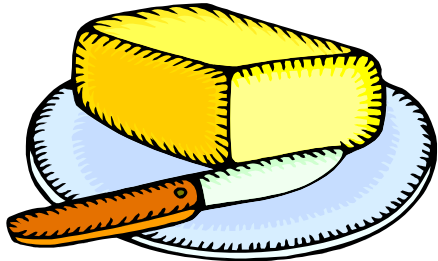


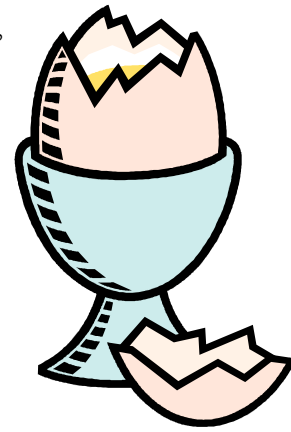
WRONG, WRONG, WRONG...

How many of these “medical misconceptions” caught you by surprise?



“Butter is bad.” Many people have believed this misconception since childhood. Butter is actually a healthy food with lots of benefits. Eating it can even protect you against skin cancer. Margarine, the so-called “healthy alternative,” on the other hand, is more dangerous than smoking cigarettes. The trans fatty acids in it are poison to your arteries, yet most people still believe margarine is good for them.

“Stay away from eggs.” “Experts” claim the yolks will raise your blood cholesterol level. Not true. Dietary cholesterol can’t do that. Egg yolks are also loaded with *lutein*, a nutrient which can save your eyes from macular degeneration. Many doctors and nutritionists have been considering eggs the perfect food since 1985. Eventually the “experts” will change their mind.



“Nuts are fattening.” Experts believe this is crazy. Some nuts are actually an excellent weight-loss food because they digest slowly and satisfy hunger longer. What’s more, two large studies show that eating nuts can reduce your heart attack risk by 65%. The reason being that nut oil is especially beneficial for your arteries. This has been proven true on many occasions since 1989.

“Fat is unhealthy.” This very common misconception may actually be making people more overweight. The human body needs fat for peak performance and appetite appeasement. Unfortunately, it has to be the right kind— and we are just not getting enough of these good fats. Odd as it sounds, one fat is even essential for losing weight. Its called conjugated linoleic acid (CLA for short). Thanks to new research, we now know that CLA’s job is to make sure the fats we eat are converted into muscle and energy. Without CLA, dietary fat is simply stored as new fat cells.

