Eat natural fats to your fill, have better status of diabetes and obesity!

Dr. Balwant Singh

Your body is a temple of God; you got to keep it clean by washing away sins by prayers every day and keep the temple in good shape by constant upkeep. The body is made of flesh, bones and blood and it is very precious gift of God. We have so many reservations about food which cannot help the temple to be in good form and there will be enormous difficulty in meeting Him or talking to Him

As the leading causes of sickness are related to heart and diabetes. And both of these scavengers could be managed in a better way. The obesity is worldwide problem and everybody in interested to develop or follow some measures regarding diet and exercise. The measures adopted or advised added more diseases than controlling the obesity. The diet restrictions of saturated fats and restriction of calories did not help.

The hypothesis of fats failed and there was no indication of decreased heart diseases and but there was increase in non heart disease deaths - cancer, stroke, violence and suicide.

The cause and treatment of heart disease

The cause of heart disease is not animal fats and cholesterol but rather a number of factors inherent in modern diets, including excess consumption of vegetables oils and hydrogenated fats; excess consumption of refined carbohydrates in the form of sugar and white flour; mineral deficiencies, particularly low levels of protective magnesium and iodine; deficiencies of vitamins, particularly of vitamin C, needed for the integrity of the blood vessel walls, and of antioxidants like selenium and vitamin E, which protect us from free radicals; and, finally, the disappearance of antimicrobial fats from the food supply, namely, animal fats and tropical oils These once protected us against the kinds of viruses and bacteria that have been associated with the onset of pathogenic plaque leading to heart disease.

While serum cholesterol levels provide an inaccurate indication of future heart disease, a high level of a substance called homocysteine in the blood has been positively correlated with pathological buildup of plaque in the arteries and the tendency to form clots—a deadly combination. Folic acid, vitamin B_6, vitamin B_{12} and choline are nutrients that lower serum homocysteine levels. These nutrients are found mostly in animal foods.

The best way to treat heart disease, then, is not to focus on lowering cholesterol—either by drugs or diet—but to consume a diet that provides animal foods rich in vitamins B_6 and B_{12}; to bolster thyroid function by daily use of natural sea salt, a

good source of usable iodine; to avoid vitamin and mineral deficiencies that make the artery walls more prone to ruptures and the buildup of plaque; to include the antimicrobial fats in the diet; and to eliminate processed foods containing refined carbohydrates, oxidized cholesterol and free-radical-containing vegetable oils that cause the body to need constant repair.

Saturated fats from animal and vegetable sources provide a concentrated source of energy in the diet; they also provide the building blocks for cell membranes and a variety of hormones and hormone like substances. Fats as part of a meal slow down absorption so that we can go longer without feeling hungry. In addition, they act as carriers for important fat-soluble vitamins A, D, E and K. Dietary fats are needed for the conversion of carotene to vitamin A, for mineral absorption and for a host of other processes.

See the paradox, the life savers blamed as killers and if you make your friends your enemies then who can save and help you in the event of life threatening situations.

Saturated Fats and Cholesterol are intimately related to our well being and play the key roles in promoting normal healthy body functions.

What are good and bad Cholesterols or triglycerides?

Everybody knows and doctors guide us that HDL is good cholesterol and VLDL, LDL and triglycerides are bad for the body. The latest and confirmed findings are that cholesterol in any form and triglycerides are not bad for our body. We must understand our body is under constant threat from bacteria's, viruses and many poisons through our food, water, air and the environment we work. X-rays, CT scans are not safe and radiations from our electronic gadgets are very harmful. All of us require strong defense systems of the body. The lymphatic system and cholesterols are the defense forces of the body. If you demolish these defenses then you cannot maintain healthy and self reliant body. Please don't bother about the numbers of cholesterol units in you. There is no need to reduce the cholesterol levels by drugs or fat restrictive measures. If you want to follow these guidelines then you must subscribe to this observation. Give a fair trial, and then only you can find out the reality.

Triglycerides are found in our foods and these bind three fatty acids with glycerol. VLDL is a _Very Low Density Lipoprotein- which carry fatty acids from liver, when needed. As the liver is presented the small part of fatty acids out of total fats digested. The larger part of fats in food reaches the cells through chylomicrons via lymphatic channels and the blood. At cellular level VLDL is broken into fatty acids, glycerol and LDL.

LDL- Low Density Lipoproteins- LDL is the basic worker for the cells and goes into cells for doing its useful job for the cells. Some of cells of the body can make the cholesterol from fatty acids for their own use.

HDL- High Density Lipoproteins- is the carrier of remaining LDL, Cholesterol and glycerol to the liver from cells of the body.

Now you can realize which is bad or good cholesterol.

What should be the diet which may help us to live healthy life?

Answer: A low carbohydrate, high fat and protein diet, it needs to be supplemented by more carbohydrates in two days per week so that long term bad effects of ketogenic diets are checked.

Low carbohydrate diet, with mixture of protein and natural available fats from animal source with a lot of green vegetables and fruit with no sugar. Sugar is a poison and must be avoided in any form. Sugar is a carbohydrate with high glycemic index which can damage your arteries and can load you with unwanted fats and obesity.

In addition the following products could be used: Sprouted grain bread, Brown rice, spelt- an ancient wheat, millet-Bajra seeds; Quinoa – a herb used after grounding; sweet potatoes; some fruit and vegetables; Sea salt is good contains iodine.

Additional requirements and precautions.

Must take 6 to 8 glasses water every day. As low carbohydrate diet is ketogenic. Kidney functions need to be normal for this diet.

Must take one multivitamin tablet every day.

It can cause constipation, increased heart rate, generate more heat, hypoglycemia, hypercalciuria- kidney stones and can raise blood pressure. The body can become resistant to the effect of catecholamines.

This diet has proven its worth in many studies and some of the senior doctors had taken up this schedule for advising their patients. Mitchell Lazar, MD of diabetes institute at the University of Pennsylvania and Cardiologist, Allan Sniderman MD at Mc Gill University.

The Indian diet is loaded with carbohydrates, refined sugars and vegetable fats containing polyunsaturated fatty acids and that is why we have maximum incidence of

diabetes and heart disease. When the diet contains an excess of polyunsaturated fatty acids, these replace saturated fatty acids in the cell membrane, so that the cell walls actually become flabby. This is the cause of damaged arterial walls of heart and brain causing heart attack, diabetic micro vascular and macro vascular problems causing damage to the eyes, kidneys and amputation of the limbs and cerebral stroke. Higher cholesterol is a defense mechanism of the body and we start reducing the helpful cholesterol. And we start dietary changes reducing fatty acids and cholesterol. When this happens, cholesterol from the blood is "driven" into the tissues to give them structural integrity. This is why serum cholesterol levels may go down temporarily when we replace saturated fats with polyunsaturated oils in the diet. Our joints are damaged quite early in life and are women are worst affected. And our life span is shorter than these western people. Sexual dysfunction and urinary problems could be related to the deficient diet. If we can modify our diet then certainly we can be as healthy as anybody else.

Any amount of 'desi ghee' taken is not harmful. I had taken very large amount of butter and desi ghee for more than three months had got tested my lipid profile before and after starting the diet loaded with fats. The medication taken by me was the same, to my great surprise and satisfaction my lipid profile was better than before and my cholesterol level did not increase.

How does it work?

Low carbohydrates in diet create the low level of glucose in the blood and glucose is needed for many vital functions of the brain and other organs, so body reacts to get the needed glucose from fats or glycogen already stored in the body. Normally after ingestion of food containing large amount of carbohydrates in diet, the glucose level rises in blood that stimulates production of insulin which rapidly brings the level of glucose to normal by converting the excess glucose into fat and that gets stored into fat cells of the body. And this process is quite fast so people feel hungry within 2 hours of food and then again food is eaten in the form of some drinks containing sugars, this way fats stores getting more inflated at the cost of the health. Low carbohydrates break that vicious circle. This process of switching metabolism from burning glucose as fuel to burning stored fats is called ketosis. And such rich diets high in proteins and fats are called ketogenic diets. And advantage of such diet is that your hunger is decreased and you don't have to crave to keep eating all the time. And this way the body gets stabilized. I am sure the excessive stress on pancreas to secrete insulin all the time thereby incidence of lack of insulin in response to diet and insulin resistance would decrease and the patients won't require drugs to increase the secretion of insulin or to decrease the resistance of insulin. We can surely depend upon this diet safely and all of us would benefit from it with some modifications as given above.

Why excess of fatty acids, proteins and cholesterol do not cause weight gain?

The main reason to my mind is the fats after digestion from intestines are carried though different channels than carbohydrates and proteins. The fats [fatty acids and cholesterol] after crossing the intestinal barrier are packed into fat carriers chylomicrons or liposomes and are released into lacteals- capillaries of lymphatic system. This system drains into the right chamber of the heart and heart pumps these fat carriers to the all the cells of the body. Another very important factor is the rate of flow of fats into blood is slow and it is one way traffic. The lymph flows in one direction towards the heart and there is no pump to push the lymph forward. I am sure there must be slow rate of forward flow of lymph, if lymphatic system is flooded with excess fats. The lymphatic system is connected to each cell of the body. And around each cell there is interstitial fluid which drains into lymph lacteals and thus this colorless lymph fluid is carried to right and left lymphatic ducts then through subclavian vein into the heart. That is the why the first sign of spread of cancer is enlarged regional enlarged lymph nodes. A minor part of fats is absorbed in blood and go to liver. So there is no chance of excess of fats, raising the blood sugar or getting deposited as glycogen or fats cells as is the case of carbohydrates. The proteins and carbohydrates after digestion are absorbed in blood and then portal vein carries these to the liver. The proteins are sent again to the cells through blood and there is no role of liver breaking proteins and these are incorporated again at the cell level. [But when needed in case of low glucose level in blood then fats and proteins can be metabolized in liver to make glucose.] The proteins are essential for maintenance of the cells and its enzymes. All the cells of the body have limited life span these are needed to be replaced with new ones. And for replacement of cells, proteins and fats are essential. The proteins and fats cannot be substituted by carbohydrates. The body can derive carbohydrates from fats and proteins but carbohydrates cannot make any protein and essential fat needed by our body.

Darker side of Ketogenic diet, must be kept in mind!

Eating high fat and high protein and low carbohydrates diet is ketogenic diet; fasting and doing rigorous exercises induces ketosis. Ketosis and ketogenic diet stimulates the release of catecholamines. But carbohydrate restriction is really just one way of achieving an adrenal hormone buzz that provides unfathomably good results in the short-term while mysteriously disappearing later on.
Another is rigorous exercise. Another is fasting or intermittent fasting. Then you have just plain calorie restriction – which usually feels awesome and invigorating before the crash landing. Stimulants will do the trick as well. Ephedra was an amazing supplement for many people from what I understand. A happily-ever-after? I don't think so.

Each of these techniques or diets relies upon one thing – and that is a rise in

catecholamines. Catecholamines collectively refer to the stimulatory adrenal hormones – mostly epinephrine and norepinephrine. These hormones, when released, cause a rise in body temperature, a rise in mitochondrial activity, an increase in mental acuity, cognition, and alertness (or at least the feeling of being sharper even if you really aren't), a huge rise in physical energy, the release of fat tissue from fat cells, a drop in appetite, and weight loss while feeling not only good – but far better than normal.

That's what I experienced on low-carb (roughly 100 grams per day, which is different from Atkins induction levels of carbohydrates which can cause lean tissue losses), along with other unmistakable facets of being in a high-catecholamine state such as being incapable of sleeping for more than six hours per night, never feeling tired or so much as yawning during the day, having true Energizer bunny vitality, seeing a disappearance of allergies/asthma, having a disappearance of aches and pains, being in an absurdly good and stable mood, and so on. It was awesome. I thought I was Superman.

But guess what happens when you chronically elevate your adrenal hormones for months on end? Your adrenal gland receptors (adrenergic receptors) tend to downregulate, and all that circulating adrenal juice starts to become increasingly ineffective. In fact, the subjects of Ancel Keys's calorie restriction study, by the end of the 1,700-calorie feeding period, were almost completely unresponsive to adrenaline injections!

"In 40 persons who received subcutaneous injections of 1 mg. of adrenalin there was extraordinarily little response to the drug."

Either those adrenal receptors close (which is why stimulants are addictive, you feel tired when you are not on them after prolonged use, and it takes increasingly larger doses to get a high from them), or those glands themselves just get tired and start to shut down. Suddenly you start to get grouchy. Fat not only stops falling off of your body, but comes back. Your energy levels fall. Your blunted appetite becomes an insatiable appetite. And in my case, my asthma returned, I never felt rested no matter how much I slept, my skin health – once dramatically improved began to erode with breakouts here and there even while eating "cleanly," and more.

The benefits of saturated fats: A fatty acid is saturated when all available carbon bonds are occupied by a hydrogen atom.

They are highly stable, because all the carbon-atom linkages are filled—or saturated—with hydrogen. This means that they do not normally go rancid, even when heated for cooking purposes.

1. Constitute at least 50 % of cell membrane and gives necessary stiffness and integrity.

2. They incorporate calcium in our bones, so at least 50% of the dietary fats should be saturated.

3. They protect heart and liver from harmful substances, i.e., toxins, alcohol.

4. Enhance our immune system.

5. Help in proper utilization of essential fatty acids, ie, elongated omega-3 fatty acids.

6. Protect the digestive tract from harmful microorganisms.

Sources of Saturated Fats and healthy Unsaturated fats: All the sources of fat contain saturated and unsaturated fats but these food items contain larger proportion of saturated fats and are healthy foods; cream, cheese ,butter and ghee; suet, tallow-beef and mutton fats, lard or pork fat, duck and goose fat; chicken fat and fatty meats. And certain vegetable oils like, coconut oil, olive oil, sesame oil, chocolate. Butter seems to be the best source as it can withstand heat without getting oxidized.

What about Cholesterol

Here, too, the public has been misinformed. Our blood vessels can become damaged in a number of ways—through irritations caused by free radicals or viruses, or because they are structurally weak—and when this happens, the body's natural healing substance steps in to repair the damage. That substance is cholesterol. Cholesterol is a high-molecular-weight alcohol that is manufactured in the liver and in most human cells. Like saturated fats, the cholesterol we make and consume plays many vital roles:

1. .Along with saturated fats, cholesterol in the cell membrane gives our cells necessary stiffness and stability. When the diet contains an excess of polyunsaturated fatty acids, these replace saturated fatty acids in the cell membrane, so that the cell walls actually become flabby. When this happens, cholesterol from the blood is "driven" into the tissues to give them structural integrity. This is why serum cholesterol levels may go down temporarily when we replace saturated fats with polyunsaturated oils in the diet.

2. Cholesterol acts as a precursor to vital corticosteroids; hormones that help us deal with stress and protect the body against heart disease and cancer; and to the sex hormones like androgen, testosterone, estrogen and progesterone.

3. .Cholesterol is a precursor to vitamin D, a very important fat-soluble vitamin needed for healthy bones and nervous system, proper growth, mineral metabolism, muscle tone, insulin production, reproduction and immune system function.

4. The bile salts are made from cholesterol. Bile is vital for digestion and assimilation of fats in the diet.

5 .Recent research shows that cholesterol acts as an antioxidant. This is the likely explanation for the fact that cholesterol levels go up with age. As an antioxidant, cholesterol protects us against free radical damage that leads to heart disease and cancer.

6 Cholesterol is needed for proper function of serotonin receptors in the brain. Serotonin is the body's natural "feel-good" chemical. Low cholesterol levels have been linked to aggressive and violent behavior, depression and suicidal tendencies.

7 .Mother's milk is especially rich in cholesterol and contains a special enzyme that helps the baby utilize this nutrient. Babies and children need cholesterol-rich foods throughout their growing years to ensure proper development of the brain and nervous system.

8. Dietary cholesterol plays an important role in maintaining the health of the intestinal wall. This is why low-cholesterol vegetarian diets can lead to leaky gut syndrome and other intestinal disorders.

Cholesterol is not the cause of heart disease but rather a potent antioxidant weapon against free radicals in the blood, and a repair substance that helps heal arterial damage (although the arterial plaques themselves contain very little cholesterol.) However, like fats, cholesterol may be damaged by exposure to heat and oxygen. This damaged or oxidized cholesterol seems to promote both injuries to the arterial cells as well as a pathological buildup of plaque in the arteries. Damaged cholesterol is found in powdered eggs, in powdered milk (added to reduced-fat milks to give them body) and in meats and fats that have been heated to high temperatures in frying and other high-temperature processes.

High serum cholesterol levels often indicate that the body needs cholesterol to protect itself from high levels of altered, free-radical-containing fats. Just as a large police force is needed in a locality where crime occurs frequently, so cholesterol is needed in a poorly nourished body to protect the individual from a tendency to heart disease and cancer. Blaming coronary heart disease on cholesterol is like blaming the police for murder and theft in a high crime area.

Poor thyroid function (hypothyroidism) will often result in high cholesterol levels. When thyroid function is poor, usually due to a diet high in sugar and low in usable iodine, fat-soluble vitamins and other nutrients, the body floods the blood with cholesterol as an adaptive and protective mechanism, providing a superabundance of materials needed to heal tissues and produce protective steroids. Hypothyroid individuals are particularly susceptible to infections, heart disease and cancer.[51]

Monosaturated Fatty Acids: Monounsaturated fatty acids have one double bond in the form of two carbon atoms double-bonded to each other and, therefore, lack two hydrogen atoms Like saturated fats, they are relatively stable. They do not go rancid

easily and hence can be used in cooking. The monounsaturated fatty acid most commonly found in our food is oleic acid, the main component of olive oil as well as the oils from almonds, pecans, cashews, peanuts and avocados.

Polyunsaturated: Polyunsaturated fatty acids have two or more pairs of double bonds and, therefore, lack four or more hydrogen atoms. The two polyunsaturated fatty acids found most frequently in our foods are double unsaturated linoleic acid, with two double bonds—also called omega-6; and triple unsaturated linolenic acid, with three double bonds—also called omega-3. (The omega number indicates the position of the first double bond.) Your body cannot make these fatty acids and hence they are called "essential." We must obtain our essential fatty acids from food. They go rancid easily, particularly omega-3 linolenic acid, and must be treated with care. Polyunsaturated oils should never be heated or used in cooking. In nature, the polyunsaturated fatty acids are usually found in the *cis* form, which means that both hydrogen atoms at the double bond are on the same side.

Sources of polyunsaturated fats: Today most of the fats in the diet are polyunsaturated from vegetable oils derived mostly from soy, as well as from corn, safflower and canola

All fats and oils, whether of vegetable or animal origin, are some combination of saturated fatty acids, monounsaturated fatty acids and polyunsaturated linoleic acid and linolenic acid. In general, animal fats such as butter, lard and tallow contain about 40-60% saturated fat and are solid at room temperature. Some of the polyunsaturated are considered as essential fatty acids so the best evidence indicates that our intake of polyunsaturates should not be much greater than 4% of the caloric total, in approximate proportions of 1 1/2 % omega-3 linolenic acid and 2 1/2 % omega-6 linoleic acid.

Fat-Soluble Vitamins: These include true vitamin A or retinol, vitamin D, vitamin K and vitamin E as well as all their naturally occurring cofactors needed to obtain maximum effect. Butter is America's best source of these important nutrients. In fact, vitamin A is more easily absorbed and utilized from butter than from other sources. Fortunately, these fat-soluble vitamins are relatively stable and survive the pasteurization process.

Fat soluble vitamins. Vitamins A and D are essential for growth, for healthy bones, for proper development of the brain and nervous systems and for normal sexual development. Many studies have shown the importance of butterfat for reproduction; its absence results in "nutritional castration," the failure to bring out male and female sexual characteristics. As butter consumption in America has declined, sterility rates and problems with sexual development have increased. In calves, butter substitutes are unable to promote growth or sustain reproduction.

The Wulzen Factor: Called the "antistiffness" factor, this compound is present in raw animal fat. Researcher Rosalind Wulzen discovered that this substance protects humans and animals from calcification of the joints—degenerative arthritis. It also

protects against hardening of the arteries, cataracts and calcification of the pineal gland Calves fed pasteurized milk or skim milk develop joint stiffness and do not thrive. Their symptoms are reversed when raw butterfat is added to the diet. Pasteurization destroys the Wulzen factor—it is present only in raw butter, cream and whole milk.

The Price Factor or Activator X: Discovered by Dr. Price, Activator X is a powerful catalyst which, like vitamins A and D, helps the body absorb and utilize minerals. It is found in organ meats from grazing animals and some sea food. Butter can be an especially rich source of Activator X when it comes from cows eating rapidly growing grass in the spring and fall seasons. It disappears in cows fed cottonseed meal or high protein soy-based feeds. Fortunately, Activator X is not destroyed by pasteurization.

Arachidonic Acid: A 20-carbon polyunsaturate containing four double bonds, found in small amounts only in animal fats. Arachidonic acid (AA) plays a role in the function of the brain, is a vital component of the cell membranes and is a precursor to important prostaglandins. Some dietary gurus warn against eating foods rich in AA, claiming that it contributes to the production of "bad" prostaglandins, ones that cause inflammation. But prostaglandins that counteract inflammation are also made from AA

Short- and Medium-Chain Fatty Acids: Butter contains about 12-15% short- and medium-chain fatty acids. This type of saturated fat does not need to be emulsified by bile salts but is absorbed directly from the small intestine to the liver, where it is converted into quick energy. These fatty acids also have antimicrobial, antitumor and immune-system-supporting properties, especially 12-carbon lauric acid, a medium-chain fatty acid not found in other animal fats. Highly protective lauric acid should be called a conditionally essential fatty acid because it is made only by the mammary gland and not in the liver like other saturated fats. We must obtain it from one of two dietary sources—small amounts in butterfat or large amounts in coconut oil. Four-carbon butyric acid is all but unique to butter. It has antifungal properties as well as antitumor effects.

Omega-6 and Omega-3 Essential Fatty Acids: These occur in butter in small but nearly equal amounts. This excellent balance between linoleic and linolenic acid prevents the kind of problems associated with overconsumption of omega-6 fatty acids.

Conjugated Linoleic Acid: Butter from pasture-fed cows also contains a form of rearranged linoleic acid called CLA, which has strong anticancer properties. It also encourages the buildup of muscle and prevents weight gain. CLA disappears when cows are fed dry hay or processed feed.

Lecithin: Lecithin is a natural component of butter that assists in the proper assimilation and metabolization of cholesterol and other fat constituents.

Cholesterol: Mother’s milk is high in cholesterol because it is essential for growth and development. Cholesterol is also needed to produce a variety of steroids that protect against cancer, heart disease and mental illness.

Glycosphingolipids: This type of fat protects against gastrointestinal infections, especially in the very young and the elderly. For this reason, children who drink skimmed milk have diarrhea at rates three to five times greater than children who drink whole milk.

Trace Minerals: Many trace minerals are incorporated into the fat globule membrane of butterfat, including manganese, zinc, chromium and iodine. In mountainous areas far from the sea, iodine in butter protects against goiter. Butter is extremely rich in selenium, a trace mineral with antioxidant properties, containing more per gram than herring or wheat germ.

One frequently voiced objection to the consumption of butter and other animal fats is that they tend to accumulate environmental poisons. Fat-soluble poisons such as DDT do accumulate in fats; but water-soluble poisons, such as antibiotics and growth hormones, accumulate in the water fraction of milk and meats. Vegetables and grains also accumulate poisons. The average plant crop receives ten applications of pesticides—from planting to storage—while cows generally graze on pasture that is unsprayed. Aflatoxin, a fungus that grows on grain, is one of the most powerful carcinogens known. It is correct to assume that all of our foods, whether of vegetable or animal origin, may be contaminated. The solution to environmental poisons is not to eliminate animal fats—so essential to growth, reproduction and overall health—but to seek out organic meats and butter from pasture-fed cows, as well as organic vegetables and grains. These are becoming increasingly available in health food stores and supermarkets and through mail order and cooperatives.

This write up is taken from Dr. Mary Enig, PhD, Dr. Sally Fallon's observations. It is being strongly advocated by learned scholars like Gary Taubes and Dr.Eric Westman, MD, of Durham, North Carolina, USA.

Mary G. Enig, Ph.D. is an expert of international renown in the field of lipid biochemistry. She has headed a number of studies on the content and effects of *trans* fatty acids in America and Israel, and has successfully challenged government assertions that dietary animal fat causes cancer and heart disease. Recent scientific and media attention on the possible adverse health effects of *trans* fatty acids has brought increased attention to her work. She is a licensed nutritionist, certified by the Certification Board for Nutrition Specialists, a qualified expert witness, nutrition consultant to individuals, industry and state and federal governments, contributing editor to a number of scientific publications, Fellow of the American College of Nutrition and President of the Maryland Nutritionists Association. She is the author of over 60 technical papers and presentations, as well as a popular lecturer. Dr. Enig is currently working on the exploratory development of an adjunct therapy for AIDS using complete medium chain saturated fatty acids from whole foods. She is the mother of three healthy children brought up on whole foods including butter, cream, eggs and meat.

Sally Fallon is the author of *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats* (with Mary G. Enig, PhD), as well as of numerous articles on the subject of diet and health. She is President of the Weston A Price Foundation and founder of A Campaign for Real Milk. She is the mother of four healthy children raised on whole foods including butter, cream, eggs and meat.