



Eat Like a Fatass, Look Like a Goddess: The Untold Story of Healthy Foods

By Erika Herman

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"With characteristic sass, Erika Herman has taken on the assumptions of popular diet culture. This is the anti-*Skinny Bitch*, the much-needed answer to the misguided idealizing of veganism as the pinnacle of health. Herman's penetrating research, driven by hunger for the truth beyond fads and bandwagon mentality is delivered in an accessible, illuminating and empowering way." —Julian Walker, author of *Awakened Heart, Embodied Mind*

"*Eat Like a Fatass, Look Like a Goddess* is, without a doubt, the most important book of the 21st century. If the principles of this book were followed by all...obesity, autoimmune diseases, cancer, heart disease, diabetes, etc. would virtually disappear. This brilliant book refutes the lies we have been told about nutrition....It should be required reading in schools across America." —Don J. Serio, D.C.

"Erika's book is a godsend in our modern world of nutritional misinformation. Erika's understanding of nutrition science and sustainability is far more comprehensive, in-depth and tasty than that of most physicians, dietitians, nutritionists and other 'experts.'" —Chelsea McLean Casey, Cancer Survivor, Advisory Panelist & Model Liaison, Fashion Week San Diego

EAT ALL THE TABOO FOODS YOU'VE BEEN TOLD WILL MAKE YOU A FATASS AND KILL YOU.

EAT THEM AS IF YOUR WAIST, LIFE, AND THE PLANET'S HEALTH DEPEND ON IT—BECAUSE THEY DO.

What if everything you think you know about health isn't true?

Hailed "the anti-*Skinny Bitch*," *Eat Like a Fatass, Look Like a Goddess: The Untold Story of Healthy Foods* cuts through countless popular myths about nutrition, weight loss, disease-prevention, sustainability and planetary health with razor-sharp wit, hardcore research, and a whole lot of heart. What if

- most food cravings have nothing to do with lack of willpower
- calorie-counting isn't an accurate tool for weight loss
- dietary fat doesn't make you fat
- saturated fat is actually healthy and you should be eating a lot more of it
- women with higher cholesterol live longer than women with low cholesterol
- salt consumption doesn't give you high blood pressure, or make you bloated
- the real Mediterranean Diet is very different from what you think it is
- the Glycemic Index is flawed
- plant-based diets trigger inflammation
- plant foods can't do many important things for your body that animal foods can
- no culture in the history of humanity has been able to continue its line on a diet devoid of animal foods
- ecological sustainability depends on non-commercial animal husbandry?

What if science indicates these what-ifs are reality? Because it does. What if you could lose weight, feel vitalized, nix cravings, and save the planet--all while indulging in foods you love? Because you can. *Eat Like a Fatass, Look Like a Goddess* shows you how.

A board-certified Nutritional Consultant, Holistic Health expert, incisive researcher and food-lover, Herman reveals what it actually takes to be a vibrant truth-seeking modern woman.

Whether you know little about nutrition, consider yourself well-versed, or are a member of the medical or scientific community, *Eat Like a Fatass, Look Like a Goddess* will surprise, relieve and outrage you. You'll feel excited about food again—and how tasty it can be to save the planet, your health and your waistline. You'll learn which taboo foods rigorous peer-reviewed scientific research exposes are deliciously good for you and which supposedly healthy foods are flat-out hyped-up BS. You'll learn *how* to think about health, instead of simply memorizing *what* is healthy. You'll feel inspired by powerful stories from dynamic women who transformed their bodies and lives with these simple principles--just like you can.

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Editorial Review

Review

“Erika’s book frees women by exposing the holes in countless unscientific diets and nutritional approaches.”
—**Homa Sajadian, L.Ac., Dipl.Ac.**

"With our modern culture's abundance of options, choosing what to eat can be confusing, and make us unnecessarily obsessive. We are all too often fed lies and taught wrong. Erika is a true heretic and will get you thinking." —**Nianna Bray, International Yoga Teacher; Away Inward Retreats**

"In a world of nutrition and diet gimmicks, hype, misinformation, and downright hypocrisy, Erika Herman is more than a breath of fresh air, she is an entire oxygen tank. Her wit and wisdom will open your eyes and tantalize your taste buds with everything from simplified explanations of groundbreaking peer-reviewed research to awe-inspiring transformation stories from real women. *Eat Like a Fatass, Look Like a Goddess* will make you rethink what's "healthy" and confirm what deep down we all hoped was true: you can actually be healthy, slim, and eat foods that taste good! A must-read for all smart, health-conscious modern women.”
—**Allison Weigel, *SkinnyMom***

"Erika offers the women of the world priceless, provocative, and grounded wisdom to live by. At once authoritative and genuinely human and humble, she compassionately embraces the psychological journey we all undertake with our food, and the source of our food." —**Brooke Niss, L.Ac., MS**

“Before I read *Eat Like a Fatass, Look Like a Goddess*, I was so sick and tired of tracking calories in order to manage my weight. I felt frustrated, and was not getting the results I wanted, but everything changed after I read Erika’s book. Erika cuts straight through the bandwagon-diet BS, exposing shocking, useful and in-depth nutrition research that has empowered and freed me to make the right food choices. Even with just a few simple, satisfying adjustments to my diet, I began to feel and look healthier—with zero deprivation! Erika’s book has revolutionized the way I will eat forever. —**Tricia Eastman, Beauty Editor & Video Host, Ehow.com and About.com**

“Finally! The *truth* about what we should and shouldn’t eat to stay happy and healthy. In a world overflowing with fad diets and fleeting, ineffective nutritional advice, Erika Herman has stepped in to cut through the B.S. and give us women the facts we need to not only thrive, but look great and feel fabulous both inside AND out!” —**Ellen Smoak, author of *Breakups Are A Bitch, But Getting Over It Doesn’t Have To Be!*, host of SmoakinHotTV**

About the Author

Erika Herman is a Real Food + Functional Nutritionist, Mind-Body-Nutrition Connection© and Cleanse Expert, International Teacher of Nutrition, Bestselling Author of *Eat Like a Fatass, Look Like a Goddess: The Untold Story of Healthy Foods*, and Creator + Host of the forthcoming show *Erika Herman's TOTAL HEALTH REVOLUTION©*. Erika unifies Real Food Nutrition with Mind-Body Integrative Practices, and Individualized Biology, empowering women and men who have tried everything to finally--sustainably--cleanse, get energized, reverse aging, and balance hormones in a delicious, science-backed, hype-free way that's right for them. Erika debunks hype and misinformation with hardcore critical thinking and evidence-based research at every turn because she loves it as much as she loves food, science, and liberated intelligent living. Hi, I'm Erika Herman, a Real Food + Functional Nutritionist, Mind-Body-Nutrition Connection© and

Cleanse Expert, International Teacher of Nutrition, Bestselling Author of *Eat Like a Fatass*, *Look Like a Goddess: The Untold Story of Healthy Foods*, and Creator + Host of the forthcoming show Erika Herman's **TOTAL HEALTH REVOLUTION**©. I unify Real Food Nutrition with Mind-Body Integrative Practices, and Individualized Biology, empowering women and men who have tried everything to finally--sustainably--cleanse, get energized, reverse aging, and balance hormones in a delicious, science-backed, hype-free way that's right for them. I debunk hype and misinformation with hardcore critical thinking and evidence-based research at every turn because I love it as much as I love food, science, and liberated intelligent living. Erika bases her work on 15+ years of research and experimentation with real food nutrition science, mind-body integrative practices, and human biochemistry, as well as coaching countless women and men of all ages and walks of life (from stay-at-home moms and dads to A-list celebrities, high-powered attorneys, and seasoned medical professionals). Erika and her work have been featured in the likes of Redbook, Yahoo!, Mental Floss, Natural News, SheKnows, SkinnyMom, Dr. Laura, Babble, The Daily Meal, Beauty High, Wanderlust, Elephant Journal, Mamavation, Intent, The Momiverse, Parenting Bookmark, Hitched, and beliefnet. A highly sought after speaker, Erika regularly presents at media events, summits, workshops and seminars. Sign up for Erika's FREE updates and snag your FREE gift at www.erikaherman.com.

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