



Why we NEED Fats!

Myth: Fat makes you fat

Fact: The human body NEEDS fat to Burn Fat!

Fat is imperative for:

- ❖ Blood sugar regulation and optimal weight control.
- ❖ Energy! Fat is fuel for the muscles (this includes the heart muscle)
- ❖ Brain Health. The human brain is at least 60% fat!
- ❖ Healthy hormone balance
- ❖ Cell membranes. You need a balance of healthy fats to get nutrients into cells and wastes out
- ❖ Production of anti-inflammatory chemicals
- ❖ Optimal liver and gallbladder function

*****Fat is the main slow burning, long acting fuel.*****

The human body needs a BALANCE of the various components of saturated and unsaturated fats to perform optimally.

There is a difference in the QUALITY of the fats available.

When reading labels look for these terms:

GOOD FATS

- ❖ Cold Pressed
- ❖ Unrefined
- ❖ Expeller Pressed
- ❖ Organic
- ❖ Extra Virgin

BAD FATS

- ❖ Hydrogenated
- ❖ Partially Hydrogenated
- ❖ Trans fats
- ❖ Cold PROCESSED This is a trick on words





Bad Fats:

Canola, cottonseed and soy oils are polyunsaturated fats which require extreme processing using high temperatures and chemical solvents to manufacture. Processing alone causes them to become rancid long before they ever make it onto a truck for distribution.

These fats were not intended by nature to be consumed by humans especially in the quantities that they are being consumed today. Who eats cotton???

The problems is that your body will try to use these fats which do not act the same as healthy fats in your body. Hydrogenated fats disrupt normal inflammatory and anti inflammatory processes leading to chronic inflammation.

These Frankenfats also make your cell walls hard and rigid so nutrients have a difficult time getting into the cell and wastes have a hard time getting out of the cell. This "junking up" of the cell membranes also interferes with cell to cell communication and hormone signaling. This is a really big problem!! If your cells are sick...You are sick!

This altered cell membrane activity can even interfere with blood sugar balance by blocking the effects of insulin hence preventing glucose entry to the cells. They also interfere with brain signaling and have been linked to conditions like Alzheimer's Dementia and Parkinson's Disease.

These fats are toxic to the body and are plentiful in processed foods. Please read labels. Or better yet....focus on Whole Foods which naturally contain health promoting fats.

Good Fats

Look for Grass Fed Beef, Pastured Pork, Wild Caught Fish and Free Range Eggs. Toxins are stored in fat in animals so you want to go for good quality here! The rendered tallow





and suet from beef and pork are very heat stable and great for cooking at higher temperatures.

The types of fats produced by animals can differ depending on their diet. Grass fed animals tend to produce a more balanced ratio of omega 3's to omega 6's as opposed to grain fed animals who produce a higher ratio of omega 6's. Both omega 6 & omega 3's are important but have to be in balance with each other. Too much omega 6 in proportion to omega 3 can lead to chronic inflammation.

Remember "Butter is Better" for your colon! It provides butyric acid that feeds the cells lining your colon. If you cannot tolerate dairy then you could try ghee which is clarified butter oil minus the milk protein.

Coconut oil is one of my favorite fats! It's mostly saturated so it can be used at higher temps and has a zillion uses! I love that it has antibacterial and antifungal properties. Type coconut oil into a Google Search and see for yourself what comes up.

Polyunsaturated oils like Olive, Flax, Nut & Seed oils are also very health promoting. Polyunsaturates provide flexibility to cell membranes and are necessary to healthy inflammatory regulation. Polyunsaturated fats are fragile and should never be heated. They are also sensitive to light so it is best to store them in opaque containers. With the exception of olive oil, I keep my polyunsaturates in the refrigerator.

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