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Nota di contenuto	Intro -- Title Page -- Copyright -- Table of Contents -- Dedication -- Foreword by Nina Teicholz -- Chapter 1: The Greatest Villains -- The campaign to demonize butter and lard promotes industrial fats and oils as free of cholesterol and saturated fat. This pernicious marketing effort, ongoing since 1912, has relied on flimsy evidence to turn Americans away from nutrient-dense animal fats. -- Chapter 2: A Short Lesson on the Biochemistry of Fats -- Saturated, monounsaturated, polyunsaturated-what's the difference? Omega-3, omega-6, omega-9. Fatty acid, triglycerides, cholesterol? What do all these terms mean, and why is the chemistry of fats so important? -- Chapter 3: Not Guilty as Charged -- Animal fats get the blame for everything from cancer to ingrown toenails-and none of these accusations is true! The science shows that saturated animal fats actually protect us from chronic disease. -- Chapter 4: The Many Roles of Saturated Fat -- We need saturated fat for the brain, the heart, the kidneys and the lungs, for hormone production and for protection against inflammation-in fact, for every cell to work properly. Our bodies can't function without saturated fat! -- Chapter 5: AA and DHA -- We get these important

fatty acids-which support everything from brain function to gut integrity to healthy skin-exclusively from animal fats. -- Chapter 6: Remember the Activators!: The Fat-Soluble Vitamins A, D and K2 -- Critical vitamins A, D and K2 occur uniquely in animal fats-and Westerners are woefully deficient in these nutrients. The body uses vitamins A, D and K2 for everything from proper vision to growth to fertility. -- Chapter 7: The Rancid and the Trans. With the revelation that trans fats are bad-bad at any level in the diet-food manufacturers and consumers are using more liquid vegetable oils, but these carry the problem of rancidity. Rancid liquid oils cause uncontrolled reactions on the cellular level -- trans fats inhibit reactions-and both lead to biochemical chaos. -- Chapter 8: Remember the Little Ones: Why Children Need Animal Fats -- Children need animal fats for normal growth and the development of their brains. But at the two-year checkup, doctors warn moms not to give saturated fats to their toddlers, and whole milk is forbidden in school lunches-despite consistent science showing that children on low-fat diets are more likely to suffer from allergies, asthma, learning disorders and obesity. We are literally starving our children in the name of phony science. -- Chapter 9: Animal Fats for the Mind -- The key components of animal fats-stearic acid, AA, cholesterol, and vitamins A, D and K 2-are critical for neurological function and for supporting our emotional biochemistry as well. The receptors for serotonin, the body's feel-good chemical, can't work without cholesterol, and vitamin A helps us focus on completing tasks. It's hard to be happy without plenty of animal fats in the diet. -- Chapter 10: The Queen of Fats: Why Butter Is Better -- The queen of fats, butter is loaded with nutrients the body needs to be healthy and happy. Starve yourself of butter during the day and you'll crave ice cream when nighttime rolls around. Modern processing technologies cannot come close to providing in spreads and margarines the range of vitamins and lipid components present in butter, Nature's fat for optimal growth and development. -- Post Script -- Cholesterol Theory Wipes Out Human Race -- Recipes: Cooking with Nourishing Fats. When you cook with nourishing animal fats, your meals will be satisfying and delicious. -- Acknowledgments -- Other Books by Sally Fallon Morell -- Notes -- Newsletters.
