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Fats:

Healthy oils lead to good health in people. Similarly, bad rancid oils create unhealthy people. Fats are comprised of fatty acids. The ones essential to our life are called essential fatty acids or EFA.

- EFAs are necessary for hormone production and for the construction of all cell membranes needed to maintain the health of the liver, bones, heart, adrenal glands, eyes, and skin.
- Fats that are very beneficial are butter, lard, duck and goose fat, coconut oil, sesame and fish oils.
- Stay away from all hydrogenated and partially hydrogenated oils, all margarines and so-called healthy spreads, canola, corn, soy, safflower, cottonseed and other vegetable oils. We get too many omega 6's in our diet to begin with. Balance is the key.
- Low-fat diets can become vitamin-deficient diets. Fat soluble vitamins also act as antioxidants needed for scavenging free radicals.
- Olive Oil goes rancid at high temperatures which is why many chefs cut olive oil with pure butter while cooking.
- Eat fat, lose fat.
- Coconut oil is anti-bacterial and anti-fungal. It is the only oil that doesn't go through the bile route to be digested.
- The body needs fat as well as protein for structural repair, as well as cellular repair.
- We want to train our bodies to burn fat and not just carbohydrates.
- Fats must be present in order to absorb vitamins A, D, E and K, If we aren't absorbing vitamins; we aren't properly absorbing our minerals. It is possible to starve for minerals when they are present in our foods, if we do not add fat to our meals. This is the huge problem with low-fat anything. This is why bad things occurred in my body (see my bio). This is the basis for the fats that are on the menus and why it is recommended to use butter on vegetables. Low-fat ultimately causes vitamin and mineral deficiencies.

- These fats soluble vitamins are only found in animal products, so if you are vegetarian you will have to at least eat eggs and

butter and use some whole food supplements in your diet. Cod liver oil is recommended for everyone. This ensures that you have enough vitamin A and D, as well as omega 3's that your body requires.