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Bestselling author Sally Fallon Morell predicted the rise of bone broth, an old-fashioned remedy turned modern health craze, in her recent hit NOURISHING BROTH. Now, Sally explains the origins of, and science behind, the next movement in the wellness world—healthy fats. In the style of her beloved cult classics NOURISHING TRADITIONS and NOURISHING BROTH, NOURISHING FATS supports and expands upon the growing scientific consensus that a diet rich in good fats is the key to optimum health, and the basis of a sustainable, long-term diet. Sally has been giving the clarion call for these facts for many years and now the American public is finally catching up. In NOURISHING FATS Sally shows readers why animal fats are vital for fighting infertility, depression, and chronic disease, and offers easy solutions for adding these essential fats back into readers' diets. Get excited about adding egg yolks and butter back into your breakfast, because fat is here to stay!

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