

GOOD FATS BAD FATS

By Alicia Melrose and Pip Martin for

A Vital Journey, an internet course on health and nutrition, run by Belmont Park Retreat.

Did you know that sixty percent of the brain is made up of saturated fat and that saturated fats are critical for development and structure of every cell in the body. Every cell's membrane is comprised entirely of fat.

The essential saturated fats included

- Butter (Note, our salted butter uses poor salt (refined))
- Eggs
- Coconut and palm oil; (saturated fats help the leaves maintain stiffness in the tropics. They are solid in colder climates.)
- Other animal fats – lard, tallow, duck fat etc

The essential unsaturated oils included

- Fish
- Olive, sesame, flax, hemp etc i.e. oils in raw nuts/seeds.
- Avocado

The growing epidemic of “modern” diseases coincides with the development of trans (plastic) fats from 1920 before which time there was, for instance, very little heart disease. In fact the inventor of the ECG machine was asked what on earth he was going to do with it.

In the 1930s, American dentist Dr Weston Price showed how societies remained healthy eating traditional fats and oils (“Nutrition and Physical Degeneration”, 1939).

The harmful trans (plastic) fats include

- Hydrogenated Oils – Margarine, substitute butters
- Canola Oil

PLASTIC FATS

Food suppliers realised that ‘cooking’ (plasticizing) the fats would stop foods spoiling and thereby increase profits. At 180o C for 5-6 hrs, fats change to something one molecule away from plastic (partially hydrogenated or ‘trans fats’). All of our cell membranes are made from fat. If you eat only plastic fats, the body is forced to make cells wrapped in the equivalent of cellophane or gladwrap.

FAT STORAGE: WHY WE CAN'T LOSE WEIGHT

The cell sends a message to the brain that it is hungry. Glucose and insulin is sent but can't get through the plastic wrap. The cell is still hungry so more glucose and insulin is sent. It then has to be stored in fat cells.

Insulin tells the body to store fat. You become obese and your pancreas stops working effectively. Type II diabetes sets in with other symptoms of worn-out cells – heart attacks, strokes, liver failure, blindness etc.

Most restaurants use plastic fats for frying eg French-fries; fast-food cheeses are made from plastic fats, best to avoid.

MAKING NEW CELLS

If you give your body fats it can use, your body can make new cells to get well. Cell membranes need to be strong but also to let things in and out (porous). Saturated fats (those solid at room temperature eg animal fat) are strong. Unsaturated fats (fish oils, vegetable oils) are porous.

For strong cells you need 4 times the amount of saturated fats (“walls”) to unsaturated (“doors and windows”). Fat needs to make up about 20% (1/5th) of your body. That means if you weigh 70 kg, you will have to give your body 15 kg of good fats over an 8 month period to repair the damage from eating only plastic fats. For a person 90 kg it’s 18 kg.

CHOLESTEROL

- According to some sources there is no proven connection between cholesterol and heart disease. Those dying from heart disease often have the LOWEST cholesterol levels and have low “bad” cholesterol (LDL).
- Eating fat does not affect your cholesterol. Eating fat does not make you fat. The liver makes as much or little cholesterol as it wants.
- Eating plastic fat (Trans fats) makes you obese and produces a liver which cannot function.
- The liver uses cholesterol to clean itself. A high cholesterol means your liver filtration system is dirty and filled with toxic materials.
- Very low cholesterol generally means the liver is too sick to clean itself. This means major repercussions for your health – see the “Liver Notes” (Week 2).
- Eating real butter and 2-4 eggs a day will help you get well faster. Remember, your liver completely replaces itself in 8 weeks.
- 75% of your fat intake needs to be from saturated fats; 25% polyunsaturated eg fish, flax, hemp oil.
- If eating fat and/or egg makes you nauseous, your liver is too sick to use it. You will have to support your liver so it can restore itself by supplementing with a digestive enzyme and/or liver detox herbs.



ABOUT OILS

All oils are combinations of saturated and unsaturated fatty acids. They are critical for energy, for building blocks, for hormones, prostaglandins (which direct important chemical processes in cells); as carriers for fat-soluble vitamins A, D, E, and K, and to convert carotene to vit A as well as other important processes.

The theory (and it was only a theory based on questionable data and conclusions) that there was a connection between heart disease and cholesterol, was enthusiastically picked up and promulgated by the vegetable oil and food processing industries. Good fats became bad fats! For further on this, read Sally Fallon: "Nourishing Traditions" pp4-20.

In NZ most people have far too much omega 6 (vegetable seed oil) and too few omega 3s in their diet. As the body depends on diet for essential fatty acids (EFAs) this unbalanced ratio interferes with prostaglandins and results in inflammation, high blood pressure, digestive irritation, depressed immune function, sterility, weight gain and interrupted brain development in infants.

I hope by now that you realize that although saturated fats are not named "Essential" they are indeed absolutely essential!

There is however a serious problem with polyunsaturated oils (fish, flax, hemp, sunflower etc) because of their instability. This results in the oils becoming rancid if exposed to heat, oxygen (air), light and moisture. They become extremely reactive free-radical marauders. They must be fresh. Most oils best kept in a cool dark place and in the fridge once opened. Fish oil must also be molecularly distilled because of contaminants like mercury.



WEIGHT GAIN

Vegetable oils contribute much more to weight gain.

Please note:

DiETING by excluding the important foods we are telling you about is equivalent to starving yourself. Your body registers this as starvation mode and holds on to all the bad fat.

Go BUTTER

We do not support the bad media coverage about butter. People have forgotten how important it is to healthy nutrition. Butter contains omega 3 and 6 as well as all the fat-soluble vitamins (A, D and E), and trace minerals, lecithin and of course cholesterol. All these components are required for structuring healthy membranes, and hundreds of other functions.

Butter and coconut oil are directly absorbed through the portal vein to the liver, so they do not need to be acted upon by bile salts and are easily digested. Thus it is very important to eat these fats (especially if your liver function is not good), to provide energy for healing. These fats speed up metabolism, so you will burn calories.

COCONUT

Coconut is an exceptionally nutritious food, high in protein and rich in lauric acid (a proven antibacterial, antiviral, antifungal agent). It is a good source of folic acid, B vits, and minerals including calcium, magnesium and potassium. Coconut is a good cooling food to eat in summer. Coconut is an oil which can be heated.

EGGS

One of the planet's most nutritious foods, eggs has everything necessary for life and so to grow a perfect being. Eggs are full of high quality protein – the building blocks of cells - to repair muscles, organs, skin, hair and make antibodies, enzymes and hormones.

Proteins are made up from 20 different amino acids (they look like strings of popper beads). 8 of these can't be made in the body so must come from food. (There are 2 more for children.) One egg has 8 grams of protein and all of the 8 proteins. The RDA (daily allowance) for protein for a healthy person is 56g. If you are sick, even you need more. **Arachidonic acid** makes up 17% of the normal cell membrane. There is no plant source for this. If you don't eat eggs it is hard to make good cell membranes.

CHOLINE AND CHOLESTEROL

Choline is an essential nutrient for brain development and function (25% of all body cholesterol is needed here; it is critical for the developing brain and eyes in a fetus). It is essential for cell repair including liver function and protection. It occurs as a phospholipid (fat) – called phosphatidylcholine or lecithin. One egg has half our daily requirement.

People worry about eggs and cholesterol – remember that even if you eat no cholesterol or buckets of cholesterol, your blood cholesterol won't change 5%; the liver merely produces more or less – it manufactures 80% of the body's cholesterol. Cholesterol helps embed proteins in cell membranes – these proteins are the way the cells communicate with each other and allow things in and out of the cell. Brain cells connect with each other through synapses – this is memory. Memory loss is a side effect of cholesterol-lowering drugs. Adrenal and sex glands produce steroids made from cholesterol. Stressful lives demand cholesterol. Having babies demands cholesterol. Cholesterol is essential for immune cells to fight infections and repairing themselves after the fight. When the body has healing jobs to do, cholesterol is made and sent to the site of injury. If there is damage to the 'skin' layer inside the artery (e.g. from a toxic chemical or infection), LDL is sent. It does the repair and HDL (so-called 'good' cholesterol) is sent back to the liver. This is like saying there is a bad and good ambulance. A 'High Cholesterol' reading requires the question "WHY?"

For healthy body maintenance and function eat organic or free-range 2-4 or more eggs per day.

CANOLA – Con-OLA

Rape is a mustard-family plant, and was extensively used in India and Asia. Its high content of erucic acid is linked to a fibrous heart disease – Keshans - and other health problems at the mitochondrial level. It grows

well in arid environments including Canada, Australia, China, Europe, Mexico etc. It is cheap to grow. In the 1980s with mounting evidence of health problems from polyunsaturated oils (corn and soya), American food and government interests could not backtrack on their position on traditional saturated fats. Monounsaturated olive oil and butter etc were too expensive for mass use. Bingo – canola. Canola is rapeseed genetically-engineered to lower the level of its toxic erucic acid. But the name LEAR oil (Low Erucic Acid Rapeseed) didn't catch on, hence Canola was devised - (CANadian OIL). The Canadian government is rumoured to have paid \$50 million in 1985 to the FDA to have rapeseed registered as "safe". It has 10% omega 3s – hence health claims. It is used in margarines and for restaurant-frying. It is a trans-fatty acid. AVOID.

RICE BRAN OIL

This is an oil very unbalanced in Omega 6. It is not traditionally used oil. It is extracted by heating to higher than 100 deg C, and with the addition of solvents. Enough said.

References:

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- “The Great Con-ola” Nexus Magazine, Aug/Sept 2002.
- *Wise Traditions* from The Weston A Price Foundation - see website www.westonaprice.org
- “Cholesterol: Friend or Foe?” in “*Put Your Heart in Your Mouth*” Dr Natasha Campbell-McBride