



# THE FAT SUMMIT

*Separating Fat From Fiction*





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## Dr. Josh Axe

- Doctor of natural medicine, nutritionist and author with a passion to help people get well
- Expert in herbal medicine, nutrition, digestive health and athletic performance
- Operates one of the world's largest natural health websites at [www.DrAxe.com](http://www.DrAxe.com)



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# Dr. Axe's Plan for His Mom

- Juicing vegetables
- Probiotics
- Bone broth soup
- Very clean diet
- Increased healthy fat



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**Women's Health  
Institute study found  
that women who ate  
more saturated fat had  
less heart disease.**





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# The Benefits of Ghee

- Higher profile of saturated fats
- Good for dairy and gluten sensitivities



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# Supplements/Foods that Help with Fat Digestion

- Lipase enzyme
- Ox bile
- Milk thistle
- Beets
- Dandelion greens
- Artichokes
- Sauerkraut
- Yogurt
- Apple cider vinegar



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**“Let food be thy  
medicine”  
- Hippocrates**







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**Eat healthy and the side  
effect will be weight  
loss**





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# Collagen in Bone Broth

- Great for immune system
- Great for gut health/repair
- Arthritis/joint issues
- Skin & beauty



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# Different Types of Collagen

- Type 1 & 3 collagen, found in beef bones, is good for nails and skin
- Chicken collagen, Type 2 collagen, is good for joints and gut health
- Fish collagen has the greatest effect to produce your own collagen



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## Dr. Axe's Chicken Broth

- Local farmer's market
- Buys chicken feet and necks
- Submerge in crockpot
- 4 Tablespoons of apple cider vinegar
- Carrots, celery, onion & garlic
- Cook for 24 hours



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DR. JOSH AXE

eat  
  
dirt

Why **Leaky Gut** May Be the Root  
Cause of Your Health Problems and  
5 Surprising Steps to Cure it



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# Eat Dirt

- 5 steps to heal leaky gut
- Microbes are essential for your gut
- Stop with antibiotic overload
- Natural remedies/essential oils
- How to boost your microbiome



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# Use food as your medicine





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[www.draxe.com](http://www.draxe.com)







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# Don't Be Afraid of Fat

- Coconut oil
- Extra Virgin Olive
- Almonds
- Avocado
- Salmon / Grass-fed Beef
- Chia and Flax



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