

'LOW FAT' IS THE ENEMY

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Categories: [Real food](#), [Weight loss](#)

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In my post on [real food](#) I tried to explain why we should shun processed foods labelled 'low fat', 'heart healthy', and the chemicals that go into packages. I tried to explain how cholesterol is good and only when mixed with bad elements from processed foods does inflammation occur and this is the root cause for heart disease.

Why then did saturated fat and cholesterol get the bad rep? [Watch this video](#).

But nothing that I wrote can explain the entire concept so beautifully and simply than this article by a heart surgeon shared below..

Simply stated, without inflammation being present in the body, there is no way that cholesterol would accumulate in the wall of the blood vessel and cause heart disease and strokes. Without inflammation, cholesterol would move freely throughout the body as nature intended. It is inflammation that causes cholesterol to become trapped.

[Read on](#) for real food for thought.

