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## GARDENS/MINI-FARMS NETWORK

Workshops: USA - TX, MS, FL, CA, AR, NM, WA; México, Rep. Dominicana, Cote d'Ivoire, Nigeria, Honduras, Kenya, Malawi, Mozambique, Haití, England, Nicaragua, India  
[minifarms@gmail.com](mailto:minifarms@gmail.com)

Workshops in organic, no-till, permanent-bed gardening, mini-farming, mini-ranching, using drip irrigation, in English & Español

### Excerpts From EAT FAT, LOSE FAT

1. You have heard that saturated fats are unhealthy; just the opposite is true.
2. The Dangers of Trans Fats; they actually *increase* cholesterol and also the risk of heart attacks.
3. Partially hydrogenated oil is a major cause of heart disease.
4. There is no evidence that a low-fat diet is more beneficial.
5. Many medical authorities still subscribe to false notion that saturated fats are bad.
6. An entire body of research implicates refined grains and sugars [especially high-fructose corn syrup] as the cause of obesity and heart disease.

**7. Saturated fats actually protect us against heart disease and many other diseases.**

**8. There is documented evidence that the edible oil industry worked to influence government policy to endorse their products rather than traditional fats.**

**9. Myth # 1: High-Fat Food Causes Heart Disease.**

**Many studies have been carried out which refute this.**

**10. Myth #2: High Cholesterol Causes Heart Disease.**

**High levels of cholesterol in the blood causes heart disease is an axiom; there is much data refuting it which is misquoted.**

**11. Myth #3: High Fat Food Increases Blood Cholesterol.**

**Research completely oppose this idea.**

**12 Myth @4: Cholesterol Causes Plaque Buildup in Arteries.**

**Many studies contradict this. People eating animal fats actually had less heart disease than those who ate vegetable oil.**

**The above are the greatest scam in the history of medicine.**

**13 MSG: A Surprising Cause of Weight Gain [and worse]**

**It causes all sorts of neurological problems, the so called Chinese Restaurant Syndrome. It injures the hypothalamus which controls appetite. Nearly all processed foods contain it. If the label lists spices, flavorings, natural flavorings, citric acid or anything hydrolyzed or autolyzed, it probably contains MSG.**

**EAT FOOD FROM A FARM; NOT FROM A FACTORY!**