



# Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now.

*Steven, M.D. Masley, Jonny, PhD Bowden*

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The innovative guide that reveals how eating more fat—the smart kind—is the key to health, longevity, and permanent weight loss.

For years experts have told us that eating fat is bad. But by banning fat from our diets, we've deprived ourselves of considerable health benefits—and have actually sabotaged our own efforts to lose weight.

Though they originally came from vastly different schools of thought about diet and weight loss, renowned nutritionist Jonny Bowden and well-respected physician Steven Masley independently came to the same conclusion about why so many people continually fail to shed pounds and get healthy. It all comes back to a distinction far more important than calories vs. carbs or paleo vs. plant-based: smart fat vs. dumb fat.

In *Smart Fat*, they explain the amazing properties of healthy fat, including its ability to balance hormones for increased energy and appetite control, and its incredible anti-inflammatory benefits. The solution for slimming down—and keeping the pounds off for life—is to “smart-fat” your meals, incorporating smart fats with fiber, protein, and most importantly, flavor. Bowden and Masley identify smart fats, explain what not to eat, and provide a thirty-day meal plan and fifty recipes based on the magic formula of fat, fiber, protein, and flavor.

It's time to unlearn what we think we know about food. Getting smart about fat—and everything you eat—and learning to smart-fat your meals is the only solution you'll ever need.

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**Donald Fujita:**

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