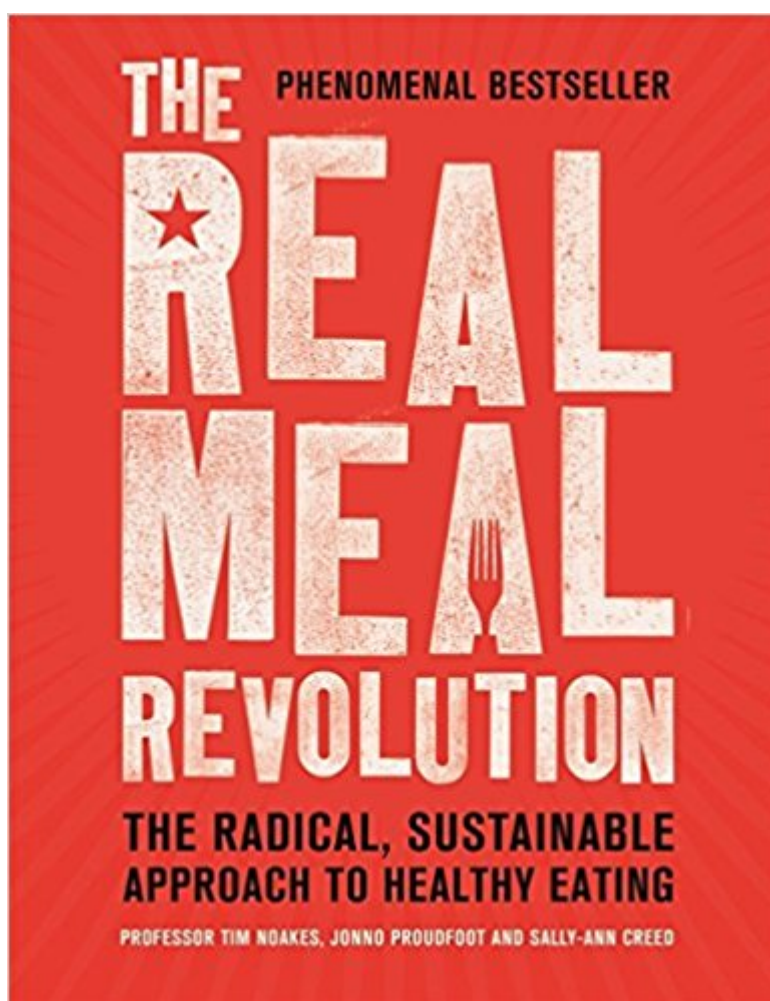


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# The Real Meal Revolution: The Radical, Sustainable Approach To Healthy Eating (Age Of Legends)



## 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

Sally-Ann Creed (Author) SALLY-ANN CREED (the Nutritionist) spent much of her early life sick

with chronic asthma, sinusitis and panic disorder, undergoing many operations on her sinuses, and spending thirteen long years as a 'victim' of panic disorder and agoraphobia. Through an adjustment to her diet, she regained her health and qualified as a Nutritional Therapist (Post-Graduate Diploma in Clinical Nutrition, Australia). Her goal is to help others experience the same results. Having found that food and supplements could dramatically change her life, giving her the quality of life she'd always dreamed about, she decided to study so that she could help others. Her story is relayed in her bestselling book *Let Food Be Your Medicine* - an easy-to-understand guide to healthy living which has sold over 45,000 copies.

**Tim Noakes (Author) PROFESSOR TIM NOAKES (the Scientist)** is a widely respected Professor of Exercise and Sports Science at the University of Cape Town. He has run more than 70 marathons and ultra-marathons and is the author of the books *The Lore of Running*, *Challenging Beliefs* and *Waterlogged*. After publishing his latest book, Tim entered the dietary sphere, challenging the science behind obesity, coronary heart disease and heart attacks. Subsequently he has dedicated his life to opening people's eyes to the myth of low-fat eating and the nutritional and environmental crisis it has led us to. In this book, Tim unleashes the science behind the research and studies he has been conducting since the inception of this 'bee in his bonnet'.

**Jonno Proudfoot (Author) JONNO PROUDFOOT (the Chef)** trained and worked in a five-times Top Ten-rated restaurant early in his career, later moving through a variety of food and wine establishments before finding his passion in Paleo and LCHF cookery. Since the birth of his interest in performance food and nutrition he has co-hosted 52 episodes of award-winning children's cooking show, *What's Your Flava*. He also starred in the TV reality cooking series *Ultimate Braai [Barbecue] Master* in 2013. On 23 March 2014, Jonno and his friend Thane Williams became the first people to swim from Mozambique to Madagascar, taking 24 days to cover an incredible 460km, thereby setting a world record for the longest open-ocean unassisted stage-swim of all time.

Dr. Noakes has done his research and I found this book very informative and a joy to read. Mainstream medicine is definitely on the back burner when it comes to nourishing a healthy body.

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.

I was expecting more information about insulin resistance and/or Metabolic Syndrome. Maybe I got

the wrong idea somewhere, because there's very little about those. People even slightly familiar with Low Carb, Paleo, or Keto eating won't find much new here. However, the recipes section is beautiful! Not only are the photos lick-the-page gorgeous, but the fact that they're based in South African cuisine makes them new and different for people who are used to North American and European cooking.

One of the best books for "high fat low carb" / "ketogenic way of eating on the market. Highly recommended.

bought this book recommended by our doctor, my husband has lost 15 lbs. in 6 weeks.

I have been eating this way for a year now Low carb high fat. Have never been healthier. Wish I would have know about this sooner.

Tim Noakes writes in a very easy to read way and explains the concepts in a way that you can truly understand and relate to. All of his research is scientifically backed. He even has delicious recipes.

Very good book with very good recipes.

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The Real Meal Revolution: The Radical, Sustainable Approach to Healthy Eating (Age of Legends)  
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