



Dr. Angela DaGrosa

Ayurveda Doctor
661 Maplewood Drive
Suite #19
Jupiter, FL 33458
561-301-6442

Angela@brightpathayurveda.com

Discussion on Low-Fat

Children on low-fat diets can suffer from growth problems and learning disabilities.

Low-fat diets are associated with increased rates of depression, mental health issues, fatigue, and violence.

The fat-soluble vitamins we need are concentrated in butter, fish, eggs, whole fat dairy products and animal organs.

If we want to build our bodies, we can't feed ourselves fake fat, fake sugar and fake foods and still expect our bodies to function properly.

We used to consume 17lbs of butter a year and now we are down to 4 or 5 per year and yet we are fatter than ever. Trans fats, like margarine have a long shelf life for all the nutrients have been removed. Therefore, the fat isn't in a form the body can use therefore it clogs arteries and concentrates in cell membranes.

If you look at refined grains all of the B vitamins are lost as the vitamins are in the bran and the germ and that is what has been removed. In addition, it is also what is needed for digestion and absorption.

When you consume low-fat and skim milk products, you will not absorb the calcium and vitamins A and D in the milk, for you need fat in order to absorb. This is something important to be aware of when shopping and eating. When in doubt, have whole milk and drink a little less.

If you are not absorbing the calcium, then where is it going? If it goes to the eyes, there will be cataracts. If the calcium goes to the kidneys in excess, there will be stones. If it goes to the joints, it can lead to arthritis, and so on.

Without fat, most people can never be satisfied when eating and tend to gain weight because low-fat food isn't satisfying them. I used to put people on low-fat diets and every one of them said, "I crave sugar really badly". At that time, if I had just said add butter to your vegetables, they would not have craved sugar.