EXPOSING Big Fat Lies

Why it’s time to get over our fear of fat!

written by Ann Louise Gittleman, PhD, CNS
Introduction

Hello, I'm Ann Louise Gittleman, PhD, CNS. I am a Columbia University trained nutritionist, an award winning *New York Times* bestselling author of 30 books, and an advocate of functional and integrative medicine. I am also a wife, stepmother, former music teacher, model and go-go dancer (yes), and, most importantly here, a nutrition pioneer. I have been on the front lines of health and healing for over 30 years. During that time, I have maintained my position against fat-free and low-fat eating. I've shown how low fat can make you fat and why the right fats are the key to igniting effortless weight loss. Eating the right fats can crush sugar cravings, stoke energy, promote longevity, and ensure overall good health.

You see, unlike so many others who write about fats today, I was actually there at the beginning of the fat-free, low-fat craze. Back in the early 1980s, I was the director of the Pritikin Longevity Center in Santa Monica, California, where fat-free was gospel. I saw firsthand the failed promises and the pitfalls of eating a fat-free/high carb diet. These included weight gain, constant gnawing hunger, and problems with hair, skin, nails, thyroid and the immune system.

Since the publication of my first book *Beyond Pritikin* in 1988, I have been a lone voice in the nutrition wilderness condemning fat-free, carb-rich diets. For nearly 30 years, my work has been highly criticized by conventional dietitians, physicians, and journalists. These folks demonized fats, elevated carbohydrates and convinced many others of their own ill-founded beliefs. You can well imagine the mainstream media response to my book, *Eat Fat, Lose Weight*, that was released in the 90s. The outrage was such that I was even profiled on the prime time news magazine show 20/20.

But just as steel is forged by fire, I have remained true to my beliefs. I have grown stronger, more resilient and more determined than ever to get the truth out about fat. Perhaps you can imagine how gratified—as well as vindicated—I feel today, finally seeing my message about fats established as mainstream—and even touted as “new news” when it first came into the limelight.

Throughout my career, I have had the privilege of working with literally thousands of clients from A-list celebrities, singers, songwriters, retired athletes, fashion designers, entire ballet troupes, and men and women like you and me. I can only say that I wish I had had this guide in hand back-in-the-day when my clients were experiencing their unresolved health and weight loss concerns. I especially needed it when they were doing everything right—and still not losing weight. In all these intervening years, I discovered that hormone imbalance is the most overlooked and underrated culprit, blocking even the most disciplined weight loss efforts. Our hormones govern metabolism, stress levels, hunger, and sex drive. When they're out of balance, we're out of balance. Yet, they are ALL brought into balance by the same powerful dietary solution—the healthy fats!

It's high time for YOU to get intimate with all the healthy fats. They deserve a prominent place at your breakfast, lunch and dinner.

Few people talk about parasites and even fewer people listen. Physicians rarely suspect or recognize classic symptoms of parasitic infection. Even if physicians are aware of the threat, many use outdated or inadequate testing procedures that result in falsely negative diagnosis. Sometimes the best method of detection is through careful assessment of symptoms.
Beautiful Bile
I believe you will be as amazed as I was to uncover a seldom-mentioned secret to weight loss. This is something that modern medicine seems to have forgotten and something that health pioneers of the early 20th century held sacrosanct: BILE. That's right! The amount of bile your body manufactures is directly linked to how you digest fats AND to the amount of toxins you can safely eliminate from your body. Inadequate bile is connected to a myriad of increasingly common symptoms: the inability to lose weight, dry skin, constipation, depression, chronic fatigue, and hypothyroidism. Fortunately, all of these conditions are easily remedied—whether or not you still have your gallbladder.

The Fats of Life
Let’s be honest. Fat is back big time!

Even Time magazine got in on the love affair with fats right from the “beginning.” “Eat Butter” was prominently declared on the cover of the June 2014 issue with its larger than life delicious golden butter gracing the entire page!

And it’s about time. For over half a century, fat has been terribly maligned and misunderstood in the American diet landscape and our health and expanding waistlines have suffered for it.

While “fat makes you fat” has been the mantra of most diet gurus over the last 20 years, NOTHING could be further from the truth. The right healthy fats are the #1 secret to fixing your metabolism, stress, hunger and sex hormones for lasting weight loss, vitality and overall wellbeing.

Big Fat Fears
The American public has been brainwashed with a big fat lie—a lie that has been told, retold and told again for well over 50 years. What’s more, this lie has been extended to cover all fats, not just the hydrogenated, overly refined and genetically modified commercial vegetable oils that actually will harm you.

Truth be told, our fear of fats only began in the 1950s thanks to the work of research scientist Ancel Keys, PhD, who conducted the Seven Countries Study in which he cherry picked data to support his theory that fat consumption led to cardiovascular disease. Although considered “pioneering” back in the day, the study was deeply flawed. Yet, the media ran with it and by 1961 even the American Heart Association issued its first anti-fat guidelines. This resulted in the launching of the no-to-low fat diet dictum that—to this very day—many health experts still recommend and rely upon as gospel.

As I wrote in Eat Fat, Lose Weight in the 90s, since we as a nation have gone fat-free, we have gotten sicker. Here’s what happened:

1. 65% of the population are now obese.
2. Adult-onset diabetes has skyrocketed and more than tripled in the last 30 years.
3. The incidence of certain kinds of heart disease has increased.
4. Depression has become a widespread epidemic.
5. New health problems have appeared out of nowhere: mysterious low grade ailments such as chronic fatigue, widespread food and environmental sensitivities, leaky gut syndrome, yeast and mold infections, and autoimmune issues.

Fat Phobia

It's a message I have been preaching for a very long time. When *Eat Fat, Lose Weight* first came out 15 years ago, it was absolute heresy in the age of fat phobia. Before it became mainstream, I was the ONLY nutritionist in the country to write about the importance of the right dietary fats—a very unpopular message which flew in the face of all conventional dietary wisdom of the 1980s.

The time has finally come to set the record straight with a newer, updated edition that is more streamlined for today's audience, thanks to the results from the latest trials which have exonerated fats once and for all. These trials have shown that not only was a high fat diet more effective for weight loss, but also greatly reduced the risk of heart disease and diabetes.

Yes, the science now proves it. A high fat diet is a healthier diet.

I know that many of you have already banned transfats and margarine. You try to avoid refined polyunsaturated vegetable oils like corn and canola. However, before you start slathering on all that butter or coconut oil, and bringin' home the bacon, it is important to understand that eating all those healthy fats is simply one part of a healthy weight loss equation. You must also learn the keys to making healthy fats work for you. I will tell you the very best fats to eat and the trick to activating them to burn as your body's MOST efficient fuel.

Wouldn't it be great if you could eat all the healthy fats you wanted, properly utilize them and look and feel fabulous in your body? You can!

What Eating the Right Fats Can Do for You

Welcoming the right healthy fats into your diet will keep you thin for life with beautiful glowing skin, healthy hair and nails, energy through the roof, a positive attitude and no more sugar cravings!

Some healthy fats can fix metabolism while others help you deal with stress and rebalance sex hormones. They also singlehandedly boost nutrient absorption and reduce inflammation which is linked to a whole host of conditions you want to avoid—like heart disease, depression, diabetes, arthritis, psoriasis, eczema and attention deficit hyperactivity disorder (ADHD).

But, there is a lot more to it. If you can't break down the fats properly or if you have too many pollutants already in your body (as we all do), you will end up in worse shape than when you started. As a matter of fat, simply adding more into your diet, even healthy fats, isn't going to get you to your goal if your body cannot digest them.

And it all boils down to bile.

Bile: Your New BFF

Bile is an emulsifier—a type of soap for fats. It breaks down the fats into small particles so that your intestines can absorb them. Produced by the liver to the tune of about one quart per day,
bile is made from lecithin, cholesterol and bilirubin. It is stored near the liver in the gallbladder. From there, it is transported to the intestines during digestion.

Here’s a NEWSFLASH for you: Bile is not ONLY the real key to the body’s ability to digest and assimilate fats, but it is also a vehicle for removing toxins from your body so they can be flushed out through the colon.

Bile is one of the liver’s premier detox mechanisms so the consequences of inadequate bile go far beyond the inability to lose weight. If the liver can’t clear fats, then it most likely can’t break down hormones or other metabolic waste products either, and you can end up with hot flashes, night sweats, cysts, migraines and depression.

To put it another way, bile is one of the most underrated and ignored methods our bodies utilize to move out toxins. The quantity of bile your body makes is directly proportional to the quantity of toxins you can eliminate.

If you lack enough fiber to escort these toxins out of your body, they can remain (along with bile) in your intestines for too long and are then reabsorbed. This is when toxic overload occurs with poisonous wastes ending up stagnant in your lymphatics and getting stuck in the bloodstream, joints and other tissues.

There is already a 75% bile deficiency by the time allergies, arthritis, and inflammation in joints and muscles develop. By the time cancer or chronic illness is diagnosed, a whopping 90% deficit has already occurred.

If your gallbladder hasn’t been doing its job due to a lack of the right healthy fats or too much hydrogenated fat or even if your gallbladder is gone, your body loses its ability to adequately regulate proper bile flow. Without your gallbladder, for instance, there is still a steady release of bile from the liver, but it is “mismatched” with the amount of oil or fat you are consuming—whether in quantity or timing. This has a cascading detrimental effect on your digestion as well as absorption of the fat-soluble vitamins (A, E, D, and K) and the essential fatty acids you will read about later.

Moreover, bile can be hampered from doing its job because of a lack of bile nutrients, congestion or even clogged bile ducts which interfere with bile flow and result in less bile production.

Regardless of where the bile is—in the liver, in the gallbladder or in the bile ducts—the principles of manufacturing, thinning and moving bile are the same. Bile helps to break down ALL dietary fats and ALL fat-soluble vitamins. This is no insignificant task. If you check any decent nutritional textbook these days and research all the symptoms and problems linked with fat-soluble vitamin deficiencies you will find everything from dry skin to indigestion to cataracts and cancer. Bile also acts as a lubricant for your stool to prevent constipation. Who knew?

Just as fascinating, French researchers have found that bile may be connected to our obesity epidemic and hypothyroidism. They discovered that fat metabolism is sped up by the activation of thyroid hormones in the fat cells. Could it be that an imbalance of bile is one of the reasons that hypothyroidism is so rampant today?
Let Sleeping Gallstones Lie

Millions of us experience unrecognized signs of poor bile digestion like bloating, nausea, sluggishness, poor thyroid function, constipation, hemorrhoids, and dry skin and hair.

Well over 20 million Americans have known gallbladder challenges while millions more go undiagnosed. Why? They haven’t been able to connect the dots between ALL the seemingly disconnected—but urgent—SOS signals our body is sending out loud and clear.

It is a shame that gallbladder removal has become the most common type of surgery performed in this country, usually due to the presence of gallstones. Gallstones commonly occur because of congested bile due to buildup which results in the precipitation of stones.

Ideally, treatment should consist of making sure the bile is thinned, decongested, and fluid.

For those who no longer have a gallbladder, it is critically important to mimic your body’s natural output of bile by taking an ox bile supplement (also known as bile salts). While you may not be able to duplicate your body’s remarkable wisdom of knowing just when to release the exact right amount of bile, supplementation with bile extracts can go a long way in maximizing the process and assuring that your fat-soluble vitamins are being absorbed.

Too much bile supplementation can create loose stools, while too little can make for very light or clay colored stools.

The Allergy Connection

If you still have your gallbladder but are experiencing frequent gallbladder attacks OR if you have had your gallbladder taken out but still experience pain (what is called “post-cholecystectomy syndrome,”) you should definitely know about the work of allergist Dr. James C. Breneman. He identified food allergies as a primary underlying cause of gallbladder pain.

I discovered Dr. Breneman’s landmark work thanks to a newsletter (Dr. Jonathan Wright's Health and Healing) written by my personal integrative physician, the brilliant and insightful Dr. Jonathan Wright in 2004 with the enticing headline “The 99.9% effective technique for eliminating gallbladder attacks forever.”

The article brought to light Dr. Breneman’s surprising discovery that gallbladder pain was significantly related to food allergies. In his study from the 1960s-70s of individuals both with and without a gallbladder he found that the major offenders were eggs (92.8%), pork (63.8%), onions (52.2%), chicken and turkey (34.8%), milk (24.6%), coffee (21.7%), and oranges (18.8%). Other foods which accounted for less than 15% of attacks included corn, beans, nuts, apples, tomatoes, peas, cabbage, spices, peanuts, fish and rye.

When his study participants eliminated their food allergies, they obtained 100% relief. WOW! So, needless to say, if your gallbladder’s acting up, give an elimination diet a try. Or, at least avoid the top three primary offenders like eggs, pork and onions. You know what you’ve got to lose!

The bottom line is you simply must ensure that you will be utilizing all the healthy fats you will be adding back into your diet—with or without your gallbladder—for the most complete digestion, assimilation and utilization.
The Stomach Acid Connection

In addition to trying out an elimination diet, you should also be taking a more up-close and personal evaluation of your stomach acid—meaning, your hydrochloric acid production, or lack there-of. Dr. Wright, who is also an expert on hydrochloric acid, has found that 90% of his patients suffer from too little hydrochloric acid or HCl. (In fact, I was one of them. My diagnosis of hypochlorhydria was officially diagnosed at his Tahoma Clinic in Washington State via the Heidelberg test in which hydrochloric acid secretion is monitored via a special capsule that is swallowed which sends back pH signals over an hour.)

Low hydrochloric acid levels are dramatically linked to a dysfunctional gallbladder through a cascade of biochemical events. Ideally, food should pass from your stomach into your small intestine, accompanied by a steady flow of bile. If you are not secreting enough hydrochloric acid due to a lack of hydrochloric acid producing nutrients (think sodium, iodine and zinc) OR if you are under stress, the opening to the small intestine, known as the pylorus becomes spastic.

A spastic pylorus keeps the bile from entering the small intestine, so that it backs up into the liver and gallbladder. Meanwhile your poor pancreas, which regulates the release of insulin (more about this later), also suffers from the lack of HCl and bile. The result is not only poor regulation of blood sugar—that can lead to weight gain—but problems with digestion and appetite.

The gallbladder seems to be especially reactive to emotions and tension. This may be due to its association with appropriate stomach acid production which can be hampered by stress. Stress can stop hydrochloric acid production in its tracks. So, needless to say, managing stress is a key defense. Make sure you give yourself enough time to eat slowly and chew your food thoroughly—as your mother would surely say!

Sometimes, HCl supplements containing betaine hydrochloride with pepsin, or apple cider vinegar mixed in water during meals is the solution. Other times, adding more salt, iodine and/or zinc to the diet can do the trick because these nutrients are the precursors to make your own hydrochloric acid. Regardless of which nutritional strategies you try, stress will always need to be managed.

Then, there's the matter of aging. Most of us, by the time we hit 40 start to experience plummeting HCl levels—often up to 50%. Unless you have esophageal corrosion or irritation, or a hiatal hernia, I would highly recommend a trial of HCl. Besides prompting the gallbladder to secrete fat-emulsifying and toxin-removing bile from your body, it also helps to digest proteins more efficiently, as well as calcium, magnesium and iron.

A most remarkable substance, it acts as a natural antibiotic, your first line of defense against toxic invaders, and sets the stage for the proper pH in your gut. Without this, the beneficial bacteria that comprise your microbiome may become over populated with nasty pathogens rather than friendly flora. Taking probiotics without stomach acid can often result in more bloating by adding additional bacteria that will trigger gas in your stomach and small intestine.

Bile: The Forgotten Key

As you must surmise by now, you will not be deriving the extraordinary benefits that healthy fats can bestow without enough bile.
You will be missing out on the most potent energy source available to the body because gram for gram, fat yields more than twice as much energy as carbohydrates or protein.

Since fat makes up the membrane of every cell in your body, your ability to process fat will affect every part of you! By maintaining strong cell membranes, fats help protect against allergens, bacteria and viruses.

Without proper fat absorption, many things can happen in a cascade of unwelcomed side effects. You will be deficient in utilizing B vitamins for digestion, nerve health, energy and mental well-being. You will be unable to regulate calcium levels in the bloodstream and transport it to the tissues for strong bones and cramp-free muscles. You won't be able to carry and store fat-soluble vitamins such as A, D, E and K for healthy skin, reproduction and blood clotting. You will be unable to conserve protein to rebuild vital tissues, maintain a normal body temperature, insulate and cushion your vital organs, nerves, and muscles against shock, heat and cold, or seal in moisture for healthier skin, hair and nails.

And that's STILL not all that happens without proper fat utilization.

As the years go by, you can start to experience chronic dry and itchy skin, digestive upsets, a higher likelihood of constipation and irritability, nervousness and even anxiety.

Convinced? I certainly hope so. These healthy fats we all so desperately need can boost every aspect of health—especially your brain to encourage clear and calm thinking and focus. The brain is made of 60% fat. If your body is NOT receiving, digesting or assimilating high quality healthy fats, your cells will be woefully lacking the raw materials they need for high quality brain function.

**Your Body’s SOS Signals**

What are some of the screaming signs that your body is not properly digesting fats?

- Queasiness after a fatty meal (impaired bile flow)
- Light colored or floating stools (lack of bile output)
- Nausea (not enough bile)
- Dry skin and hair (lack of essential fatty acids)
- Constipation (inadequate bile for lubrication)
- Constant feeling of fullness
- Inability to lose weight
- Pain under the right rib cage (reflective pain from gallbladder)
- Hemorrhoids (congested liver)
- Varicose veins (pressure from constipation due to thickened bile)
- Pain between the shoulder blades (reflective pain from gallbladder)
- Bloating or gas
- Headache over the eyes (gallbladder meridian passes over this region)
- Bitter taste in mouth, after meals (sign of bile regurgitation)
- History of prescription or recreational drug use (need for more liver and gallbladder support)
• Sensitivities to chemicals
• Easily intoxicated (need for more liver and gallbladder support)
• Fibromyalgia (sign of liver and gallbladder overload)
• Hypothyroidism (sign of deficient bile to stimulate active thyroid hormone in fat cells)

Also, keep in mind that if you have been following a low-fat or non-fat diet for a while, your gallbladder has been on vacation. It will need some time to adjust to actually working again the way Mother Nature intended when adding back the healthy fays. Simply put, the gallbladder is an organ that requires you use it or else you will lose it (quite literally in this case).

Sadly, over the last several decades so many of us have been brainwashed to trade in our “bad” saturated butter for processed margarine or polyunsaturated vegetable oils. The truth is that low-fat diets or diets filled with these hydrogenated or transfats do not stimulate the gallbladder to release bile properly as only the healthy fats can.

**Liver & Gallbladder Tune-Up**

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There is already a 75% bile deficiency by the time allergies, arthritis, and inflammation in joints and muscles develop. By the time cancer or chronic illness is diagnosed, a whopping 90% deficit has already occurred.

To produce the best bile, you need six specific nutrients. These are choline, taurine, beet root, pancreatic lipase, ox bile, and collinsonia root, which are all found in **UNI KEY’s Bile Builder**.

This is what they do:

• Choline assists with fat digestion and is the key for regenerating the part of your liver that makes bile. It functions as a powerful emulsifying agent making fats easier to digest and is an outstanding nutrient to remedy a fatty liver.
• Taurine helps bile to excrete chemicals detoxed by the liver, promotes increased bile acid production and reduces cholesterol levels in the blood and liver. This is a very important amino acid commonly deficient in those with allergies and multiple environmental sensitivities. It is required by the liver for the removal of toxic chemicals, drugs and metabolites from the body.
• Beet root contains betaine which thins the bile and helps to prevent the formation of gallstones. Betaine is also a rich source of hydrochloric acid which is critical for digestion and triggers the release of bile from the gallbladder.
• Pancreatic lipase helps breakdown fats as a digestive enzyme.
Whether you're one of the millions of Americans who are missing a gallbladder or are having fat digestion or detox issues, bile is your missing link.

**Bile Builder** will deliver 6 stellar miracle workers to your body, helping it to produce and thin bile, as well as get it moving so that it can do its job and not gunk up the bile ducts or form stones.

We all want to look our best, feel our best, and live our best lives. By attending this summit, you've already taken a huge first step towards this becoming your reality—and I applaud you. Welcome to the world of healthy fats, free-flowing bile and optimum living.