

## **BENEFITS OF GOOD FATS**

**Examples of healthy fats are in grass fed beef, lamb, bison, venison, pork, free-range chicken and eggs and turkey, wild caught fish, flax seed, cold pressed olive oil, ghee, avocados, raw nuts and seeds, organic virgin coconut oil, organic whole dairy - including butter**

- Reduce swelling and pain in the joints
- Neutralize free radicals (which reduces the risk of cancer)
- Are converted to substances called prostaglandins which are necessary for the body to resolve inflammation
- Are the main fuel for muscles (including the heart muscle!)
- Keep healthy cholesterol levels
- Fats make hormones, so if we don't ingest enough healthy ones, we will have unbalanced hormones
- Are needed to absorb fat soluble vitamins A, E, D, and K
- Keep the skin and eyes healthy
- Are needed for healthy brain function: memory, clarity, etc.
- Children especially need healthy fat for brain development and to prevent ADD, ADHD
- Help prevent mood swings and fatigue
- Protect the organs especially the heart
- Keep a healthy functioning liver and gallbladder
- Help the immune system stay healthy
- Make up the cell walls (not enough leads to break down of cells and less oxygen to the cells)
- Healthy saturated fats help the body digest proteins
- Help with blood sugar regulation, help you feel full, and therefore help with weight control

## **PROBLEMS WITH BAD FATS (TRANS FATTY-ACIDS)**

**(AVOID THESE) Examples are hydrogenated and partially hydrogenated fats, including margarine, Crisco, vegetable oils, canola oil, soy bean oil, processed food - donuts, chips, pre-packaged food**

- Raise the LDL (bad) cholesterol and lower the HDL (good) cholesterol
- Increase pain and inflammation and muscle fatigue
- Cause weight gain
- Are full of oxidation which cause free radicals
- Congest lymph glands
- Block the enzyme that helps produce anti-inflammatory prostaglandins
- Interfere with insulin binding - therefore increasing blood insulin levels and causing excess adipose tissue (FAT/CELLULOSE)
- Decrease effectiveness of the immune system making the cells less resistant to bacteria and viruses
- May be linked to ADD, MS, depression and fatigue
- Can cause skin problems
- Decrease testosterone and normal sperm count in men
- Interfere with gestation in women
- Contribute to coronary heart disease because they increase platelet stickiness
- Contribute to risk of cancer
- Congest the liver and gall bladder
- Adversely interact with essential fatty acids - creating a deficiency in the fats we need!
- Break down cell walls (toxins can't get out and healthy nutrients can't get into the cells which leads to disease)