

Fat is your Friend, not your Foe



Did you know your brain is about 60% fat?

Fat is essential for building healthy cell membranes, proper blood clotting, absorbing essential fat soluble vitamins (A, D, E, and K), and for protecting your vital organs. It's necessary for healthy hair, skin, nails, eyesight, mood, memory, heart and immune system. Fat fuels normal brain development in babies and children, and influences brain function as we grow older.

Since the 1950's, we've been led to believe that eating low-fat, processed foods are healthy, but that's a lie. When they removed the good fat in our foods they replaced it with different forms of sugar, mostly high-fructose corn syrup, in order to add flavor back into the food. The fact is that a lifetime of eating this way leads to obesity, diabetes, cancer, heart disease, Alzheimer's, dementia, gut issues and more.

Here's what really happens when you ingest food:

- Once the food gets to your intestines it breaks down into glucose, which is one of the fuels your body uses, the other is ketones, but more on that later.
- In order for the glucose to get into the cells, insulin is secreted from the pancreas.
- When the cells have had their fill, then your body can start burning fat.
- But if your pancreas has to continually pump out insulin to handle all the glucose you can't burn fat!
- Simply put, excess insulin blocks fat burning and leads to fat storage!
- When you see nonfat or low-fat processed foods, think high sugar and the potential for weight gain.

The Type of Fat Matters

It's not so much the amount of fat you eat, but the *type* of fat. You'll want to avoid any type of processed fat, including hydrogenated, partially hydrogenated and "*trans*" fat. These are synthetic and our body treats them as foreign invaders which can cause serious inflammation throughout your body.

The healthy fat in fish is high in omega-3, which reduces inflammation. The best sources are salmon, sardines, and tuna. The American Heart Association recommends eating two servings of fish per week.

Additional sources of healthy fats include:

- * Flaxseed, Flax oil
- * Grape seed oil
- * Sesame seed oil
- * Butter/ghee (which is clarified butter)
- * Bacon fat/grease (the oil left over from frying Uncured bacon)
- * Look for raw, unrefined oils from a reputable source.
- * Hemp oil
- * Avocado and avocado oil
- * Coconut milk, oil
- * Olive oil

All fats are not created equal

When cooking with fat it is important to not overheat the fat, as this can turn a good fat into a rancid fat. Secondly, it is important to know the difference between chemically extracted, mechanically (expeller) pressed and cold pressed oil.

Chemical extraction uses toxic solvents during the extraction process, which is a risk for residues that you do not want to ingest! Harsh treatments must be used to remove the solvents, causing further damage to the oil - and you. This process, unfortunately, is used with most commercial oils.

Expeller pressed oils go through a machine which creates friction, aka heats the oil, which as mentioned above can make the oil rancid. It's best to consume cold pressed oils.

Here are some guidelines for cooking with fat:

Very high-heat oils = 400 degrees or higher. These oils can be used for frying. Avocado oil, coconut oil, grapeseed oil, peanut oil, sesame oil.

Medium-heat oils = 350 to 400 degrees. These oils are used to quick fry in a pan. Almond oil, butter or ghee, olive oil, peanut oil, walnut oil.

Raw to low-heat oils = under 350 degrees. Bacon fat/grease, Hemp oil, fish oil, flaxseed oil, olive oil, sesame oil, any nut oil.