

# Download Fats That Heal Kill Udo Erasmus

Fats That Heal, Fats That Kill: The Complete Guide to Fats, Oils, Cholesterol and Human Health [Udo Erasmus] on Amazon.com. \*FREE\* shipping on qualifying offers. Healing fats are among the necessary nutrients needed to prevent and reverse degenerative disease, heart disease, cancerProduct Description Get the skinny on fats! "Fats that Heal-Fats that Kill" brings you the most current research on common and less well-known oils with therapeutic potential, including flaxseed oil, olive oil, fish oil, evening primrose oil and more."I add Udo's Oil to food daily for essential fats. That's where I get my energy from, not sugars. I recommend it to all of my clients for the highest grade fuel."Saturated fats, found mostly in animal products like butter, cheese and fatty meats, are not as dangerous as you may believe. Saturated fats offer a number of health benefits and play many important roles in the body.