused a host of
health problems. These professors spoke of
hundreds of studies that they said proved
that fat was indeed the culprit in creating a
national epidemic of obesityi¼CE diabetesi¼CE and
heart disease.
Countless magazines and newspapers
shared the results of these studies with the
public. These studies fueled a frenzy outside
of medical schools as people got caught up
in trying to lose weight and prevent heart
disease by reducing or

eliminating fat from
 their diets. And the short-term effects of
 eating less fat and more carbohydrates
seemed to indicate that people could lose
weight and decrease their cholesterol by
eating this way.
 But these studies proved to be wrong.
This may come as a surprise to youi¼E but
cutting back fat from your diet and filling
up on carbohydrates may actually cause you
to gain weight in the long runi¼E can increase
your cholesterol leveli¼E and can set you
down a path of what I call \"accelerated
metabolic aging.\" A low-fat diet eaten over
a long period of time actually deprives
humans of the nutrients they need to
regenerate healthy cellsi¼E which can lead to
disease and early death. The studies referred
to by my professors in medical school only
took into account the short term. There
were--and are--no long-term studies that
show a low-fati¼E high-carbohydrate diet
maintains weight over the long run and
prevents illness.
 Since leaving medical school I have radi

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目录:

[Suzanne Somers' Get Skinny On Fabulous Food_ 下载链接1](#)

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