

# Healthy oils & fats are the second most important choice in your diet.

## Good fats are essential to health because:

- Fats form the cell membranes throughout the body.
- Fats enable the body to utilize the fat-soluble vitamins A, D, E & K.
- Fats are used in the production and activity of hormones and enzymes.
- Fats are a major source of sustained energy.
- Fats are necessary to conceive and for pregnant women carry a baby to full term.



Many vegetable oils are made from seeds, including corn, canola, soy, sunflower, safflower, cottonseed and grapeseed. These are high in polyunsaturated fatty acids, supposedly good for you, but extremely sensitive to air, light and heat. These fats easily become rancid when they are exposed to heat, light and air. When fats and oils are altered by processing with chemicals and high heat, they become toxic transfats and mega-transfats, which skyrocket the risk of heart disease, according to the Harvard School of Public Health.

Canola oil is a genetically-engineered non-food that has been promoted as 'healthy', but in fact is extremely toxic to the cells, tissues and organs. Soy oil is almost all from genetically-engineered soybeans treated to intense chemical pesticides. Neither soy nor canola will give your body oil it needs to function properly.

Oils labeled "extra virgin" or "virgin" are pressed mechanically from olives or coconuts without chemical or heat processing. Unfortunately, USA labeling regulations are so loose that virgin olive oils can be mixed with 80% other processed oils. Even so-called "cold-pressed" oils are often made with some exposure to air and heat that can cause rancidity. Refining processes use chemical solvents like hexane to extract the oils, and other chemicals to degum, refine, bleach and deodorize the oils to remove off-tastes and color.

Bad Fats: Rancid oils, transfats & Mega-transfats cannot be properly used by the body and interfere with normal metabolic functions. Enzymes become clogged and deactivated, hormones are disrupted, cell membranes made weak. These altered harmful fats then create cascades of free radicals in the body which cause inflammation, and lead to cell death. The liver can be heavily overburdened trying to detoxify this.

The best way to get your fatty acids for function is from fresh whole foods with natural fats, and mono-unsaturated fats like olive oil, from clean saturated fats like extra virgin coconut oil and non-rancid butter. Coconut oil is excellent for cooking because has a high smoke point and is not damaged by heat. Olive oil which has a Harvest Date on the bottle is freshest and most likely to be pure. Medium and short-chain fatty acids in butter are not stored as fat, but used in vital organs for energy and contain balanced Omega 3 & 6.

## You won't know how good you can feel until you eliminate these unhealthy fats from your diet:

Bad Fats and Oils	Healthy Oils & Fats to Eat Instead
Soy Oil and Canola Oil –are genetically engineered Sunflower, Safflower, Grapeseed Oils – all processed	Real Olive Oil
Generic Vegetable Oil and Cottonseed Oil	Coconut Oil, Avocado Oil
Hydrogenated oils, solidified - like margarine, Crisco	Butter - Pasture-raised has highest vitamin content
Overheated oils & fats of all types	Fresh whole vegetable foods high in fats, like avocados, almond butter, sesame seeds, sunflower seeds, olives
Fish oil supplements are often rancid – beware!	Fats from fresh pasture-raised eggs, wild-caught fish