

# Eat The Yolks Liz Wolfe: Unlocking the Secrets of True Nutritional Health

Have you ever wondered why there is so much confusion surrounding nutritional health? With countless diets, conflicting advice, and an overload of information, it's easy to become overwhelmed and unsure of what to eat to support your overall well-being. But fear not, there is a source of wisdom and knowledge that can help you navigate through the chaos - Liz Wolfe and her groundbreaking book, "Eat The Yolks."

In today's modern world, we are bombarded with low-fat, processed foods and told that cholesterol is the enemy. However, Liz Wolfe challenges these long-standing beliefs and sheds light on the truth about nutrition, especially when it comes to eggs and their yolks. Her book, "Eat The Yolks," serves as a guide to understanding the importance of consuming whole, nutrient-dense foods, such as eggs, and debunks the myths surrounding cholesterol and fat.

But who exactly is Liz Wolfe and why should we trust her? Liz is a certified Nutritional Therapy Practitioner, author, and podcast host who has dedicated her life to researching and educating others about true nutritional health. With a passion for ancestral nutrition and a desire to uncover the secrets our ancestors knew, Liz brings a fresh perspective to the table that challenges traditional beliefs and offers a more holistic approach to eating.

## **Eat The Yolks** by Liz Wolfe (Kindle Edition)

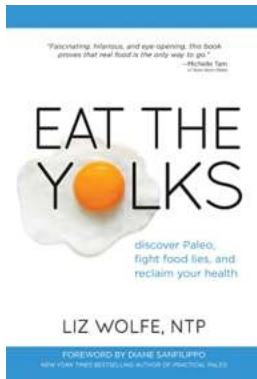
★★★★☆ 4.7 out of 5

Language : English

File size : 3082 KB

Text-to-Speech : Enabled

Screen Reader : Supported



Enhanced typesetting : Enabled  
Print length : 306 pages



## The Secrets of Nutritional Health Unveiled

In "Eat The Yolks," Liz Wolfe takes us on a journey through the history of our dietary habits and explores why our ancestors were thriving on whole, traditional foods. She explains how the rise of processed foods and the demonization of cholesterol and fat have contributed to the decline of our overall health. Liz delves into the science behind cholesterol, explaining why it is not the enemy as we have been led to believe and why we should embrace it as an essential component of our diet.

But it's not just about cholesterol. Liz also discusses the importance of consuming whole foods and the dangers of relying on processed, "low-fat" options. She debunks common myths about saturated fats, explaining why they are necessary for optimal bodily function and how they have been unjustly vilified in the media. Furthermore, she highlights the role of quality fats in hormonal balance, brain health, and even weight loss.

"Eat The Yolks" also dives into the truth about eggs and their yolks. For years, we have been told to avoid egg yolks due to their cholesterol content. However, Liz challenges this belief and explains how egg yolks are not only a nutrient

powerhouse but also an essential part of a healthy diet. Packed with vitamins, minerals, healthy fats, and protein, egg yolks provide numerous health benefits, including improved brain function, eye health, and hormone balance. Liz breaks down the misconceptions surrounding eggs and provides practical advice on how to incorporate this superfood into your daily routine.

## **The Long-Term Benefits of Embracing Whole, Nutrient-Dense Foods**

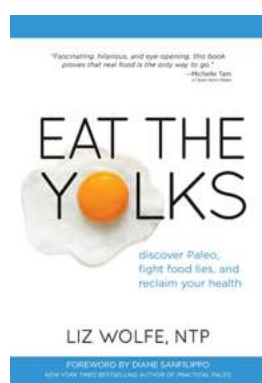
By embracing the principles outlined in Liz Wolfe's "Eat The Yolks," you can experience a multitude of long-term benefits. Switching to a more ancestral-based diet that focuses on whole, nutrient-dense foods can lead to increased energy levels, improved mental clarity, better digestion, and a stronger immune system. Additionally, this approach to eating can help shed unwanted weight, balance hormones, and reduce the risk of chronic diseases.

One of the key takeaways from "Eat The Yolks" is the importance of listening to your body and nourishing it with the foods it truly needs. Liz emphasizes the idea of bio-individuality, recognizing that we all have unique nutritional needs. By adopting a more intuitive way of eating and honoring our body's signals, we can achieve optimal health and well-being.

## **: Embrace the Wisdom of Liz Wolfe and "Eat The Yolks"**

In a world filled with contradicting nutritional advice, Liz Wolfe offers a refreshing perspective that resonates with our ancestral roots and promotes true nutritional health. Through her book, "Eat The Yolks," she reveals the secrets to unlocking optimal health by embracing whole, nutrient-dense foods and debunking the myths surrounding cholesterol and fat. By following the principles outlined in this book, you can achieve long-term benefits, both physically and mentally, and embark on a journey towards a more vibrant and nourished life.

So, why wait? Join Liz Wolfe and the "Eat The Yolks" movement today and take a step towards true nutritional health that will leave you feeling energized, satisfied, and empowered!



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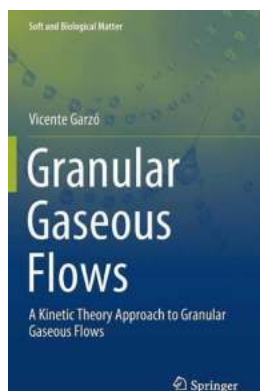
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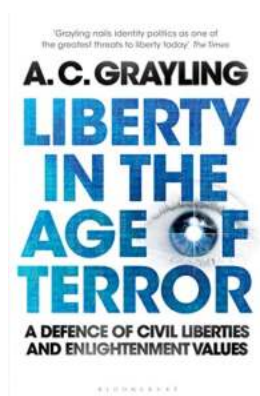
We live in an era of health hype and nutrition propaganda, and we're suffering for it. Decades of avoiding egg yolks, choosing margarine over butter, and replacing the real foods of our ancestors with low-fat, processed, packaged substitutes have left us with an obesity epidemic, ever-rising rates of chronic disease, and, above all, total confusion about what to eat and why. This is a tragedy of misinformation, food industry shenanigans, and cheap calories disguised as health food. It turns out that everything we've been told about how to eat is wrong. Fat and cholesterol are harmful to your health? Nope—they are crucial to your health. "Whole grains" are health food? Not even close. Counting calories is the way to lose weight? Not gonna work—nutrients are what matter. Nutrition can come from a box, bag, or capsule? Don't count on it! In *Eat the Yolks*, Liz Wolfe debunks all these myths and more, revealing what's behind the lies and bringing the truth about fat, cholesterol, protein, and carbs to light. You'll be amazed at the tall tales we've been told in the name of "healthy eating." With wit and grace, Wolfe makes a compelling argument for a diet based on Paleo foods. She takes

us back to the foods of our ancestors, combining the lessons of history with those of modern science to uncover why real, whole food—the kind humans ate for thousands of years before modern nutrition dogma led us astray—holds the key to amazing health and happy taste buds. In *Eat the Yolks*, Liz Wolfe doesn't just make a case for eating the whole egg. She uncovers the shocking lies we've been told about fat, cholesterol, protein, carbs, and calories and brings us the truth about which foods are healthy—and which foods are really harming us. You'll learn truths like: - fat and cholesterol are crucial, not harmful . . . and why - “whole grains” are processed foods . . . and what to eat instead - counting calories is a waste of energy . . . and what we actually should be tracking - all animal products are not created equal . . . and which ones we truly need - nutrition doesn't come in a box, bag, or capsule . . . and why there's no substitute for real food!



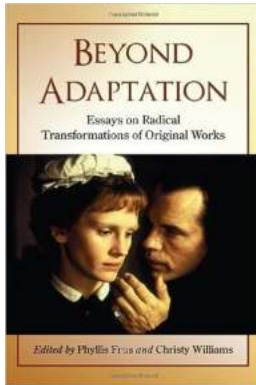
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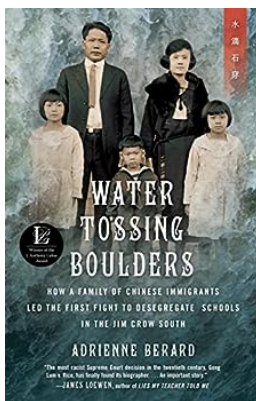
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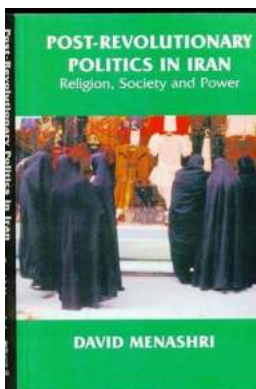
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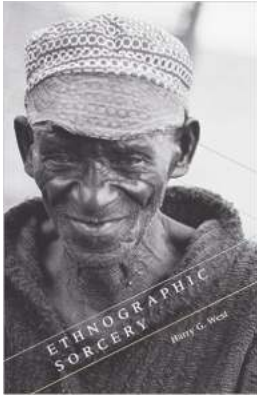
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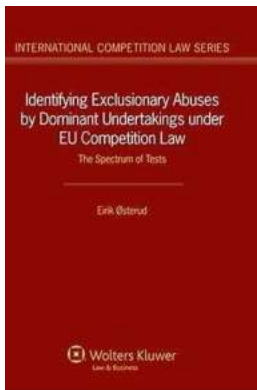
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