

## **This Is Important!**

Oils are fats. We need them. We have to have them. They are part of every single cell in our body. They are especially important to our nervous system (\*our brain), our cardiovascular system and our hormonal system. The problem is that we need the right fats.

The food industry has developed hydrogenated and partially hydrogenated fats. This is typically done by heating oils, and that changes them chemically. The bonds holding the atoms together become “trans” bonds; hence the term “trans fats”. While these fats increase the shelf life of a product, they are not healthy for us to consume. I consider them poisons. And they’re sneaky too! They enter into the chemical reactions that require fats, but the products are substandard.

These are a few of the negatives associated with hydrogenated fats:

Heart Attack	Autoimmune problems
Strokes	Headaches
Cancer	Asthma
Inflammation	Skin problems
Arthritis	PMS
Hot Flashes	Menstrual Cramps

Eliminate fried foods and any foods containing hydrogenated, partially hydrogenated or trans oils/fats!!!

### **Below is a summary borrowed from to your health:**

#### *Saturated Fats*

1. Short chain	Easily metabolized for energy	Butter, Coconut, Palm Kernel
2. Medium chain	Metabolized for energy	Coconut, Palm Kernel
3. Long chain	Associated with heart disease and elevated bad cholesterol	Meats (especially red meats)

#### *Unsaturated Fats*

1. Mono	Lowers heart disease and cardiovascular risk	Olive, canola, peanut
2. Poly	Omega 6’s and 3’s, lowers heart disease and cardiovascular risk	(see below)

#### *Omega 6*

1. Linoleic acid (high in food supply)	safflower, sunflower, corn, peanut, canola
2. Gamma-linoleic acid (low in food supply)	borage, blackcurrant seed, evening primrose
3. Arachidonic acid (high in food supply)	eggs, fish, meat

### *Omega 3*

1. Alpha-linolenic acid (some conversion to EPA, DHA) flaxseed, hemp, nuts, green leafy veggies, wheat germ
2. Eicosapentaenoic acid (EPA) fatty fish (ie. Salmon, tuna, mackerel)
- Docosahexaenoic acid (DHA)

### Notes:

- 1) Organic, cold processed oils are best.
- 2) Limit fish because of mercury contamination.
- 3) Because of the way most animals are raised, they accumulate toxins. Hormones are commonly used to bring animals to market faster. Pesticides are used on grains given to animals to feed on. Pesticide residuals build up over time in animal tissue, especially fat. For these reasons, if you want to incorporate some organics in your diet, meats and butter are a good place to start.