

# NEED AN OIL CHANGE?

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There is a great deal of confusion about what foods are heart-healthy. The biggest confusion of all seems to be with the topic of oil (or fat). Until recently, words like saturated and unsaturated fat have been confusing. The term *trans-fat* was coined as a way to help us better comprehend which fat is optimal for our cholesterol count and which is harmful. We can now think about “bad fat” and “good fat”. *Everyone needs to consume good quality oil every day. Why? Because good oil helps us to have moist and radiant skin, clear flowing arteries, good nerve transmission and strong immune systems that ward off attack...to mention just a few benefits.* We can honor our bodies by ingesting wholesome oil daily.

## Top 10 sources of “good fat” include:

1. Cold-water fish (cod, salmon, tuna)
2. Nuts and seeds (*raw*: sunflower, almonds, pumpkin, seeds, walnuts, and pecans)
3. Nut butters (using 100% nuts or seeds: sesame butter, almond)
4. Avocados
5. Canola oil (cold pressed, organic)
6. Coconut oil (cold pressed)
7. Olive oil (extra virgin or virgin, cold pressed)
8. Sesame oil (cold pressed)
9. Flax seeds
10. Medicinal EFA supplement oils such as: flaxseed, evening primrose, black current borage and other superior oils

## TOP 10 sources of “bad fat” include:

1. Most packaged cakes, cookies, doughnuts and similar foods
2. Cheese
3. Deep-fried foods
4. Ice cream
5. Margarine
6. Palm and palm kernel oil
7. Potato chips and other salty snacks
8. Poultry skin
9. Red meat (pork, beef, etc.), most sausage and processed lunch meats
10. Shortening and lard

**Bad fats are called trans-fats.** These trans-fats include vegetable oils that have been blended with hydrogen to increase a product's shelf life. The common terms *hydrogenated* or *partially hydrogenated* are seen on food labels. *We need to read labels and consume less of these "bad fats"*. Most packaged and bottled foods are full of hydrogenated and partially hydrogenated oils. The term trans-fat also encompasses: red meat, poultry skin, butter, cheese and lard; along with most chips and fried foods.

**Top 10 problems from eating too much trans-fat include:**

1. Clogging of the vascular system; increased risk of: heart disease, cholesterol problems and erectile dysfunction in men.
2. Dry skin, dandruff, skin problems, ear infections.
3. Chronic pain and inflammation; muscle fatigue.
4. Weakening of the immune system.
5. Increased risk of cancer.
6. Decreased testosterone in men and abnormal sperm count.
7. Increased prevalence of diabetes.
8. Increased risk of obesity.
9. Gall bladder problems.
10. Various neurological problems, including ADD.

A quick study of the list above reveals that the type of oil (or fat) we consume is *crucial*. Bad fats cause a clumping (*agglutinating*) process in the body. Like sticky glue, trans-fats clog our system. Oddly, if we feed our body bad fat foods, it *craves more of them...because it wants good fat*, but does not know how to ask for it. When we feed our body healthful oils, it will crave those.

**Honor your body and feed it the good oils. You will look and feel better.**