Many popular books, magazines, and websites claim that we have been following expert medical advice for the past 40 years and we are unhealthier than ever. They declare that the idea that saturated fats and cholesterol cause heart disease is the greatest scientific deception of our times and that a low-carbohydrate, high-fat diet is essential for our well-being.

These views have become accepted as the truth. Instead of informing our society about healthy dietary choices, they are causing widespread harm. These prevailing views are based on myths, fabrications and distortion of the facts.

However, standard medical advice has not been helpful in reducing the rising prevalence of obesity, diabetes, and autoimmune diseases. This advice often contains guidance such as “everything in moderation” and that we need to be “practical” and “flexible”. Advice which is not very constructive.

Fortunately, the diets that are optimal for our health are also the best for the environment and for the animals we share the earth with.
Corrections

**Triglycerides and Phospholipids on page 62**

“Introduce trans-fats and *unsaturated* fats, which are straight molecules, then cell membrane permeability and fluidity are affected.” should be

“Introduce trans-fats and *saturated* fats, which are straight molecules, then cell membrane permeability and fluidity are affected.”

**Lester Morrison’s Diet-Heart Study on page 96**

“By the end of twelve years, nine of the fifty patients treated with the diet survived.” should be

“By the end of 12 years, 19 of the 50 patients treated with the diet survived.”