


# Eat Fat Look Thin: A Safe and Natural Way to Lose Weight Permanently

*By Bruce Fife*

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**Eat Fat Look Thin: A Safe and Natural Way to Lose Weight Permanently**
By Bruce Fife

You can enjoy rich, full-fat foods and lose weight without the hassle of counting calories, weighing portions, or suffering from hunger. This book exposes many common myths and misconceptions about fats. It reveals new, cutting-edge research on the world's only natural, low-calorie fat-a fat that not only has fewer calories than any other fat, but one which also stimulates metabolism and burns up calories. Yes, you can lose weight by eating fat, if you use the right kind. Combined with a sensible eating plan, you can shed excess weight, enjoy the foods you love, and gain better health. This revolutionary, total-wellness program is designed to keep you both slim and healthy using wholesome, natural foods, and the most health-promoting fats. It has proven successful in helping those suffering from obesity, diabetes, hypoglycemia, heart and circulatory problems, yeast infections, chronic fatigue, and many other conditions. There is no other program like it.

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## Editorial Review

Review
Offers a significantly intriguing, rationally presented, personally flexible way of life. -- *Southwest BookViews, Spring 2003*

About the Author
Dr. Bruce Fife is a certified nutritionist and naturopathic physician. He is recognized as the world's leading authority on coconuts and health and serves as the director of The Coconut Research Center.

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