The Truth About Fats

I. DEFINITIONS

A. **Saturated Fatty Acids** are fats that are solid at room temperature and whose fatty acid chains are stable, and do not allow additional hydrogen atoms. Examples include animal fats such as tallow and lard, butter, ghee, cheese, milk, palm oil and coconut oil. Saturated fats can be heated without damaging the molecular structure.

Saturated fats are mainly known to be beneficial for metabolism, weight loss (coconut oil is never stored as fat in the body), energy, increased immune system function, anti-microbial benefits, cell membrane composition, bone structure (saturated fat puts calcium into bone), dense mineral composition, heart and liver protection, lung function, production of hormones and balancing hormones in body, nervous system and brain development, and enhancing detoxification.

B. **Monounsaturated fats** are liquid at room temperature, yet solid when refrigerated. They are also less stable than saturated fats, but still stable molecules. They have one double-bond in the fatty acid chain. Examples include olive oil, peanut oil/butter, canola oil, sunflower, avocado, almonds, pecans and hazelnuts.

C. **Polyunsaturated fats** are liquid at room temperature and remain liquid even when refrigerated. These molecules have more than one double-bond in the fatty acid chain making them much less stable. When heated, these fats will quickly break down into dangerous free radicals. Examples include corn, soy, safflower, flax, hemp, walnuts, and sunflower.

D. **Trans-fatty acids** are fats that have been processed by food manufacturers into a very unstable molecular structure. The hydrogen atoms switch to the opposite side of the double bond making them very unstable and quickly become free radicals in the body causing various damaging effects. Examples include margarine, heated and/or processed vegetable oils and hydrogenated oils in processed foods.

E. **Omega-3 Fatty Acids** are found in unsaturated fats that the body cannot produce on its own. They must be obtained from food. Omega-3 fatty acids contain critical nutrients for health called Alpha Linolenic Acid, EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid). These fats are mainly recognized for brain function, eye retina function, nerve myelin protection, cardiovascular health, reducing blood platelet stickiness, anti-oxidant effect and reducing inflammation. Examples are fish and flax.

F. **Omega-6 Fatty Acids** are also found in unsaturated fats that the body cannot produce on its own. They must also be obtained from the foods we eat. Omega-6 fatty acids contain critical nutrients for health called Linoleic Acid, GLA (Gamma Linolenic Acid) and ARA (Arachidonic Acid). These fats are recognized for benefits in brain function, immune system response, building muscle, cardiovascular health, vascular tone and circulation, reducing blood pressure, reducing inflammation, reducing blood platelet stickiness, and creating beautiful glowing skin. Examples include pumpkin, sunflower and hemp.
G. **Omega-9 Fatty Acids** are not considered essential as they can be made in the body using other fats.

H. **Cholesterol** is a steroid lipid found in cell membranes of all body tissues. It is naturally produced daily in the liver. Cholesterol is a hormone precursor and critical for multiple body functions. Cholesterol makes all cells waterproof, provides integrity for the cell, heals and repairs wounds, and heals and repairs damaged veins and arteries. Cholesterol is also the mother of all hormones, needed to produce steroid hormones. It is also a precursor to Vitamin D, needed to produce adequate bile salts for digestion, the most important anti-oxidant in the body, critical for the brain and nervous system and needed for serotonin production.

**II. TRADITIONAL DIETS THROUGHOUT THE WORLD**

A. Indigenous cultures throughout the world for thousands of years have been eating whole, unprocessed foods. There are cultures that eat upwards of 95% meat and fat, with few vegetables (Eskimos) and there are cultures who are 95% vegetarian that may have some goat’s milk or insects (Hunzas). Most cultures are somewhere in between, always eating what God has provided to them in their natural setting.

B. For thousands of years, cultures have been consuming products such as grass-fed beef, fish, poultry, lamb, organ meats, wild game, raw milk, yogurt, kefir, butter, cream, lard, tallow, cheese and bone broth soups. Heart disease, diabetes and cancer were rare, if at all, in most cultures throughout the world.

C. Upon the foundation of America, we were farmers. It is only recently within the last 100 years that farming has declined and people have moved into the cities. We have always been a farm-raised, farm-fed dairy nation of healthy, strong citizens.

**III. THE BIRTH OF THE VEGETABLE OIL INDUSTRY AND PROCESSED FOODS**

A. Before 1900, there was no industrialized processing of fats or oils. Coconut oil was pure, olive oil was fresh pressed and we used butter, lard, cream, etc. liberally. This was all that was available.

B. The first myocardial infarction (heart attack) was officially recorded in 1921. By 1930 there were over 3,000 cases and by 1960 it ballooned to over 500,000 cases. By this time, the vegetable oil industry was firmly established. There were two theories for the rapid growth of heart attacks. One was that they were caused by newly created partially hydrogenated oils and the other was called the lipid hypothesis.

   *The lipid hypothesis states that too much butter, lard, cream, eggs, coconut and other fats cause heart disease.*

Through the various lies, deceit, trickery of data interpretation, ignoring of many contradictory studies, changing of laws and lobbying, the lipid hypothesis won out.

In fact, most studies showed the lower the cholesterol, the higher the overall death rate.

C. Crisco was introduced in 1913. It was marketed to Mom’s as a healthier choice for her family. Crisco is hydrogenated cottonseed oil. It was also targeted towards Jews expressing that they could now be worry free regarding kosher laws.
D. In 1938, the Federal Food, Drug and Cosmetic Act stated:

“There are certain traditional foods that everyone knows, such as bread, milk and cheese and when consumers buy these foods, they should get the foods they are expecting, and if a food resembles a standardized food but does not comply with the standard, that food must be labeled as “imitation.”

E. In 1956, The American Heart Association (who was originally against the lipid hypothesis) jumped on board. Airing on TV networks across the United States, they asked all Americans to replace butter, lard, beef, eggs and oatmeal with corn oil, margarine and cold cereal.

F. In 1965, the AHA (American Heart Association) said to avoid trans-fats. Dr. Fred Madsen of Procter & Gamble (main creator of refined vegetable oils) wrote a letter to the AHA telling them to change their position. They did.

G. Who has the most to gain from the lipid hypothesis? The Edible Oil Industry and the Institute for Shortening and Edible Oils. Their goal is to promote their products and demonize the competition (whole, natural foods).

H. In 1962, the American Heart Association was quoted saying, “the anti-fat, anti-cholesterol fad is not just foolish and futile…it also carries some risk.” By the 1970’s they were in line with the lipid hypothesis as well.

I. In 1971, the FDA general counsel retired and became President of the Edible Oil Industry. Subsequently, a lawyer from the Edible Oil Industry filled the available spot at the FDA. This is called a revolving door.

J. The general consensus of the AMA, AHA, FDA and edible oil industry was the following:

1. Americans have high cholesterol
2. Everyone should be checked for high cholesterol
3. If “at risk” everyone should be given advice to consume margarine and vegetable oils and be given medication to lower cholesterol

K. In 1973 we find the FDA “Imitation” police created. It states:

“To provide for the advancement in food technology, and give manufacturers a relief from the dilemma of either complying with an outdated standard or having to label their new products as “imitation,” such products are not necessarily inferior to the traditional foods for which they may be substituted.”

L. Unilever, Kraft, Procter & Gamble and the Institute for Shortening and Edible Oils have groups of individuals watching every medical journal and major news networks to make sure no contrary evidence is stated.

M. In 1984 at the Cholesterol Consensus Conference the “risk point” for high cholesterol was defined as 200. There is no good study or information to back up this definition. Studies show cultures throughout the world with regular cholesterol over 300 with almost no heart disease at all. Also, there are many people shown to have very low cholesterol, under 180, with very high rates of heart disease.
N. Next was the launch of the National Cholesterol Education Program. The goal was to change the attitude of all doctors in the entire country. Physician’s kits were sent to every doctor in America with dietary recommendations and pharmaceutical recommendations for every “at risk” patient. This was to be recommended for all patients over the age of 2! Your tax dollars paid for this. Now pediatricians are recommending children to avoid fat, eggs and butter and instead eat margarine, vegetable oils, soy and formula. This is destroying the health of our children.

O. Due to the fear and anxiety associated with high cholesterol levels, we have created a new disease called “hypercholesterolemia.” As a result, cholesterol drugs are given to healthy people who then become patients because of the long list of dangerous side effects.

- Side effects include fatigue, weakness, mental loss, neuropathy, slowed reactions, muscle wasting, heart failure, pancreas problems, low libido and sexual function, depression, suicide and cancer. They also remove coQ10 from the body which is in every cell and muscle and blocks Vitamin A absorption which is critical for the immune system. Statins age you faster and often when you feel negative side effects we are just told it is a sign of aging, or we are told the benefits outweigh the negative side effects. Statins are now promoted to young children.

P. In 2008, Business Week ran an ad with Lipitor on the cover with a giant question mark. It marked a study called ENHANCE where the data, when properly interpreted, showed that lower cholesterol did not prevent heart disease. The statement reads, “For many people cholesterol lowering drugs may not do any good.” It states the benefits of cholesterol lowering drugs have been “over-stated.”

Read a Lipitor Advertisement. In the fine print you may see in the box “LIPITOR has not been shown to prevent heart disease or heart attacks.”

Q. Who profits?

1. Cholesterol Testing and Treatment – $100 Billion Industry

2. Hydrogenated Fats and Fake Food Industry - $150 Billion Industry

IV. PROCESSED FATS/OILS AND ASSOCIATED DISEASE RISKS

A. From 1909-1985 the use of margarine, shortening and vegetable oils has increased over 16x. They have steadily replaced natural foods used for the same purpose.

B. In order to refine these oils, the following steps are often necessary: Degumming, refining, pre-bleaching, hydrogenating, post bleaching, dewaxing, winterizing, fractionating, blending, deodorizing and plasticizing. The oils are deodorized so you cannot tell they are rancid, or they would have a putrid smell.

C. These dangerous oils go far beyond vegetable cooking oils. They are found in baby foods, baked goods and packaged foods of all kinds. Powdered milk and eggs, often touted as healthy alternatives, also contain these dangerous substances.
D. Free radicals are introduced by the millions when consuming these rancid fats and oils. One tablespoon of processed oil releases as many as 1.5 million damaged molecules into the body. Studies have shown that it takes 2 molecules per cell to change gene expression. This creates aging and disease. These are now well linked to the following potential illnesses: cancer, heart diseases, wrinkles and pre-mature aging, lowered immune system, learning and behavioral problems, liver damaged, reproductive problems and infertility, lung problems, digestion problems, increased uric acid levels, impaired growth and lowered cholesterol. When consuming these fats we see higher risks of: atherosclerosis, degenerating joints and tendons, osteoporosis, diabetes, autoimmune diseases, eczema, psoriasis, decreased testosterone and sperm count, low birth weight, poor vision and decreased milk in nursing mothers.

E. The government has finally admitted that trans fats are dangerous. Unfortunately, these foods are so infiltrated in the Standard American Diet that we must still educate ourselves and make intelligent choices.

V. WHAT FATS SHOULD WE EAT TODAY AND WHAT ARE THE BENEFITS?

A. **Saturated Fats are healthy.** This includes **tallow, lard, butter, ghee, cheese, milk, palm oil and coconut oil.** **This also includes bone broth soups.** Saturated fats are the ideal fats for cooking as they have a very stable molecular structure. These should be straight from the farm. They should not be homogenized, pasteurized or denatured in any way. Animal products should be only from grass fed animals or whatever the traditional diet is of that animal. There should never be antibiotics or hormones used on the animals. Tropical oils should always be organic and extra virgin. They should never be heated or processed during manufacturing.

B. **Monounsaturated fats.** **Olive oil, nuts and seeds** in this category are recommended. Canola oil is genetically engineered rapeseed and has many health dangers that have now been proven in testing. Olive oil, nuts and seed oils should always be consumed extra virgin and raw, in salad dressings or on foods. These fats should not be used for cooking.

C. **Polyunsaturated fats.** This includes a variety of nuts and seeds along with the nut and seed oils. Some of the best are **pumpkin, flax, hemp, sunflower, walnut, etc.** These must be raw and cold pressed. Any processing or heating will very quickly break down and destroy the molecules creating free radicals.

D. **Eggs** should be consumed straight from the farm. “Free range” and “cage free” are deceptive terms. Avoid “vegetarian fed.” This usually means a diet of SOY. Chickens eat bugs and insects, not soy. You will see the difference in the quality of the yolk. The entire egg is healthy, yolk and white both. The majority of the nutrition is in the yolk. There is no limit to the amount of eggs that can be eaten daily. However, many people with certain health challenges may have sensitivities to eggs, so be aware of this.

D. **All margarine, vegetable cooking oils (Crisco, cottonseed, soy, corn, safflower, etc.), fried foods (unless fried in unprocessed saturated fats), and processed foods with hydrogenation (most chips, crackers, packaged foods, baked goods, cookies, cakes, donuts, snack foods, cereals, pretzels, etc.) should be completely avoided. Even small amounts are devastating to the human body.**

E. The goal should be to get back to life on the farm where food was unprocessed and healthy!

1. **Build a foundation of healthy fats, upwards of 60% of the diet depending on the person**

2. **A good foundation would be a blend of saturated fats, omega 3’s (fish and flax) and omega 6’s (sunflower, hemp, pumpkin, sesame, etc.)**
3. Fish oil is not enough! Many people take a couple of fish oil capsules daily (usually a cheap, poor quality product) and thinks their fatty acid intake is adequate. Not even close.

4. A healthy diet with healthy fats should be your foundation. It is critical we supplement intelligently today because of the extreme deficiencies we have in essential fatty acids. We must also consume more healthy fats to overcome the damage that has been done from processed American foods. Everyone needs to learn how to incorporate healthy fats intelligently into their daily lifestyle for the benefit of the entire family.

F. Main benefits of healthy fats

1. Fats are critical to overall body structure. You need them for every cell of the body, growth of the brain and nervous system, joint mobility and function, cardiovascular health, etc.

2. Improved hair, skin and nails. If you consume the right Omega 6’s, women especially will see massive improvements in how their skin glows and radiates.

3. Blood sugar balance and stability. This is key to feeling fuller and satisfied longer. This will keep you from being on the blood sugar roller coaster, like at breakfast for example. We eat cereal, toast, bread, muffins, pancakes and biscuits for breakfast and find that we are hungry two hours later. There is no stability, and no long-term health in a diet loaded with starches and sugar. Start your day with fats and protein, like an omelet cooked in butter or coconut oil. You can also make a nice smoothie, adding in a nice blend of fats, protein and greens. Vegetable juice is another great way to start the morning.

4. Decreased cravings for sugars, sweets, starches and carbohydrates. This is one of the biggest benefits of a diet rich in healthy fats. As you are more stable, your body craves less junk food.

5. Hormone balance. Fats are critical for hormone production. The right fats are critical for fertility, for carrying a healthy child and for nursing mothers after birth. They are central to the production of healthy hormones in both men and women.

6. Weight Loss! Want to lose weight? There is nothing better than getting into healthy fats, while simultaneously getting off of sugar and starch. This is a key to weight loss! Sugar in excess stores as fat and flips a switch that turns your body into fat storage mode. Healthy fats do the opposite. Fats turn the body into a fat burning machine. This is your body’s preferred source of fuel. It is sustainable energy, available when needed. This doesn’t cause a crash in the system. Healthy fats greatly increases metabolism and fats like coconut oil will never store as fat in the body.

7. Improved learning behavior, focus and attention. Healthy fats are great for both children and adults to increase mental function.

8. Athletic performance. Thousands of athletes know about the critical role of healthy fats for their performance. The days of “carb loading” are being quickly replaced with better and more intelligent information regarding the human body. Many marathon runners take coconut oil and many athletes use foundational oils to get leaner, stronger and faster.

9. Increased mobility and movement in joints, bones and ligaments. Healthy fats are natural anti-inflammatory and can be wonderful for sore and painful joints.

10. They taste great!!!