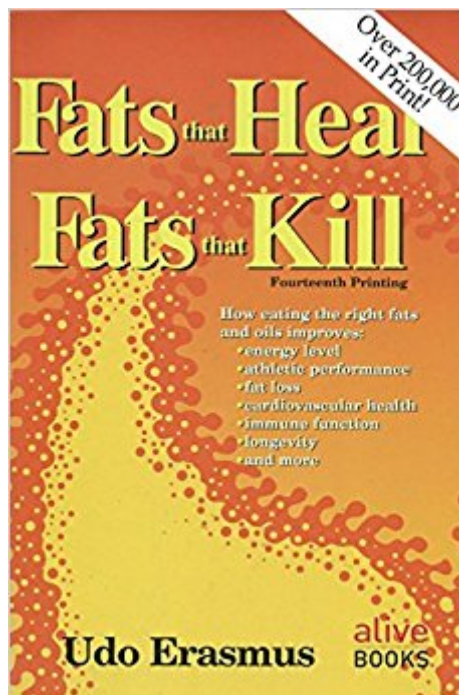




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# Fats That Heal, Fats That Kill: The Complete Guide To Fats, Oils, Cholesterol And Human Health



## Synopsis

Healing fats are among the necessary nutrients needed to prevent and reverse degenerative disease, heart disease, cancer, and Type 2 diabetes. They can also help reverse arthritis, obesity, PMS, allergies, asthma, fatigue, skin conditions, and yeast and fungal infections. At the same time, more health problems come from damaged oils than any other part of nutrition. Udo Erasmus exposes the manufacturing processes that turn healing fats into killing fats, explains the effects of these damaged fats on human health, and discloses the knowledge you need to avoid the damaged ones and choose health promoting oils. He also explores the therapeutic potential of flax, hemp, olive, fish, evening primrose, borage, and black currant.

## Book Information

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## Customer Reviews

Udo published his best-seller *Fats That Heal Fats That Kill* in 1993, which became recognized as the bible on fats. To set new standards for food oils and other health-supporting consumer products, Udo partnered with Flora Manufacturing and Distributing Ltd. in 1994 to create the Udo's Choice® health product line which includes EFA-rich oil blends and other blends of supplements (see [udoschoice.com](http://udoschoice.com)). In 2005, Udo was inducted into the Canadian Health Food's Association Hall of Fame for his tireless efforts educating the public about the difference between good oils and bad oils and for pioneering higher production standards of unrefined flax and other polyunsaturated fat-rich oils. Other titles include *Choosing the Right Fats* (2001) and *Omega-3 Cuisine* (2008), co-authored with vegan chef Alan Roettinge. Udo resides in Vancouver, B.C., and is

currently working on his latest books, including two on fats and oils, due out in 2017.

With severe deficiencies in nearly all essential vitamins, amino-acids, minerals, and fatty-acids, Dr. Erasmus' *Fats That Kill, Fats That Heal* is a densely scientific, comprehensive, and invaluable piece of information on dieting. As per the title, the main focus throughout the book is about the vital need to incorporate fats and particularly the essential polyunsaturated ALA and LA omega fatty acids lacking in our diets. Both marine and plant omega-3s constitutes vitamin F, which many properly don't know or hear much of. Through Erasmus' well executed details of the biological and functional processes of the omega-3s and the many ways the body utilizes it, including the activation of prostaglandins-2-the master regulator of fatty acid metabolism-our best effort is to try to incorporate them into the diet daily. Taking a naturopathic approach, Dr. Erasmus sees the use of fresh seeds and their oil derivatives as healers of the many ailments now griping the modern American. Since this book was written and published in the 80's, it is still relevant today and I believe deficiencies are far worse well into the 21st century. What I enjoyed most from reading is that Erasmus' persuasion could be felt through his passion of this subject and is genuinely believable. He provides us with the real natural prescription to the many diseases and degenerative conditions, which is through natural dieting. True healers of modern illnesses and diseases is not pharmaceutical drug dependency, but is, through time, making the effort to consume organic whole foods.

Dr. Udo's *Fats that Heal, Fats that Kill* is absolutely the best book on health and nutrition that I ever ever read and followed. Unlike many dozens of other tomes in this enormous field, it is filled with truth, and Udo's prescriptions actually work. While not an easy read, this book is well worth the effort expended to understand it, even at its most basic and practicable level. The Omega 3-6-9 oil formula [flax seed versus fish oil based], whether Udo's brand, Flora brand, or other comparable brands, is the all around wonder supplement for health. Some results, such as healthy and moist skin [the body's largest organ], can be seen immediately, and others, such as overall vitality and energy, are noticeable in days or weeks. I have even used it on a 12 year old dog with liver, thyroid, and other health issues with great success. She is dancing around with restored energy and appetite within a few weeks, after having had minimal success with expensive veterinary care for several months. Omega oil, in my case either Flora or Udo's, is undoubtedly the single most effective supplement [of 7] that I take, with no close second!! I highly recommend Udo's book, his originally discovered formula, and I highly commend Udo Erasmus to you. Sincerely, John I Perry [over 70]

Well this book was so good and informative, that I ended ordering two of them by mistake, and the return time was so short that I missed returning one of the books by just a couple of days. Anyway, what you'll find in this book could save your life, literally. There are 456 pages in this book. After reading only a bit of it, I now value the brands of oils I find in health food stores with the name UDO. Udo Erasmus breaks down a very complicating subject to a level that the average person can understand.

Has a lot of information on fats. However, the overall layout of the book and how it is written makes it somewhat hard to follow (note: I read the kindle version). It's a good book for general information on fats and some specific information. However, the author tends to make a lot of claims based on "research" that was not cited directly on the statement or sentences (with a # to find in the works cited where and how he arrived at this conclusion). I'm sure he did a lot of research on the subject which can be seen with the end of book references listed, however it's very hard to determine if some of the stuff that he extols is really a fact or his extrapolation of the research that he read.

I really liked this book, very informative. As a nutritionist, this is a great help in understanding the way we digest fats. I loved the biochemical science in it. I was slightly irritated with the authors occasional detours into the pseudosciences of unproven and even disproved alternative medical/nutritional theories. However, I was pleased that the author didn't lay things out in black and white, but explained the benefits and harmful effects of each fat as a chemical. Really brilliant.

After reading this book you won't give fat a bad rap ever again! It is critically important to understand why and which fats are essential for our health. Udo's warnings about why commercial cooking oils should not be a part of your diet (and which oils to use instead) have helped me to make much better choices. I am eating more fats (the good kind!), less carbs and feeling more satisfied with my meals. And, believe it or not, finally losing those few extra pounds! As a holistic veterinarian, I have long advocated home cooked meals for dogs and cats. Processed pet foods, like the processed foods that people eat, are deficient in essential fatty acids--destroyed by heat and exposure to light and oxygen. These same essential fatty acids should also be added to the diets of our pets. Get this book! Dr Paula Terifaj, DVM Author of 30MinVetConsult.com

Very informative.

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