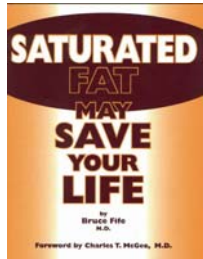


“Saturated Fat May Save Your Life”



Author: Bruce Fife, N.D.
ISBN: 0941599493
Format: Paperback, 208 pages
Publisher: Piccadilly Books
Date Reviewed: July 28, 2005

Synopsis:

We have been told for the past 50 years that to lead a healthy life we must consume unsaturated fat and avoid saturated fat. If this is indeed true, then why has the U.S. Surgeon General recently stated that:

“Two-thirds of all deaths are due to diseases associated with diet.”¹

It’s because it’s all of the unsaturated fat that we consume that has resulted in Americans eating themselves to death, with the top 3 killers of Americans (Cancer, Heart Disease, Stroke) being food-related and preventable.

Following up on his book *The Healing Miracles of Coconut Oil*², Bruce Fife continues to expose all of lies we have been “fed” concerning nutrition.

Strengths:

- ✓ Dr. Fife lays all of the groundwork explaining the differences between saturated, monounsaturated, and polyunsaturated fats (with a great chart on page 13).
- ✓ Many people are told that heart disease is the “silent killer.” In Chapter 2 Dr. Fife shows that Oxidation, not heart disease, is the real “silent killer” because it is Oxidation that causes heart disease as well as almost every other chronic disease such as arthritis, type 2 diabetes, cancer, Alzheimer and Parkinson Disease.
- ✓ After Chapter 2, Dr. Fife continues to supply us with information on the health-damaging effects of vegetable oils (Ch. 3), the health-promoting effects of omega-3 fatty acids (Ch. 4), and the falsehoods that surround the Cholesterol-Heart Disease idea (Ch. 7)
- ✓ Finally, Dr. Fife finishes the book with the wonders of Antioxidants (Ch. 10) and how they can help slow Oxidation, the aging process, and protect you against disease.

Weaknesses:

- ✓ Considering I have been hard-pressed to find another book that offers so much potentially life-saving advice as that found within this book, there are no weaknesses in this book.

Overall Recommendation:

- ✓ This is just another book that goes on my “Must Read” list for all of my patients that includes
 - *The Cholesterol Myths* by Uffe Ravnskov,
 - *The Fluoride Deception* by Christopher Bryson
 - *The Healing Miracles of Coconut Oil* by Bruce Fife
 - *The Omega-3 Connection* by Dr. Andrew Stoll.

Reference:

1. U.S. Department of Health and Human Services. The surgeon general's report on Nutrition and health. Washington DC: US Dept of Health and Human Services; 1988. DHHS (PHS) publication No. 88-50210
2. Fife B. *Healing Miracles of Coconut Oil*. Healthwise Publishers, May 2003

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