

Do We Really Need Fat?

During this program you will be eating lots of healthy fats. Here are some reasons why:

1. Balance blood sugar levels therefore banish cravings
2. Balance moods and general emotional well being
3. Helps you stay full
4. Improves metabolism
5. Helps build cell membranes
6. Helps with the uptake of fat soluble vitamins A, D, E, K
7. Improve energy levels
8. Helps with production and balance of hormones
9. Replaces sugar as the main fuel source when you increase fat and limit carb intake
10. Needed for optimal brain health and neurotransmitters
11. Helps with inflammation especially Omega 3, anti-inflammatory
12. Helps balance cholesterol for heart health

So don't be afraid to eat healthy fats!!