

# LiveIt!

## Nutritional Lessons



**Don't be fooled by Fat Fallacies - Fats can be Good!**

**LiveIt! Lifestyle Lesson 4**

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*“Essential Fats (are found in) all seed and cereal oils but only if FRESH and UNPROCESSED. If stale, the rancidity destroys both the E and F complex content. The rancid oils in commercial products seem to be the main cause of E and F deficiency. (as the “bad” oils take goodness from the body.)”* Royal Lee, 1956.

*From the Pen of Dr. Royal Lee (1895-1967)  
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*

**T**he fact is *fats are essential nutrients*. That means they are essential to health. The brain and nervous system are 65% fat. The surface of every cell in our body is fat. Fats keep our skin healthy, support immune function and lower the risk of diabetes. Our hormones are made from fat, and fats are carriers for vitamins and minerals. Good fats improve and normalize cholesterol levels, support a healthy heart and are known to enhance the prevention of cancer. **Fats are nutritional essentials.**

Yet we are told to avoid fats - that they cause disease. **How did fats get such a bad reputation?** Because, some fats are remarkably bad for our health. *Unnatural* fats are very unhealthy, leading to heart disease, cancer, immune dysfunction, pain and obesity. Our bodies have no means to deal with unnatural “bad fats,” so they get stored in our bodies and block healthy processes. That is where the trouble begins. Imagine you were to drive your car into a mechanic and he tells you that the oil in your car is rotten, it is full of pollution, it will not protect your car anymore. Would you tell him, “I don't want any oil then, drain the oil out if it is bad for my car, I don't want any oil in my car at all!” That is very similar to what we are doing today. We eat bad fats – get sick, the “mechanics” tell us to avoid fats! This is ridiculous!!! We *need* fat – it is essential to life, it is essential to health.

### **Out with the “bad” and in with the “good” fats. But which is which??**

Like other whole foods, fats and oils that come to us in a fresh, unrefined state are healthy. The proper extraction of the oils from these whole foods is an important step in the process of health. That's because heat, oxygen and chemical solvents can change the natural goodness of the oils (fats) and even the best sources for oils can be ruined in processing. **Good fats** come from properly prepared olives, seeds and nuts, from pasture-fed animals, wild, coldwater fish and even from green leafy vegetables!

Examples of **bad fats** are corn, soybean, safflower, sunflower, cottonseed and canola oils, hydrogenated and partially-hydrogenated oils, and the absolute worst of them all are trans-fats.

### **Why would food scientists ruin the oils with processing?**

The answer is to produce cheap oil and to prolong shelf-life. Some oils are damaged as they are extracted. Hydrogenated fats and oils were once natural, but they have been processed using heat and chemicals in order to prolong their shelf-life for profits. The worst part about this processing is that it changes the structure of the fat to become a **transfat**. “*Transfat* is made when hydrogen is added to vegetable oil — a process called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing



these fats.”\* \*U.S. FDA website:  
<http://www.cfsan.fda.gov/~dms/qatrans2.html>

**A trans-fat is an unnatural fat that our body has no way to process, so it stays in the body, blocking healthy processes for a very long time - 255 days!**

Trans-fats are like bad oil in your car that you cannot quickly drain out. Bad oil in your car will cause it to overheat, get low mileage and ultimately breakdown. These transfats are the saturated fats that have been associated with heart disease, cancer and immune dysfunction. These unhealthy fats are found in margarine, shortening, commercial cookies, crackers and chips—and in most packaged “foods.” You must avoid them!!

### **Fats: A Matter of God-Made (natural) vs. Man-made (de-natured)**

Finding the best high quality fats is easy, but you have to be careful and use common sense.

- Oils (fats) that are found in natural foods – GOOD
- Oils (fats) that are heated, chemically processed or rancid (spoiled) - BAD

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## Healthy Fats are a Nutritional Essential

### Things to do when it comes to fats:

- **Eliminate** all hydrogenated, partially-hydrogenated and trans-fats from your foods. These are the unhealthy type of saturated fats. Read labels and avoid or discard any that you find.
- **Avoid** all corn, soybean, safflower, sunflower, cottonseed and canola oils in your cooking and in prepared foods. These are heat and chemically extracted oils and have been damaged or contaminated in processing.
- **Eat foods containing healthy fats** including butter, olive oil, grass-fed meats, free-range eggs and wild, cold-water fish.
- **Use healthy fats in your meals**, including healthy extra-virgin olive oil, organic butter, and unrefined organic coconut oil.
- **Take high quality essential oil** supplements from Standard Process.
- **Consider consuming fish or cod liver oil** supplements and high vitamin butter concentrate.

### Healthy fats: What may benefit you? Ask me!

**From Standard Process:** The oils at SP are prepared in a non-oxygen environment - a mixture of a partial vacuum and inert gases thereby displacing the oxygen that causes oils to go bad. This highly technical process assures you receive the essential oils your body sorely needs.

**Cataplex F Tablets & Perles** — Used by doctors since 1934. These essential oils support metabolism of fats and calcium. Helps muscles, skin, hair and prostate. See Patients Speak section in this newsletter.

**Linum-B6**— Used by doctors since 1962. This Omega-3 oil from flax seed supports hormone production and helps maintain healthy skin and nervous, cardiovascular and immune systems. This is a Nutritional Essential.

**Wheat Germ Oil**— Used by doctors since 1939. This Omega-6 oil, is a rich source of Vitamin E complex and Octacosanol – Good for muscles, spinal discs, skin, heart and fertility.

**Sesame Oil**— Used by doctors since 1962. This Omega-6 oil builds the health of the blood, good for anemia and immune functions. Enhances Vitamin E activity and supports proper liver functions.

**Black Currant Seed Oil**— This Omega-6 oil supports inflammatory states, immune system, fat metabolism and PMS and menopause.

**Super EFF** — Available since 1949 (only from Standard Process). This polyunsaturated fatty acid is easily assimilated and enhances nervous system health, promotes energy production, and supports degenerative conditions of the body.

**Tuna Omega-3 Oil**— This life-sustaining omega-3 essential fatty acid promotes healthy cardiovascular, nervous and immune systems health.

### Patients Speak about Essential Fats

*"I am an older woman and I have taken supplements pretty much my whole life. Recently, I have been taking the ones my doctor recommended. I feel better, but I still had aches and pains and knots in my muscles. I was feeling old. Then he added one supplement, Cataplex F, and two weeks later I feel unbelievably well! How could I feel this much better with just one change?!"*

"Patients Speak" are actual testimonials of people who have benefited from the HealthBuilding qualities of whole food nutrition and whole food concentrates.

### What Did You Learn?

Natural unadulterated fats are essential to health. **True False**

Unnatural fats are very unhealthy, leading to heart disease, cancer, immune dysfunction, pain and obesity. **True False**

A trans-fat is an unnatural fat that our body has no way to process, so it stays in the body, blocking healthy processes for a very long time - 255 days! **True False**

Good fats come from properly prepared olives, seeds and nuts, from pasture-fed animals, wild, cold-water fish and even from green leafy vegetables! **True False**

*"We have good health if we get good food, we get good food if it comes from good land." Dr. Royal Lee*

### This LiveIt! Lifestyle Lesson is brought to you by:

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