

Eating fat does not make you fat

High-fat, low-net-carb diets are superior to low-fat, high-net-carb diets for weight loss and heart health.

Calorie counting doesn't work

Calories are not created equal. They have differing metabolic effects depending on their source, so counting calories is useless for successful weight loss.

You cannot outrun a poor diet

Obesity cannot be conquered simply by increasing exercise as obesity is rooted in metabolic dysfunction that leads to abnormal energy partitioning.

Saturated fat does not cause heart disease

Saturated fat and cholesterol has little to do with the development of heart disease, and a new [analysis of evidence from 40 years ago](#) does not support restricting saturated fat.

One of the original researchers was Ancel Keys, Ph.D. — the man who initially proposed the link between saturated fat and heart disease — and it's believed he was largely responsible for suppressing these damning findings, as they don't support his original hypothesis.

Only parts of the trial's results were ever published, leaving out the controversial finding that replacing saturated fats with vegetable oil had NO benefit on mortality.

While vegetable oils lowered total cholesterol levels by 14 percent after one year, this did NOT result in improved health and longevity, which is the conventional belief.

Instead, the research showed that the *lower* the cholesterol, the *higher* the risk of dying.

For every 30-point drop in total cholesterol there was a 22 percent increased chance of death. In the 65 and older category, those who received vegetable oil

experienced roughly 15 percent more deaths compared to seniors in the saturated fat group.

The vegetable oil also did not result in fewer cases of atherosclerosis or heart attacks.

On the contrary, autopsies revealed that while both groups had similar levels of arterial plaque, 41 percent of the vegetable oil group showed signs of at least one heart attack compared to just 22 percent of those in the saturated fat group.^{5,6,7,8,9,10,11,12}

Avoid foods labeled “low-fat” or “low cholesterol”

There’s no evidence to suggest avoiding saturated fat or dietary cholesterol reduces heart disease or death from heart disease.

Meal frequency influences your weight

Excessive snacking is a significant contributing factor to obesity. To lose weight, you need to reduce your meal frequency.

I recommend limiting it to [two meals per day](#), either breakfast/lunch or lunch/dinner, within a six- to eight-hour window each day. It’s also beneficial to avoid eating at least three hours before bedtime to protect your mitochondrial function.

Commercial influences have corrupted public dietary guidelines

The report accuses the food and beverage industries of manipulating public health organizations and corrupting the dietary guidelines for commercial gain