



# **Eat Like a Fatass, Look Like a Goddess: The Untold Story of Healthy Foods**

*Erika Herman*

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# Eat Like a Fatass, Look Like a Goddess: The Untold Story of Healthy Foods

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**Eat Like a Fatass, Look Like a Goddess: The Untold Story of Healthy Foods** Erika Herman

**"With characteristic sass, Erika Herman has taken on the assumptions of popular diet culture. This is the anti-Skinny Bitch, the much-needed answer to the misguided idealizing of veganism as the pinnacle of health. Herman's penetrating research, driven by hunger for the truth beyond fads and bandwagon mentality is delivered in an accessible, illuminating and empowering way."** —Julian Walker, author of *Awakened Heart, Embodied Mind*

**"Eat Like a Fatass, Look Like a Goddess is, without a doubt, the most important book of the 21st century. If the principles of this book were followed by all...obesity, autoimmune diseases, cancer, heart disease, diabetes, etc. would virtually disappear. This brilliant book refutes the lies we have been told about nutrition....It should be required reading in schools across America."** —Don J. Serio, D.C.

**"Erika's book is a godsend in our modern world of nutritional misinformation. Erika's understanding of nutrition science and sustainability is far more comprehensive, in-depth and tasty than that of most physicians, dietitians, nutritionists and other 'experts.'"** —Chelsea McLean Casey, Cancer Survivor, Advisory Panelist & Model Liaison, Fashion Week San Diego

EAT ALL THE TABOO FOODS YOU'VE BEEN TOLD WILL MAKE YOU A FATASS AND KILL YOU.

EAT THEM AS IF YOUR WAIST, LIFE, AND THE PLANET'S HEALTH DEPEND ON IT—BECAUSE THEY DO.

What if everything you think you know about health isn't true?

Hailed "the anti-Skinny Bitch," *Eat Like a Fatass, Look Like a Goddess: The Untold Story of Healthy Foods* cuts through countless popular myths about nutrition, weight loss, disease-prevention, sustainability and planetary health with razor-sharp wit, hardcore research, and a whole lot of heart. What if

- most food cravings have nothing to do with lack of willpower
- calorie-counting isn't an accurate tool for weight loss
- dietary fat doesn't make you fat
- saturated fat is actually healthy and you should be eating a lot more of it
- women with higher cholesterol live longer than women with low cholesterol
- salt consumption doesn't give you high blood pressure, or make you bloated
- the real Mediterranean Diet is very different from what you think it is
- the Glycemic Index is flawed
- plant-based diets trigger inflammation
- plant foods can't do many important things for your body that animal foods can
- no culture in the history of humanity has been able to continue its line on a diet devoid of animal foods
- ecological sustainability depends on non-commercial animal husbandry?

What if science indicates these what-ifs are reality? Because it does. What if you could lose weight, feel vitalized, nix cravings, and save the planet--all while indulging in foods you love? Because you can. *Eat Like a Fatass, Look Like a Goddess* shows you how.

A board-certified Nutritional Consultant, Holistic Health expert, incisive researcher and food-lover, Herman reveals what it actually takes to be a vibrant truth-seeking modern woman.

Whether you know little about nutrition, consider yourself well-versed, or are a member of the medical or scientific community, *Eat Like a Fatass, Look Like a Goddess* will surprise, relieve and outrage you. You'll feel excited about food again—and how tasty it can be to save the planet, your health and your waistline. You'll learn which taboo foods rigorous peer-reviewed scientific research exposes are deliciously good for you and which supposedly healthy foods are flat-out hyped-up BS. You'll learn *how* to think about health, instead of simply memorizing *what* is healthy. You'll feel inspired by powerful stories from dynamic women who transformed their bodies and lives with these simple principles--just like you can.

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#### **Christopher Kennedy:**

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#### **Alan Johnson:**

Your reading 6th sense will not betray a person, why because this Eat Like a Fatass, Look Like a Goddess: The Untold Story of Healthy Foods guide written by well-known writer who really knows well how to make book that may be understand by anyone who also read the book. Written throughout good manner for you, dripping every ideas and producing skill only for eliminate your hunger then you still uncertainty Eat Like a Fatass, Look Like a Goddess: The Untold Story of Healthy Foods as good book not simply by the cover but also through the content. This is one book that can break don't assess book by its protect, so do you still needing an additional sixth sense to pick this particular!/? Oh come on your reading through sixth sense already told you so why you have to listening to an additional sixth sense.

#### **Maria Hernandez:**

Is it anyone who having spare time subsequently spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something totally new? This Eat Like a Fatass, Look Like a Goddess: The Untold Story of Healthy Foods can be the solution, oh how comes? A fresh book you know. You are so out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these guides have than the others?

#### **Jorge Eaton:**

A lot of people said that they feel weary when they reading a publication. They are directly felt the idea when they get a half portions of the book. You can choose the actual book Eat Like a Fatass, Look Like a Goddess: The Untold Story of Healthy Foods to make your reading is interesting. Your current skill of reading expertise is developing when you just like reading. Try to choose basic book to make you enjoy to read it and mingle the impression about book and studying especially. It is to be initially opinion for you to like to open up a book and read it. Beside that the guide Eat Like a Fatass, Look Like a Goddess: The Untold Story of Healthy Foods can to be your brand-new friend when you're truly feel alone and confuse in what must you're doing of that time.

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