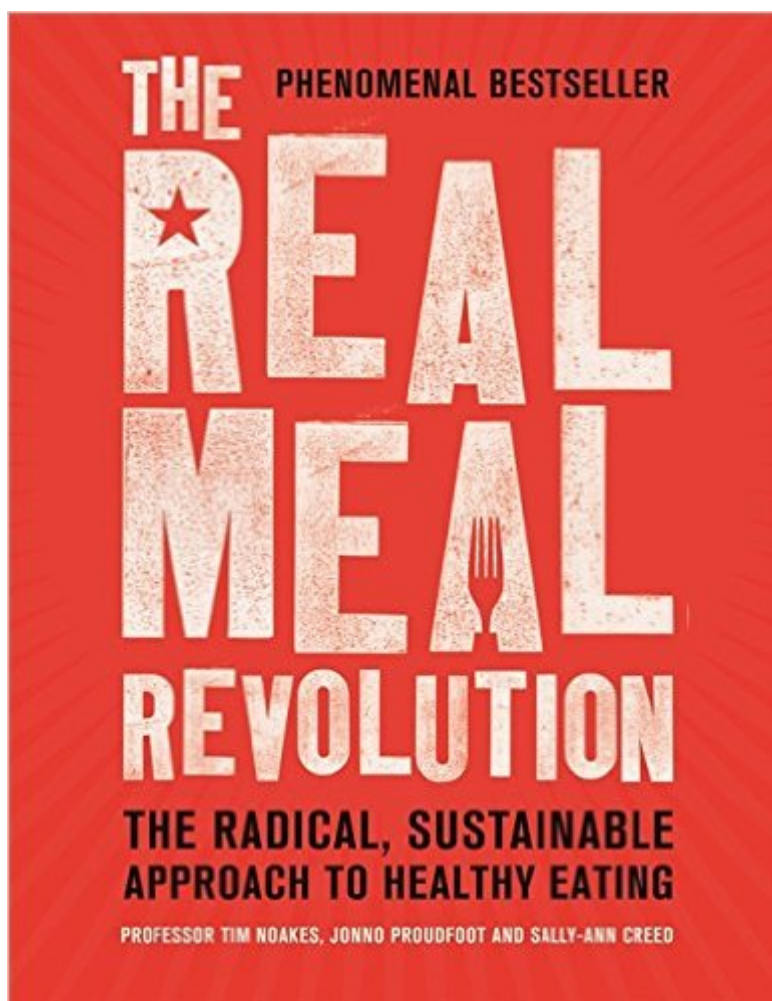


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# The Real Meal Revolution: The Radical, Sustainable Approach To Healthy Eating (Age Of Legends)



## Synopsis

'Scientists labelled fat the enemy . . . they were wrong.' Time magazine We've been told for years that eating fat is bad for us, that it is a primary cause of high blood pressure, heart disease and obesity. The Real Meal Revolution debunks this lie and shows us the way back to restored health through eating what human beings are meant to eat. This book will radically transform your life by showing you clearly, and easily, how to take control of not just your weight, but your overall health, too - through what you eat. And you can eat meat, seafood, eggs, cheese, butter, nuts . . . often the first things to be prohibited or severely restricted on most diets. This is Banting, or Low-Carb, High-Fat (LCHF) eating, for a new generation, solidly underpinned by years of scientific research and by now incontrovertible evidence. This extraordinary book, already a phenomenal bestseller, overturns the conventional dietary wisdom of recent decades that placed carbohydrates at the base of the supposedly healthy-eating pyramid and that has led directly to a worldwide epidemic of obesity and diabetes. Both a startling revelation, and as old as humanity itself, it offers a truly revolutionary approach to healthy eating that explodes the myth, among others, that cholesterol is bad for us. This is emphatically not just another unsustainable, quick-fix diet or a fad waiting to be forgotten, but a long-delayed return to the way human beings are supposed to eat.

## Book Information

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## Customer Reviews

It's a great book describing the Banting low carb diet. It's mostly recipes, and its easy to find for a

real price- like \$15-\$18 Most of the basic information is also on Dr. Noakes website and it's very similar to a lot of paleo eating plans and the revised Atkins book, i.e. the key point is low carb- no sugar, flour, potatoes, rice, etc. No vegetable oils. Lots of grass fed meat, fish, poultry, some fruit and cheese if it doesn't bother you, and lots of non starchy vegs. If you are insulin resistant, i.e. older and have gained a fair amount of weight, it will help you a lot. If you are not insulin resistant, i.e. pretty thin, then you probably don't need to worry about carbs at all

I bought this book thinking it would be more like "Protein Power" or "The Art and Science of Low Carbohydrate Living." I also bought it because Tim Noakes wrote it. I did not expect a mostly cook book. I am a bit disappointed by the recipes. The measurements and temperatures are given in metric, so translation is required. Also British names are used for the vegetables. Again translation required. But the main problem with the recipes is that they do not give the nutritional breakdown. I'd really like to know how many carbs are in them, fat and protein would be handy but not as important.

I have read most of Prof. Noakes books and listened to many Youtube videos covering the subject of this book. This is an important subject with profound implications on our health written by an interesting and highly respected author. Why is it not available on ?

This has the foundation for a great life through a healing diet. The recipes are awesome, but you do have to be aware of nomenclature variances and cooking with metric. But I love it and am so glad it finally got here. It was on preorder for about 3 months. Worth the wait.

Superb recipes aside, the science in this book establishes LCHF as the only biologically based lifestyle/diet. This is not a diet book. It tells you how to avoid the horrible suite of illnesses (metabolic syndrome) that you are heading towards if you are insulin resistant (~70% of us are). Prof Noakes is a rare prize. Few professionals are willing to risk their career going against conventional wisdom (the regrettable 1977 dietary guidelines and the food pyramid). We are fortunate that he has gone out on a limb for us, but I have no doubt that in the near future the conventional wisdom will shift to accept his ideas. But there will be a fair amount of kicking and screaming by misinformed individuals, and vested interests.

This book is incredible! If all Americans read and followed the nutrition advice and eating program

laid out in The Real Meal Revolution most health problems existing among our population would go away! The book and a lot of independent research I've done on this topic makes it clear that the FDA, AMA and even medical institutions like the Mayo Clinic... have it all wrong! Saturated Fats are very good for you and absolutely have nothing to do with cardio vascular disease. Do your own research.

Good but better info elsewhere. I recommend Jason Fung's book, Gary Taubes books and The art and science of low carb eating. Fung's book I'd especially current and he points out that just low carb eating is not enough. Also, Fung is a practicing nephrologist. See his six hour lecture on YouTube "the aetiology of obesity " - it's a revelation.

May this book indeed cause a real, sustained revolution through the world -- changing the subjective views of many brainwashed people who believe so called "statistics" without proper evaluation. Great recipes. I suspect the reason that the very high physical book price on reflects the pressure from US companies who do not agree with a low-carb, high-fat eating plan. This plan has and is working for me as I have lost a lot of weight and am off injectable insulin.

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