

# The Simple Truth About Fat

If you want to read no further on the subject of fats, just follow the Five Fat Facts listed below.

1. All of us need to eat the good fats - no matter what your health status! In fact it is beginning to emerge that a high fat diet with moderate protein and low carbohydrates, managed correctly, can be what heals many of us who have issues with excess weight, insulin resistance, cardiovascular disease, as well as other more serious disease processes. These good fats are the fats naturally found in nuts and seeds, olives, coconut and animals.
2. Cook with lard, butter, ghee and coconut oil only, and enjoy the deliciousness the flavours of these fats bring to your food.
3. Use "cold pressed/ extra virgin" olive oil, avocado oil, and nut and seed oils as dressings after food is cooked – heating these oils alters them to a toxic state which can do us serious harm.
4. Enjoy eating oily fish but also choose a high quality omega 3 fish oil to supplement daily with.
5. Avoid ALL "vegetable oil" and "cooking oil", margarines and processed foods containing any sort of oils. These always have been, and always will be, BAD for you, NO MATTER WHAT HEALTH BENEFITS THE PACKAGING MAY TELL YOU – they are all lies !!!

Now I'm going to ramble on a bit and scratch the surface on why these facts are important. If you don't wish to know more just get on with living by the Five Fat Facts and know you are doing a good thing for your body and mind. Go well!

Modern life presents us with a huge toxic burden to deal with...everywhere you turn there is something that can potentially make you sick or even kill you...

- Pesticides and herbicides
- Pollution from factories and vehicles
- Cigarette smoke
- Chemicals and dyes in foods
- Sugar and artificial sweeteners
- Mercury in vaccinations and amalgam fillings
- Prescription drugs
- Chemicals in our water supply
- Contaminated fish

But one of the biggest threats to our health today has been in our food chain since industrialization and it continues to increase it's presence at an alarming rate... Trans-fats.

Here is what you may not know, but MUST know, about this killer: Trans-fats are not a fat found anywhere in Nature. That should be your first clue that they're probably not good.

Instead, they're CREATED in one of two possible ways:

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1. The way we all know about...

Trans-fats are created when food manufacturers infuse hydrogen into polyunsaturated oils to create a solid fatty substance (like shortening or margarine) that has an indefinite shelf life -- otherwise known as hydrogenated or partially hydrogenated oils. Hydrogenated and partially hydrogenated oils are found in countless packaged foods, especially snack cakes, cookies, chips and granola bars -- foods that are heavily marketed to kids. They're also in most bakery items, since bakeries rely heavily on shortening for cookies, cakes and frostings.

2. The way most people DON'T know about...

What most people don't know is that trans-fats are also created when polyunsaturated fats are HEATED.

That means you can be buying "heart healthy" polyunsaturated oils like canola or safflower oil, thinking you're doing something good for your health, but the second you heat them in your frying pan, BAM!...You've just created trans-fats.

Fast food restaurants are notorious for frying their French fries, fish and chicken in canola oil...so those are LOADED with trans-fats too.

And here's the biggest lie: Margarine manufacturers create their products with polyunsaturated oils and market them as "Trans-fat free!" However, during the process of creating margarine, the oils are always heated...so you now know what that means. It's loaded with trans-fats, regardless of what the package label may claim.

Trans-fats are dangerous in many ways...

- They cling to your arteries and tissues, increase blood cholesterol, lead to atherosclerosis and inflammation and practically guarantee that you'll have heart disease.
- Since they're not from Nature, you don't have the enzymes in your body to break them down, so they're next to impossible for your body to eliminate.
- Plus, they can actually multiply like rabbits inside your body and reproduce themselves by the billions. This spurs the development of free radicals, which accelerate atherosclerosis and inflammation, contribute to countless diseases and lead to premature aging.
- So to think that these substances are in practically EVERY packaged and fast food imaginable and are heavily marketed to kids is absolutely shameful.

But wait -- there's more!...

Researchers at the University of California, San Diego School of Medicine have shown in several different categories of people that consumption of trans-fats is associated with increased irritability and aggression. A study of nearly 1,000 men and women showed adverse behaviours ranging from impatience to outright overt aggression.

In other words, these poisons are affecting our bodies AND minds!


So now even if you yourself avoid trans-fats, you may become a victim of someone who's full of them!

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1. Read food labels. If they mention hydrogenated or partially hydrogenated oils, DO NOT buy the product, period. There are always alternative products that don't contain them.
  2. NEVER EVER USE MARGARINE under any circumstances. And never use polyunsaturated oils (like canola, corn or safflower oil) in cooking.
  3. Don't walk, RUN far away from fast food restaurants.
  4. Eat real (not processed or fast) foods that includes healthy fats and encourages efficient digestion and elimination of wastes (including trans-fats).
  5. Help reduce any existing trans-fat related inflammation in your arteries.

The best way to do this is to give your body a dose of healthy, natural inflammation-fighting Omega-3 fatty acids with a quality fish oil supplement.

The bottom line is this: The more you can eliminate the deadly poison of trans-fats from yours and your kids' lives, and the quicker you introduce the good fats into your diet, the better your chances of a life free of pain, disease and now, mental problems.

Aren't you and your family worth it?

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