

What are The Healthiest Cooking Oils to Use?



by
DR. JOCKERS

comments
0

shares
122



[FDA Disclaimer](#)

[Affiliate Disclosure](#)

[Privacy Policy](#)



What are The Healthiest Cooking Oils to Use?

Are fats healthy? Can I use cooking oils without sacrificing my health? These are some great questions and there is a lot of confusion around them.

Fats are not your enemy. Healthy fats are your friends. Your body needs healthy fats for hormonal and brain health, **energy**, immune function, blood sugar levels, and other areas of your health. Healthy fats, including healthy cooking oils, are an important and healthy part of your diet. Once you know which fats and cooking oils are good for your body, it is simple to use them for your meals and improve your health at each bite.

In this article, you will learn about the importance of healthy fats. You will understand the difference between saturated, monounsaturated, and polyunsaturated fats. I will discuss an eye-opening recent study discussing what cooking oils are healthy and which ones should be avoided. I will share my favorite healthy fats and cooking oils that I recommend you to include in your diet for optimal health and well-being.

3 STEPS TO A HEALING DIET



01 REDUCE SUGAR AND GRAINS



02 GET RID OF BAD FAT AND ADD IN MORE GOOD FAT



03 CHANGE THE MEAT THAT YOU EAT

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Importance of Healthy Fats

Contrary to a myth we were fed for decades, fats don't make you fat and they are not bad for you. Your body actually needs healthy fats to thrive. Healthy is the keyword here. So what are healthy fats?

Healthy fats can be found in many sources, in both animal and non-animal sources. Non-animal fats that are good for your body include olives, olive oil, avocados, avocado oil, coconuts, coconut oil, coconut milk, seeds, nuts, and nut butter. Healthy fats that come from animal sources include grass-fed butter, ghee, dairy, grass-fed meats, pasture-raised chicken, and egg yolks.

Healthy fats are essential for your cell membranes and hormones. They are critical for your brain health, organ function, and energy. They function as carriers for critical fat-soluble vitamins, including vitamins A, D, E, and K, and help the absorption of the mineral.

Research has found that eating a diet high in healthy fats and low in carbs may help to reduce inflammation, regulate your blood sugar, reduce triglycerides, and increase longevity (1, 2, 3, 4). You can read more about the fats I recommend in [this article](#)

GOOD FAT VS **BAD FAT**

GOOD FAT:

- ✓ Butter
- ✓ Tallow
- ✓ Ghee
- ✓ Coconut Milk
- ✓ Coconut Oil
- ✓ Avocado Oil
- ✓ Olive Oil
- ✓ Fish Oil
- ✓ Eggs

BAD FAT:

- ✗ Canola Oil
- ✗ Soybean
- ✗ Sunflower Oil
- ✗ Corn Oil
- ✗ Safflower Oil
- ✗ Grapeseed Oil
- ✗ Margarine
- ✗ Cottonseed Oil
- ✗ Peanut Oil

Nature doesn't make bad fats, factories do.

DRJOCKERS.COM | SUPERCHARGE YOUR HEALTH

What Are Saturated Fats

From the chemical perspective, the carbon molecules of fat molecules in saturated fats have no bonds between them because they are saturated with hydrogen molecules. Saturated fats tend to be solid at room temperature and melt at higher temperatures when cooking. Saturated fats naturally occur in many foods and tend to come from animal sources, including fatty beef, beef fat or tallow, lamb, poultry with skin, butter, lard, cheeses, and other dairy products.

When it comes to saturated fats, you may be confused. Is saturated fat unhealthy? As I wrote about this in [this article](#), cholesterol has been blamed as a major cause of heart disease and

high bad cholesterol has been connected to saturated fats. According to a 1994 study published in Lancet, analyzing fat in clogged arteries, only 26% of it was saturated animal fat.

The other 74% were unsaturated fats, such as the so-called 'heart-healthy' canola oil. Other studies also support that saturated fats are often not the cause of clogged arteries and heart disease. According to the research work of Dr. Mary Enig, Ph.D., an expert in lipid biochemistry, saturated fats, and cholesterol are actually essential for cell membrane health, bone, health, immunity, brain health, digestion, and heart health.

Saturated fats that come from natural sources, including butter, ghee, tallow, coconut oil, MCTs, lamb fat, duck fat, chicken fat, eggs, meat, and seafood are good for your body. However, man-made saturated fats or trans fats, such as margarine, hydrogenated oils, and partially hydrogenated oils are incredibly damaging and should be avoided (5, 6, 7, 8, 9, 10, 11).

The Biologic Importance of **SATURATED FAT**



CELL MEMBRANES

Require (50%) saturated fatty acids to be “waterproof” and function properly



HEART

Prefers saturated long chain 16-carbon (C) palmitic and 18-C stearic acid (over carbohydrates) for energy



BONES

Need saturated fats to assimilate calcium effectively



LIVER

They protect it from the adverse effects of alcohol and medications like acetaminophen



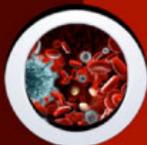
LUNGS

Lung surfactant, which protects the lung epithelium and defends against breathing disorders such as asthma, is composed primarily of the 16-C palmitic acid.



HORMONES

They function as signaling messengers for hormone production



IMMUNE SYSTEM

Saturated fats play an important role here. They:

- ✓ Prime white blood cells to destroy invading bacteria, viruses and fungi, and to fight cancer development
- ✓ The medium chain fatty acid, lauric acid (12-C) and myristic acid (14-C) which are found in butter, coconut oil and meat work to kill bacteria and yeast in the gut.



SIGNAL SATIETY

So you eat less, lose fat, and maintain a normal weight



GENERAL HEALTH

Require (50%) saturated fatty acids to be “waterproof” and function properly

What Are Monounsaturated Fats

Looking at their chemical make-up, the fat molecules of the monounsaturated fats have one unsaturated bond within the molecule, called the double bond. These fats are liquid at room temperature but may solidify when chilled.

Monounsaturated fat sources include olives, olive oil, avocados, avocado oil, nuts, and nut butter. Research has found that monounsaturated fatty acids may reduce the risk of heart disease by reducing LDL and lowering **cholesterol**, improving body composition, supporting the function of your blood vessels, improving insulin sensitivity, helping to control your blood sugar, and lowering the risk of depression. They are also rich in antioxidant vitamin E, may help to fight free-radical damage, and according to a meta-analysis, may reduce the risk of endometrial cancer (12, 13, 14, 15).

MONOUNSATURATED FATTY ACIDS

These contain only one double bond and the most common form is "Oleic acid" which has 18 carbons and a double bond right in the middle at the ninth carbon.

These are more stable than polyunsaturated fats but less stable than saturated fats.

Foods with oleic acid also have vitamin E which helps protect against oxidative stress.

These are liquid at room temperature but may solidify when chilled.

BEST SOURCES OF MONOUNSATURATED FATS



Olives and Extra Virgin Olive Oil



Avocados and Avocado Oil



Macadamia Nuts and Oil



Grass-Fed Butter and Meats



Almonds and Almond Oil/Milk



Peanuts and Peanut Oil

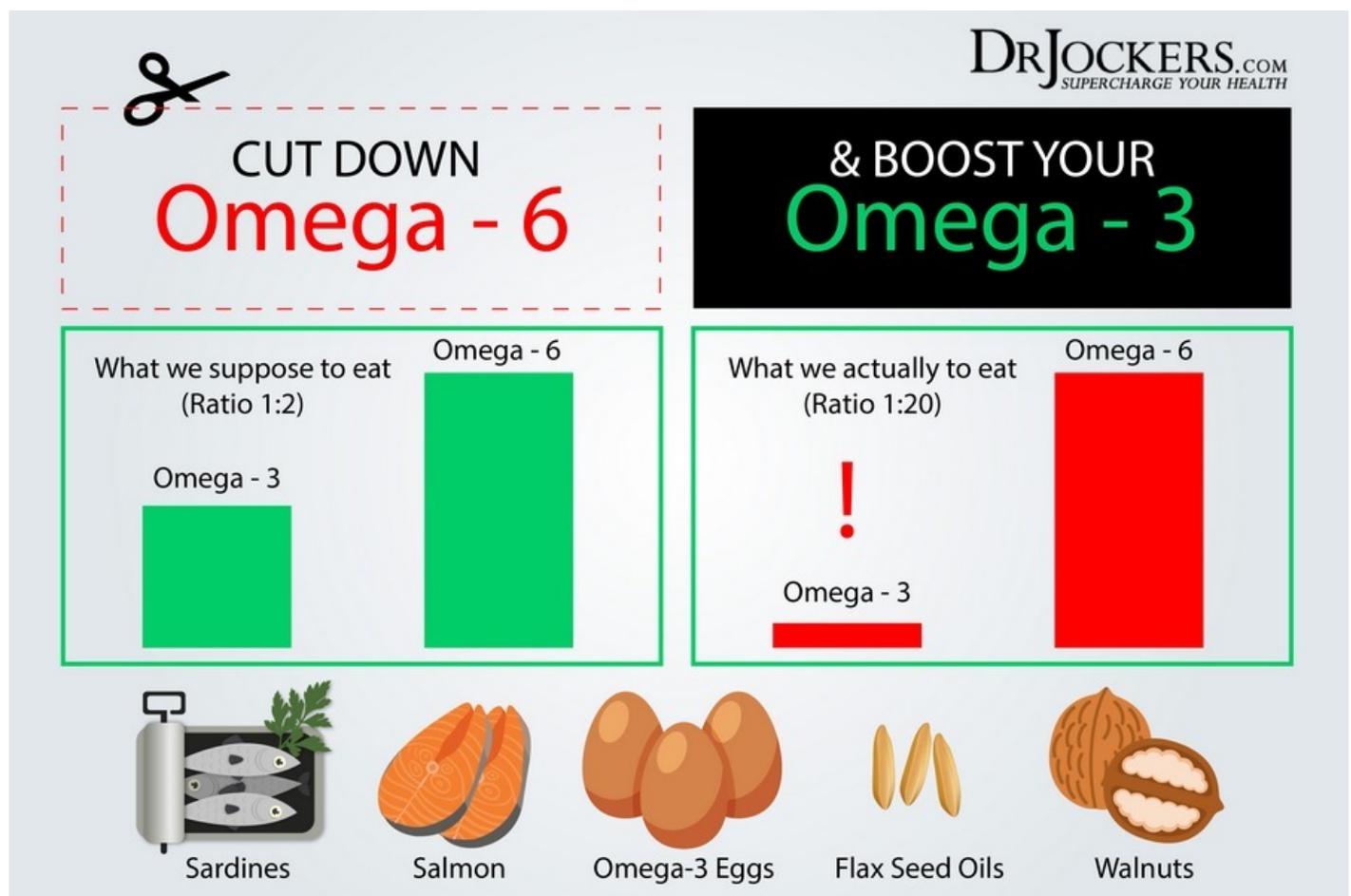
DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

What Are Polyunsaturated Fats

From the chemical perspective, polyunsaturated fats have more than one unsaturated carbon bond or double bond in their fat molecules. They are liquid at room temperature and may solidify when chilled.

Polyunsaturated fats are rich in the antioxidant vitamin E and may lower your risk of **heart disease** and stroke. Many polyunsaturated fats also contain omega-3 fatty acids that are essential for lowering inflammation and contributing to healthy body functions. However, you have to be careful with polyunsaturated fats that have been heated or oxidized, because these forms may contain free radicals and may increase inflammation in your body.

For this reason, I do not recommend certain polyunsaturated fats, including canola oil, corn oil, soybean oil, and sunflower oil. Instead, I recommend that you only use polyunsaturated fats cold and never when rancid or heated. Walnuts, sunflower seeds, other nuts, fish, and avocado oil are some great examples of polyunsaturated fats that are healthy and I highly recommend them (16, 17, 18).



Recent Study on Cooking Oils

When you are heating cooking oils, degradation and oxidation may occur and potential toxic by-products and free-radicals may make it into your food and cause harm to your health. For years, the medical, health, and healthy cooking community focused on the smoke point of the oils as a guideline.

They suggested extra virgin olive oil and butter for low-heat applications and dressings, regular or refined olive oil for medium heat, ghee, coconut oil, and avocado oil for high heat. They also recommended canola oil, grapeseed oil, and sunflower oil for high heat cooking due to their high smoke points. Many articles and books still recommend canola oil as one of the top oils to be used for cooking despite its health risks we've discussed earlier. These recommendations are outdated and may be harmful.

A 2018 study discovered that the common recommendation for oils may not be the best one and looking and smoking points is not the best strategy. The study assessed the correlation between the smoke point of various oils and other chemical characteristics associated with safety. Out of all the oils that were tested, extra virgin olive oil and coconut oil tested the safest and the commonly recommended canola oil didn't turn out to be as safe as once thought (19).

Cooking with **Extra Virgin Olive Oil**

A recently published research paper assessed the most common supermarket cooking oils, and determined which is the most suitable for use when cooking.

KEY RESULTS:

EVOO was the most stable oil of those tested - in both tests, EVOO yielded lower levels of polar compounds and trans fats when compared with other oils - Canola Oil, Grapeseed Oil and Rice Bran Oil performed the worst and produced very high levels of polar compounds and trans fats. Coconut oil was very close to EVOO and other studies have shown it to be more stable.

This shows that EVOO and Coconut Oil are the best plant oils to cook with.



DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Smoke Point

Previous studies and discussions only measured and looked at the smoke point as a reference for safety disregarding potential toxic effects. This study found that the smoke point is not a good reference. Instead of simply measuring smoke points, they measured the toxic compounds that were released during cooking.

They performed two tests. They heated the oils gradually from 25 to 240 Celsius (77 to 464 Fahrenheit) and measured them at every 30-degree increase. They also heated the oils at 180 Celsius (356 Fahrenheit) for 6 hours, which is much longer than many slow cooking methods recommend. They measured samples at 30, 60, 180, and 360 minutes.

In each sample, they looked at oxidation, oxidation stability, fatty acid profile, and toxic byproducts or polar compounds. All the samples were cooled and analyzed later. The oils that were tested included: extra virgin olive oil, virgin olive oil, olive oil, canola oil, rice bran oil, grapeseed oil, coconut oil, high oleic peanut oil, sunflower oil, and avocado oil (19).

SMOKE POINT CHART



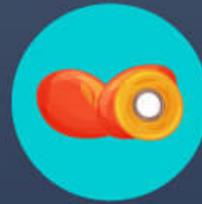
AVOCADO OIL
520° F



SAFFLOWER OIL
510° F



RICE BRAN OIL
490° F



PALM OIL
450° F



GHEE
450° F



PEANUT OIL
450° F



SOYBEAN OIL
450° F



VEGETABLE OIL
400-450° F



GRAPSEED OIL
420° F



CANOLA OIL
400° F



BEEF TALLOW
400° F



BUTTER
350° F



COCONUT OIL
350° F



EXTRA VIRGIN OLIVE OIL
325° F

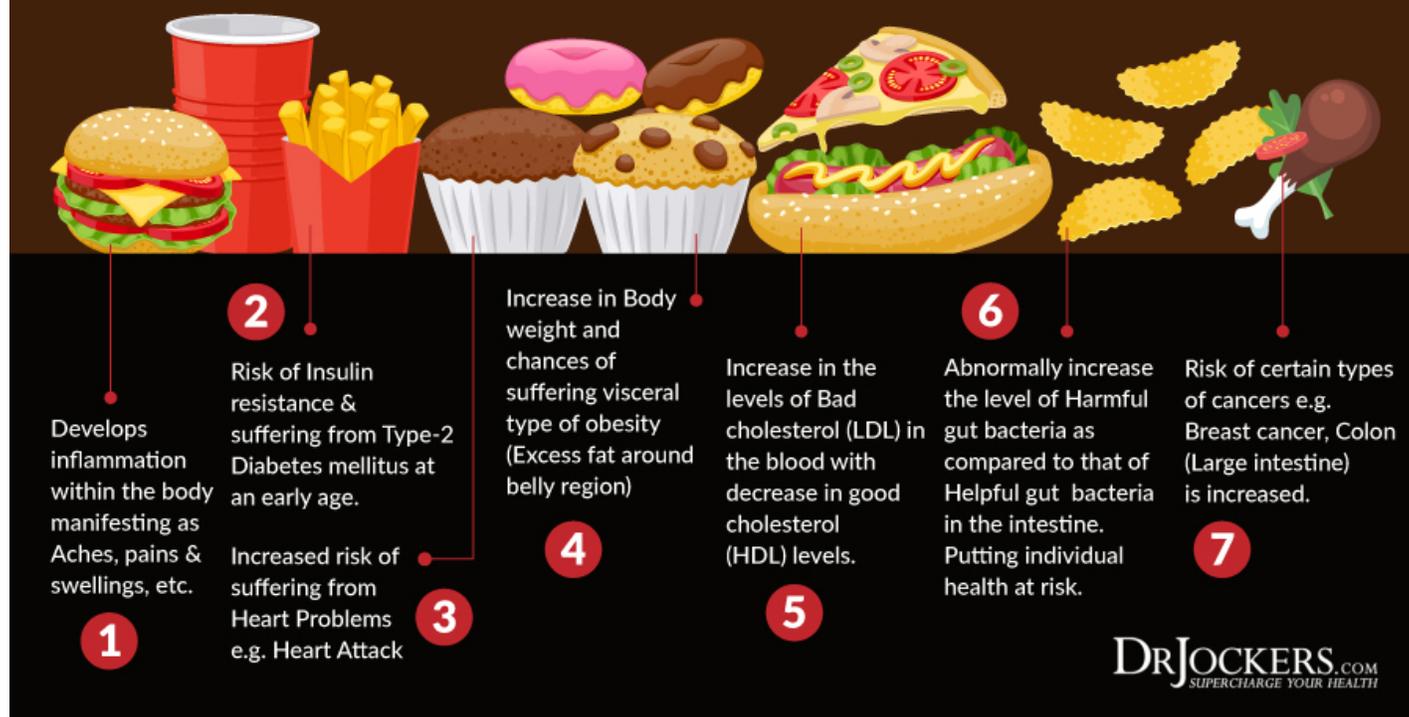


Trans Fat Development

There are two types of trans fat. Naturally-occurring trans fats are created in the gut of some animals and occur in very small amounts in some fats in animal products coming from these animals. The other type of trans fats are artificial fats and they are a huge health risk. They are made through an industrial process by adding hydrogen liquid to vegetable oils to create more solid oils. Partially hydrogenated oils are the most common trans fats used. While trans fats are commonly used, you need to avoid them at all costs to protect your health.

Trans fats are inexpensive to produce, this is why they are used in many processed food and by fast-food chains. However, they are incredibly harmful. They raise your cholesterol levels, increase **inflammation**, and increase the risk of heart disease, diabetes, cancer, and other health issues. It is not surprising that this study found trans fats to be similarly harmful and found olive, coconut, and avocado oils better than trans fats and seed oils (19, 20).

Health Problems Associated with Trans-Fats



The Importance of Polar Compounds

Polar compounds are toxic byproducts that have been associated with [neurodegenerative diseases](#), including Alzheimer's and Parkinson's disease, and the development of various types of cancer. Therefore it is critical that we understand what this study found out about polar compounds and oils.

It takes more energy to breathe down saturated fats than polyunsaturated and monounsaturated fats. The more energy is necessary for breaking the chemical bonds in oils, the more free radicals may occur. At 90 percent of saturated fats, coconut oils are very high in saturated fats, so it is not surprising that you see them at the bottom of the charts.

It is more surprising to find extra virgin olive oils being basically neck-in-neck with coconut oil since extra virgin olive oil is high in monounsaturated fats. This suggests that oils that are rich in antioxidants also need a lot of energy to break the bonds, which also means that the toxic by-products that are formed are lower. The study suggests that virgin and refined olive oil has fewer antioxidants than extra virgin olive oil due to processing and filtration.

OIL	MUFA %	PUFA %	SAT %	OXIDATIVE STABILITY* (hrs)	ANTIOXIDANT CONTENT (Higher is better)
Extra Virgin Oil	75	10	15	34	5972
Virgin Olive	75	10	15	30	4949
Olive	75	10	15	16	3281
Coconut	6	2	92	44	8
Peanut	50	31	18	37	283
Avocado	68	15	16	10	936
Canola (Rapeseed)	63	32	8	11	327
Rice Brain	33	47	20	7	487
Sunflower	22	66	13	2.5	275

The most important element when considering a cooking oil is the oxidative stability. This takes into account the types of fats (saturated has the most oxidative stability, followed by monounsaturated fats and polyunsaturated fats have the lowest oxidative stability).

The oxidative stability also takes into account the amount of antioxidant compounds.

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Smoke Point Does Not Indicate Oxidative Stability

They also found that even though canola and grapeseed oil both have high smoke points and should be stable at higher temperatures, both showed a significant spike in polar compounds and toxicity at over 150 Celsius. Avocado and refined olive oil fared better than canola and grapeseed oil, as they only noticed a small spike at over 180 Celsius.

The results of the study clearly suggest that the smoke point of the oils is not a stable number and not an indication of safety. The oxidative stability, which is based around the level of saturated and monounsaturated fats, which are more stable than polyunsaturated fats, along with anti-oxidant compounds in the oil is a much more important factor.

In the analysis, we must look at polar compounds that may lead to toxicity, **inflammation**, and disease. Looking at the results, extra virgin olive oil is clearly the best choice and coconut oil is a close second. Other studies have shown coconut oil to be slightly more stable.

It is also clear that not all oils are made equal. Regular and virgin olive oils, though are sometimes cheaper, are processed and go through filtrations, hence have fewer antioxidants and less safe. Extra virgin olive oil, however, is high in antioxidants and is the healthiest choice. When shopping for cooking oils, make sure to invest in high-quality extra virgin olive oil or high-quality coconut oils. You may also use high-quality grass-fed tallow, butter, or ghee as a safe and healthy animal source. I will discuss the benefits of these oils and fats in the next section (19, 21).

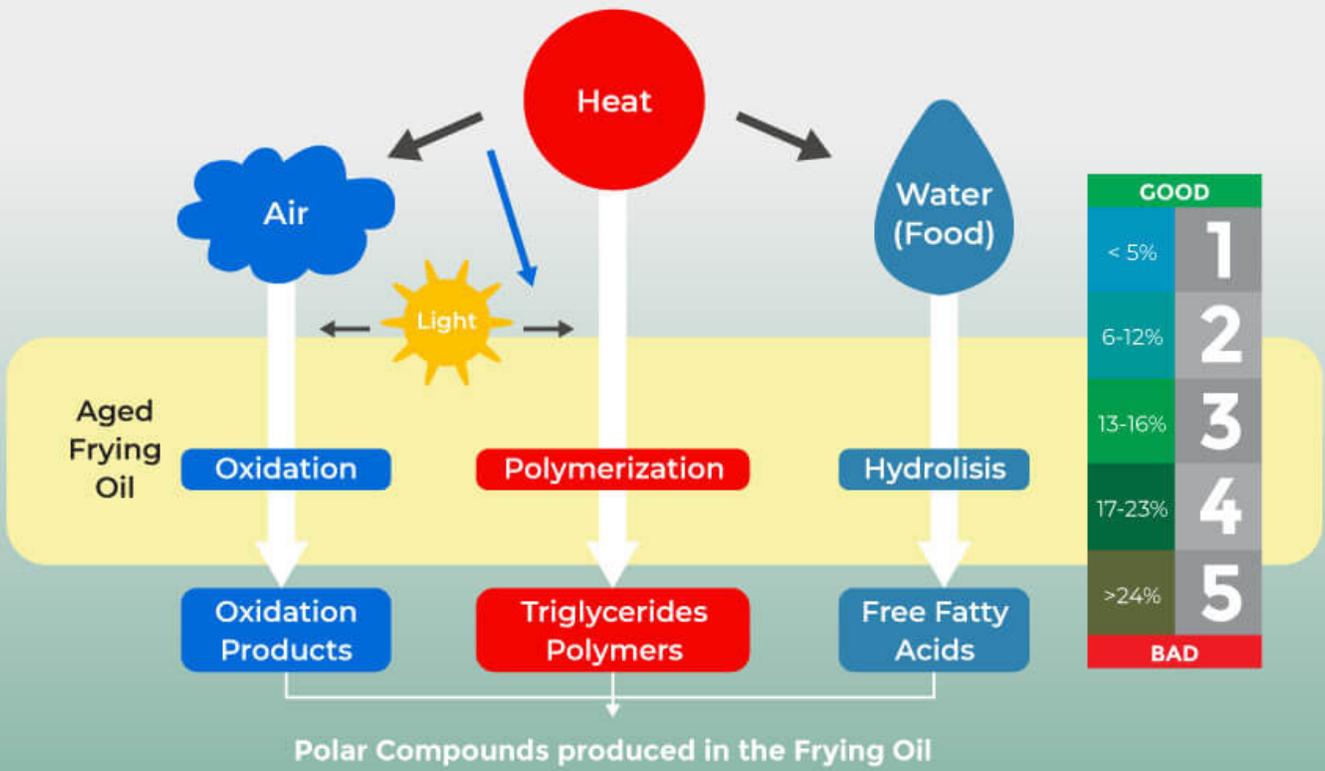


Table 1: Percentage of Polar Compounds Produced After Heating

Oil Type	Polar Compounds (%)
Extra Virgin Olive Oil	8.47
Coconut Oil	9.3
Virgin Olive Oil	10.71
Peanut Oil	10.71
Avocado Oil	11.6
Olive Oil	11.65
Rice Bran Oil	14.35
Sunflower Oil	15.57
Grapeseed Oil	19.79
Canola Oil	22.43



My Favorite Fats and Cooking Oils to Use

Now that you understand the importance of healthy fats, you may be wondering what are the best ones you should use regularly. Here is a list of my favorite fats and cooking oils I use regularly and recommend everyone.

Virgin Coconut Oil

Virgin coconut oil is one of the best heart-healthy fats out there. It contains small- to medium-chain saturated fats called medium-chain triglycerides (MCTs). MCTs, permeate your cell membranes providing energy. They boost your immune system and offer antiviral, antibacterial, and antimicrobial benefits. Coconut oil is 92 percent saturated fats yet it offers benefits for your heart health and supports healthy cholesterol and triglyceride levels (22, 23).

You can use coconut oil without cooking in no-bake bliss balls, smoothies, shakes, and coffee. However, it is an excellent cooking oil as well. It has a high smoke point, it does not oxidize, instead, it remains stable and keeps its antioxidant benefits even under high heat. I recommend using organic, unrefined, virgin coconut oil for optimal benefits.

MYTHS & FACTS ABOUT COCONUT OIL



MYTHS

FACTS

Saturated fat leads to obesity

The medium chain fats in coconut oil help to improve metabolism and fat burning

Increases cholesterol levels & risk of heart attack

Increases good cholesterol levels which clears blockages in arteries

Is sweet & not good for diabetics

It helps control diabetes & reduces risk of developing diabetes

Coconut oil irritates the skin

Soothes skin, nourishes the skin microbiome and helps to heal wounds

Coconut oil is thick & not easily absorbed

It is thin, non sticky, non greasy & is readily absorbed by body

Coconut oil goes rancid very easily

Stable oil & does not go rancid for years

Tastes bad

Likes & dislikes are very personal & differ from person to person

Saturated Fats from coconut oil are bad for brain health

Studies have shown that coconut oil consumption helps to balance blood sugar and increase ketone production which reduces inflammation in the brain and helps improve mental performance

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Grass-Fed Butter or Ghee

Grass-fed butter and ghee are nutritious and healthy fat sources. They are primarily stable saturated fats that contain short- and medium-chain triglycerides. They support your immune system and metabolic health.

Grass-fed butter has high levels of butyrate, arachidonic acid (ARA), and conjugated linoleic acid (CLA) which may offer benefits to your heart health, lower inflammation, promote energy, support your digestion, help to decrease belly fat, and improve artery function. Grass-fed butter is also a fantastic source of vitamin A, D, E, and K2. It may benefit your adrenal glands, thyroid, and cardiovascular health, and may help to reduce oxidative stress (24, 25).

Many Americans think that choosing margarine is better than butter. However, margarine is not healthy and I do not recommend it. Research has shown that margarine may increase the risk of your heart disease, while butter and ghee are not. I recommend grass-fed butter or ghee for optimal benefits both for cooking and for non-cooked meals. You may learn more about the benefits of grass-fed butter in [this article](#).

GRASS-FED BUTTER BENEFITS

1) Contains CLA

Contains CLA conjugated linoleic acid which helps to reduce belly fat helps to protect against cancer and supports muscle growth.

2) Great Source of Butyrate

Great source of butyrate (a short-chain fatty acid), which reduces inflammation

3) Contains Vitamin A - Retinol

Contains vitamin A- which is good for the thyroid, adrenals, and cardiovascular health

4) Great Source of Vitamin D & K2

Great source of vitamin K2- may reverse arterial calcification and helps to increase bone density

5) Contains Essential Fat

Butter is rich in omega 3 fatty acids

6) Additional Beneficial Nutrients

- Lecithin
- Selenium
- Magnesium
- Zinc
- Copper
- Iodine
- ...and more!

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH





Grass-Fed Beef Tallow

Tallow is a rendered form of beef. It is mainly made up of triglyceride. It is solid at room temperature and melts during cooking. Beef tallow is rich in vitamins A, D, E, and K. It also is rich in conjugated linoleic acid (CLA) which is great for the immune system and stimulates fat burning. It is about 50 percent health saturated fats, 46 percent monounsaturated fats, and 4 percent polyunsaturated fats, providing a great mix of fat sources (26).

Beef tallow is great for frying and any other oil-cooked meal. To prevent oxidation, I recommend keeping it in an airtight container. It is stored well and keeps for a long time even without refrigeration. To avoid any hormones and pesticides and ensure maximum health benefits, it is important that you make sure that you get organic grass-fed beef tallow. I recommend and personally use [EPIC Rendered Beet Tallow](#).

- ✓ Delicious Savory Flavor
- ✓ Great Stable Cooking Oil with High Smoke Point
- ✓ 50% Saturated Fat and 46% Monounsaturated Fat
- ✓ Rich in Fat Soluble Nutrients - Vitamin A, D, E & K
- ✓ High in CLA which is great for immune health

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

High-Quality Extra Virgin Olive Oil

Olives and olive oil are fantastic sources of healthy fats. Olives contain lots of fiber, vitamin E, copper, and calcium. Olive oil offers the same benefits except for the fiber. Research has shown that both polyunsaturated and monounsaturated fats in olive oils may decrease the risk of heart disease. Olive oil is also rich in phenolic compounds or polyphenols that, according to a scientific paper, may benefit atherosclerosis and cardiovascular disease prevention and recovery.

These polyphenols have shown positive benefits on oxidative damage, inflammation markers, antimicrobial activity, platelet and cellular function, and plasma lipoproteins. It may help to regulate **blood sugar** levels and help break down fatty acids by increasing adiponectin protein hormone levels (27, 28). Here is a great image from the [North American Olive Oil Association](#).

OLIVE OIL 101

ABOUT EXTRA VIRGIN OLIVE OIL

-  Healthiest option with a broad range of flavors, much like wine
-  Produced through natural crushing of olives without heat or chemicals; retains antioxidants



USES

-  Sautéing, grilling, roasting, baking, pan frying
-  Drizzling, dipping, dressings and marinades
-  Smoke Point Range 350°-410° F

TIP

Extra virgin olive oil can enhance flavors of foods. Pair different EVOOs with dishes to find what you like best.

ABOUT OLIVE OIL

-  Heart-healthy monounsaturated fat with mild or minimal flavor
-  Produced through natural crushing of olives and then refined; no solvents used.
-  A blend of refined olive oil and extra virgin/virgin olive oil.



USES

-  Sautéing, grilling, roasting, baking, pan frying
-  Dressing and marinades
-  Smoke Point Range 390°-468° F

TIP

Enhances food without overpowering taste. Olive oil can be used as an alternative to other oils or substituted for margarine or butter.



STORING OLIVE OILS

Avoid heat, air and light to prolong the shelf life and maintain quality of olive oil.



HEAT

Store olive oil away from the major heat sources like the stove or oven.



AIR

Always store olive oil in a bottle with a cap or seal, as air exposure can affect taste.



LIGHT

Store olive oil away from windows and fluorescent lighting.



Courtesy of the North American Olive Oil Association

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

My Favorite Olive Oil

I recommend using a high-quality extra virgin olive oil for optimal benefits. Extra virgin olive oil is the best and safest form of olive oil with the richest flavor. It has a low smoke point, so you can use it for cooking and by drizzling it over salad, raw foods, and cooked foods or add it to dressings and dips. I personally use and highly recommend [Papa Vince](#) extra virgin olive oil.

It is a hand-picked, cold-pressed, and family harvested brand from Sicily, Italy where some of the best olives grow. It is non-GMO, pesticide-free, unrefined, low-acidity, raw, and keto-friendly. You may choose from three flavors: original, lemon, and balsamic. My family and I love all three, and I am sure that you will too.

Papa Vince
Farm Fresh Food from Sicily, Italy

**Unblended.
Unfiltered.
Unrefined.
Robust.
Rich in Antioxidants.**

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Extra Virgin Olive Oil
First Cold Pressed
Raw, Unfiltered
100% Product of ITALY

Extra Virgin Olive Oil
First Cold Pressed
Raw, Unfiltered
100% Product of ITALY

Extra Virgin Olive Oil
First Cold Pressed
Raw, Unfiltered
100% Product of ITALY

Final Thoughts

Your body needs healthy fats for hormonal and brain health, energy, immune function, inflammation reduction, and other areas of your health. Healthy fats, including healthy cooking

oils, are your friends that can be and should be part of your healthy diet. Try my favorite healthy fats and cooking oils that I recommend.

They not only add to the delicious flavor of your nutritious meal but are beneficial for optimal health and well-being. For healthy recipes that use healthy fats and oils, I recommend that you browse the [recipe section](#) of our website, which is full of my favorite nutrient-dense dishes.



CHRONIC LYME DISEASE SUMMIT 4

It's time to gain a deeper understanding of Lyme disease - the sooner it's detected, the easier it is to address!

FREE & ONLINE FROM JULY 27-AUG 2, 2020

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Chronic Lyme Disease Summit

The chronic lyme disease summit brings together the leading experts in natural health and lyme disease. Now considered to be a dysfunction of the immune system, Lyme disease can mimic other chronic conditions; it can manifest in autoimmunity... along with other misunderstood chronic conditions, this has destroyed people's lives.

Lyme disease can be a devastating (and sometimes hidden) condition, but it doesn't have to be! Known as "The Great Imitator," Lyme disease may mimic other chronic health conditions: arthritis, fibromyalgia, chronic fatigue syndrome, MS, depression...

But the sooner it's detected, the easier it is to address! —>>Gain a deeper understanding of Lyme disease when you attend this complimentary, online event!

When you register for this event, you will also get a free gift, Dr Jay Davidson's eBook, *21 Herbs to Beat Chronic Lyme Disease*, when you unlock it now!

Unlock Dr. Jay Davidson's eBook, *21 Herbs to Beat Chronic Lyme Disease*, and discover how herbs can help support your immune system and reduce your pathogen load!

UNLOCK YOUR FREE EBOOK!

Lyme Disease Summit Experts

Lyme disease is difficult to diagnose and treat and has over 150 different possible symptoms: fatigue, mood problems, insomnia, neurological impairments, brain fog, migraines, gut issues, neuropathy, joint pain and others. If not properly treated, over time Lyme disease becomes chronic and can manifest in autoimmunity or a number of other **degenerative**, debilitating health issues.

Some people live in a cycle of symptom management while remaining extremely ill. Many doctors don't know which medications to give people, so many have to find their own solutions.

The fact is: if you don't know the root cause of your health issues, it's so much harder to heal. In this summit, you will learn from the top experts in chronic lyme and be sure to check out my presentation on intermittent fasting with lyme disease and autoimmunity.



CHRONIC LYME DISEASE SUMMIT

Don't Miss My Presentation on
INTERMITTENT FASTING WITH LYME DISEASE AND AUTOIMMUNITY

Dr. David Jockers DNM, DC, MS

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

WHY ATTEND?

Your host, Dr. Jay Davidson, nearly lost his wife to chronic Lyme disease, which prompted him to undergo years of research to help her heal. He'll share that wisdom with you during this summit.

Lean on the wisdom of our health experts to help with:

- + Testing methods and treatment protocols
- + Steps to take before addressing Lyme
- + Staying empowered in the doctor/patient relationship
- + Supporting mitochondrial health and drainage
- + Detox and diet protocols
- + Nutrition, exercise and mindset strategies
- + And so much more!

If you've been diagnosed with or suspect you've been misdiagnosed, it's time to gain a deeper understanding of Lyme disease!

Join us at this important event to discover current research and novel approaches to testing and treating chronic Lyme disease and what you can do to boost your immune system health.

You're not alone. There are answers. We can heal together.

—>>I'll see you online at [The Chronic Lyme Disease Summit 4](#) when you register today!

P.S. Don't miss out on Dr. Jay's essential eBook, *21 Herbs to Beat Chronic Lyme Disease*, [when you unlock it now!](#)



Sources in This Article Include:

1. Megan Roberts, Marita Wallace, Alexey Tomilov, et al., A Ketogenic Diet Extends Longevity and Health Span in Adult Mice. 2017 September. [Link here](#)
2. Burgess B., Raynor HA, Tepper BJ. PROP Nontaster Women Lose More Weight Following a Low-Carbohydrate versus a Low-Fat Diet in a Randomized Controlled Trial. 2017 August. PMID: 28841772
3. Gao Y, Bielohuby M, Fleming T, et al. Dietary Sugars, not lipids, drive hypothalamic inflammation. 2017 June; 6(8):897-908. PMID: 28752053
4. Meng Y, Bai H, Wang S, Li Z, Wang Q, Chen L. Efficacy of low carbohydrate diet for type 2 diabetes mellitus management: A systematic review and meta-analysis of randomized controlled trials. 2017 Sep; 131:124-131. PMID: 28750216
5. Saturated fats. American Heart Association. [Link Here](#)

6. Ravnskov U. The fallacies of the lipid hypothesis. *Scand Cardiovasc J.* 2008 Aug;42(4):236-9. PMID: 18615352
7. Rosch PJ. Cholesterol does not cause coronary heart disease in contrast to stress. *Scand Cardiovasc J.* 2008 Aug;42(4):244-9. PMID: 18609060
8. Ravnskov U. A hypothesis out-of-date. the diet-heart idea. *J Clin Epidemiol.* 2002 Nov;55(11):1057-63. PMID: 12507667
9. Thorning TK, Raziani F, Bendtsen NT, Astrup A, Tholstrup T, Raben A. Diets with high-fat cheese, high-fat meat, or carbohydrate on cardiovascular risk markers in overweight postmenopausal women: a randomized crossover trial. *Am J Clin Nutr.* 2015;102(3):573-581. [Link Here](#)
10. "Healthy" Unsaturated Fats [Link Here](#)
11. The Skinny on Fats [Link Here](#)
12. Monounsaturated fats. American Heart Association. [Link Here](#)
13. Egert S, Kratz M, Kannenberg F, Fobker M, Wahrburg U. Effects of high-fat and low-fat diets rich in monounsaturated fatty acids on serum lipids, LDL size and indices of lipid peroxidation in healthy non-obese men and women when consumed under controlled conditions. 2011 Feb; 50(1):71-9. PMID: 20521076
14. Gillingham LG, Harris-Janzen S, Jones PJ. Dietary monounsaturated fatty acids are protective against metabolic syndrome and cardiovascular disease risk factors. 2001 Mar. 46(3):209-28. PMID: 21308420
15. Zhao J, Lyu C, Gao J, Du L, Shan B, Zhang H, Wang HY, Gao Y. Dietary fat intake and endometrial cancer risk: A dose response meta-analysis. 2016 Jul; 95(27):e4121. PMID: 27399120
16. Polyunsaturated fats. American Heart Association. [Link Here](#)
17. Prabhu HR. Lipid peroxidation in culinary oils subjected to thermal stress. *Indian J Clin Biochem* 15, 1-5 (2000). [Link Here](#)
18. The best and worst foods to consume on keto. Carb Manager. [Link Here](#)
19. De Alzaa F, Guillaume C* and Ravetti L. Evaluation of Chemical and Physical Changes in Different Commercial Oils during Heating. *Acta Scientific Nutritional Health.* Volume 2 Issue 6 June 2018. [Link Here](#)
20. Trans fats. American Heart Association. [Link Here](#)
21. Min DB, Wen J. Effects of Dissolved Free Oxygen on the Volatile Compounds of Oil. *Food Science.* [Link Here](#)
22. Feranil, A, Duazo, P, Kuzawa, C, et al., Coconut oil predicts a beneficial lipid profile in premenopausal women in the Philippines; 2012 Jan; 20(2): 190-195; PMID: 3146349
23. Cardoso, DA, Moreira, AS, de Oliveira, Gm, et al., A Coconut Extra Virgin Oil-Rich Diet Increases HDL Cholesterol and Decreases Waist Circumference and Body Mass In Coronary Artery Disease Patients. *Nutr Hosp.* 2015 Nov; 32(1) 2144-52; PMID: 26545671
24. Wannamethee SG, Jefferis BJ, Lennon L, Serum Conjugated Linoleic Acid and Risk of Incident Heart Failure in Older Men: The British Regional Heart Study. *J Am Heart Assoc.* 2018 Jan 6;7(1); PMID: 29306896
25. Gillman MW, Cupples LA, Gagnon, D, et al., Margarine intake and subsequent coronary heart disease in men. 1997 Mar; 8(2): 144-9; PMID: 9229205
26. The many benefits of grass-fed tallow. Firefly Meadows Farm. [Link Here](#)
27. Willett WC, The Mediterranean diet: science and practice. 2006 Feb; 9(1A): 105-110; PMID: 16512956

28. Cicerale S, Conlan XA, Sinclair AJ, Keast RS, Chemistry and health of olive oil phenolics. 2009 Mar; 49(3): 218-36; PMID: 19093267



Sign up to get:

- ✓ Digestion & Energy Quickstart Guide
- ✓ 10 Fat Burning Dessert Recipes
- ✓ Premium Health Newsletter

SIGN ME UP!

Was this article helpful?

Yes

No



Dr. Jockers

Dr. David Jockers is a doctor of natural medicine, functional nutritionist and corrective care chiropractor. He currently owns and operates Exodus Health Center in Kennesaw, Georgia. He has developed 6 revolutionary online programs with thousands of participants.

Categories

Nutrition

Let's Improve Your Health Today!

Get instant access to 2 FREE eBooks when you subscribe to Dr. Jockers' newsletter.



"Join my tribe today to discover hidden strategies to improve your energy, brain, digestion & metabolism."

— DR. DAVID JOCKERS

Email

I want to improve my... ▼

Get Access

100% privacy, I will never spam you!



Comments

0 comments

0 Comments

Sort by **Oldest**

Add a comment...

Facebook Comments Plugin

Leave a Reply

Your email address will not be published. Required fields are marked *

Comment

Name *

Email *

Website

Save my name, email, and website in this browser for the next time I comment.

Post Comment

This site uses Akismet to reduce spam. [Learn how your comment data is processed.](#)

Let's Improve Your Health Today!

When You Register For Free Today You Get Instant Access To:

Digestion and Energy Quickstart Guide

10 Fat Burning Dessert Recipes

Premium Digital Newsletter

Email

I want to improve my...



Get Access

100% privacy, I will never spam you!

TRAINING VIDEOS

Check out our latest training videos on navigating the ketogenic diet, supplements to detoxify your body and more.

Watch Now

Navigating the Ketogenic Diet Program

The Ultimate Guide to Getting into Ketosis

Learn More

PDF

THE FAT

BURNING FOODS

QUICKSTART GUIDE

GET YOUR FREE PDF GUIDE

ALL TIME POPULAR ARTICLES



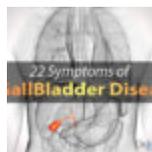
610.8K views
[10 Signs Of Magnesium Deficiency](#)



328.5K views
[3 Ways To Reduce Inflammation Quickly](#)



291.6K views
[The 11 Most Common Keto Side Effects](#)



285.7K views
[22 Symptoms of GallBladder Disease](#)



249.8K views
[10 Ways to Improve Stomach Acid Levels](#)



ALL TIME POPULAR RECIPES



448.5k views
[Turmeric Fat Burning Coffee](#)



267.3k views
[Chocolate Chip Keto Brownies](#)



140.2k views
[Keto Chocolate Chip Cookies](#)



100.2k views
[Coconut Shortbread Keto Cookies](#)



92.4k views
[Coconut Chocolate Cream Cups](#)

** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product.*

Health

Hot Topics

Health News

Ketogenic Diet

AutoImmune

Cancer

Digestive Health

Recipes

Beverages

Main Dishes

Side Dishes

Beverages

Snacks

Desserts

Programs

Ketogenic Program

Digestive Health Restoration Program

Cancer Cleanse Detox Program

Autoimmune Elimination Program

Super Brain Program

The Sugar Detox Program

Contact

