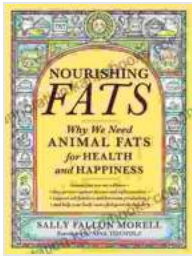


Why We Need Animal Fats For Health And Happiness

Animal fats are an essential part of a healthy diet. They provide our bodies with energy, help us absorb vitamins and minerals, and protect our organs.



Nourishing Fats: Why We Need Animal Fats for Health and Happiness by Sally Fallon Morell

★★★★☆ 4.8 out of 5

Language : English
File size : 13752 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 221 pages



In recent years, there has been a lot of misinformation about animal fats, and many people have been led to believe that they are unhealthy. However, the truth is that animal fats are not only harmless, but they are actually beneficial for our health.

The Benefits of Animal Fats

Animal fats provide a number of benefits for our health, including:

- **Energy:** Animal fats are a good source of energy. They provide our bodies with the fuel we need to get through the day.

- **Vitamin absorption:** Animal fats help us absorb vitamins A, D, E, and K. These vitamins are essential for our health, and they can only be absorbed in the presence of fat.
- **Mineral absorption:** Animal fats also help us absorb minerals such as calcium, magnesium, and iron. These minerals are essential for our bones, muscles, and blood.
- **Organ protection:** Animal fats help to protect our organs. They form a layer around our organs that helps to cushion them from 衝擊 and protect them from damage.

The Link Between Animal Fats and Disease

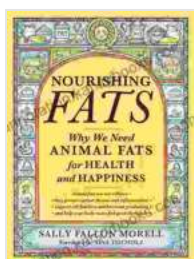
There is no convincing evidence to support the claim that animal fats cause disease. In fact, some studies have shown that animal fats may actually protect against certain diseases, such as heart disease and cancer.

One study, published in the journal *The American Journal of Clinical Nutrition*, found that people who ate a diet high in animal fats had a lower risk of heart disease than those who ate a diet low in animal fats. The study followed over 100,000 people for over 20 years and found that those who ate the most animal fats had a 23% lower risk of developing heart disease.

Another study, published in the journal *Cancer Research*, found that people who ate a diet high in animal fats had a lower risk of cancer than those who ate a diet low in animal fats. The study followed over 500,000 people for over 10 years and found that those who ate the most animal fats had a 13% lower risk of developing cancer.

Animal fats are an essential part of a healthy diet. They provide our bodies with energy, help us absorb vitamins and minerals, and protect our organs. There is no convincing evidence to support the claim that animal fats cause disease. In fact, some studies have shown that animal fats may actually protect against certain diseases, such as heart disease and cancer.

If you are concerned about your health, talk to your doctor about the role of animal fats in your diet.

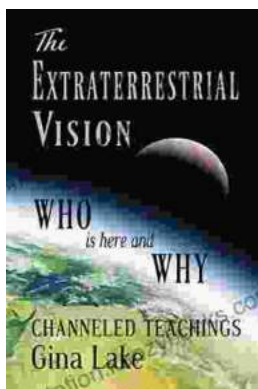


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