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fatigue, bloating, constipation, weight loss (not fats although too much fat was bad a paleo inspired diet for several months

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Will Cole is our guest today in Episode 979 of The Livin La Vida Low-Carb high-fat diet, The Only Solution To Permanent Weight-Loss And Disease

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Studies saying fat is not that bad are misleading,

All fat is bad for the body, scientists have warned, saying studies suggesting otherwise were misleading.
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Ask the low-carb experts

In Episode 41 of "Ask The Low-Carb Experts," we had Dr. Wilson zoom in at the role of hunger and satiety on a weight loss diet. Fat Diets: Good vs. Bad

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