

**Fat and Oil Expert says...**

# **THE RIGHT FATS CAN SLIM YOU BUT THE WRONG FATS CAN HARM YOU: ATKINS DIET DANGERS!**

## **What Every Dieter Needs to Know About High Fat Diets**

If you're not on it, chances are someone you know is.

It's the high fat, high protein, low carbohydrate Atkins diet, and it's hotter than ever.

Dieters across the country report their waistlines are melting away at record paces.

But can gorging on fat really be healthy?

A leading expert on fats and oils says diets rich in fat can make you trim and healthy, but only if they are the right fats. He emphasizes that dieters must learn that there are two types of fats: "Good Fats" and "Bad Fats."

"All fats are not created equally," says Dr. Udo Erasmus, author of the book, "Fats That Heal, Fats That Kill". "Eating the 'Good Fats' will slim you, improve your circulation, and boost your energy. But eating the 'Bad Fats', even though you may lose weight, can lead to serious health problems - even heart attacks and cancer."

Dr. Udo says although the Atkins Diet has produced weight loss for many people over the past 30 years, it has never defined which fats produce health benefits and which fats promote poor health.

## **Eat the "Good Fats"**

"Good Fats" and oils are rich in the "Essential Fatty Acids" n-3 and n-6. "These nutrients are vital for health and life," says Dr. Udo. "They help build muscle mass, break down body fat, and improve mood and mental clarity. They can even prevent damage caused by consuming the Bad Fats."

Dr. Udo says diets lacking sufficient levels of essential fats often produce dry skin, constipation, poor concentration, reproductive failure, and even behavioral changes due to brain deterioration.

Foods containing the Good Fats include salmon, mackerel, trout, and flax, safflower, and sunflower seeds.

## **Avoid the "Bad Fats"**

Fat becomes toxic to the body through processing and packaging that is used to obtain longer shelf life and greater convenience for manufacturers and consumers. Essential Fattys are destroyed by light, air, and heat. These three destructive influences produce molecules that have been changed from natural and healthy to unnatural and toxic. Have the fatty foods in your diet been exposed to air, light, or heat? If so, they may make you thin, but they are probably harmful to your overall health.

"Dr. Atkins was right. High-carbohydrate/low fat diets just made America fatter," says Dr. Udo. "But if you're like the millions who will be trying his diet this year, just remember that for healthy weight loss, the quality of the fats must also be right."