

Health and Fitness Myth 01

**Eating fat
makes you
fat ?**



It's important to know that not all fats are equal. There are good fats sources essentials for your body and bad fats sources so to include all fats in this jargon is wrong and misleading information, perpetuated by the Food industry. **Lets check what the research says?**



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The Real Truth

Dr Michael E. Rothman gives the information source.



Bad Fats

- **Man made fats (trans-fats) and refined vegetable oils are inflammatory and disrupt metabolism.**
- **Diets rich in sugar, grains, hydrogenated oils and omega 6 inflame the body and damage the cell membrane. This alters insulin and leptin signaling and leads to insulin and leptin resistance, weight gain, diabetes and chronic inflammation.**

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Good Fats

- Diets high in omega 3 fatty acids and saturated fats are linked to lower cases of obesity and better overall Health
- Good fats help to build healthy cell membrane, this membrane are able to utilize good hormonal communication appropriately to manage metabolism.
- Diets rich in good fats (saturated and omega 3), antioxidant, electrolytes and trace minerals de-inflame the body and allow for proper insulin/leptin signaling resulting in weight loss, stable energy and disease prevention.

