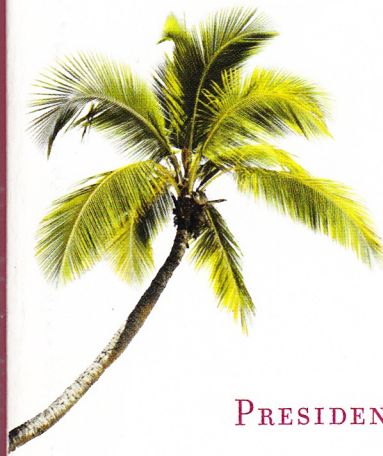


FROM THE  
AUTHORS OF THE  
BESTSELLING  
*NOURISHING  
TRADITIONS*



# *EAT FAT LOSE FAT*



Dr. Mary Enig  
INTERNATIONAL EXPERT ON FATS  
and  
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