

# Vital Life News



Volume 6, Issue 4 Autumn 2009

## You MUST Eat Fat

We often think of fat as something to be avoided. And in some cases, that is correct. However, there are many oils that are essential to health.

Our brains (and those of our children) need it. Our skin, cell membranes and nerves need it.

### So, what oils do we need?

Avoid "trans" fats.

Take a lot of omega-3 oils, such as a high quality fish oil or cod liver oil. This can also be received through flax seed oil, although it goes rancid

very easily, the seeds are hard to break down, and we don't metabolize it completely into the form we need more of.

You don't need as much omega-6 or -9, since they are more easily received through our foods.

## Canola Oil is Not a Health Food

Since the 1970's many of us have been cooking with, or fed meals using canola oil with our health in mind. Our tables were 'graced' with good foods containing this wonder. As with research, we learn sometimes too late that we have been putting things into our bodies that should not be there. We have been cooking with a carcinogen; not the health discovery we thought it was 30 years ago.

When one heats an unsaturated fat, it will go from a "cis" to "trans" configuration. When heating a polyunsaturated fat, a trans fat will be created in more than one place. This means that when heating canola oil, you are causing free radical damage in your body. However, when you heat a mono-unsaturated fat, such as olive oil, it will

only become "trans" in one place, being the healthier choice.

According to Wikipedia, canola oil contains rapeseed oil which has been associated with the manufacturing of bio-diesel and pesticides. This controversy presents another reason why you might want to leave canola oil off your grocery list.

Alternatives to canola oil would be the acclaimed olive oil or coconut oil, (also highlighted in this issue). Along with eating olive oil with balsamic vinegar as a salad dressing, there is an array of uses these two healthful oils possess.

Olive oil, for instance, is a natural juice, and is a rare oil that can be consumed as is; fresh

pressed from the fruit. Due to olive oil's high abundance of mono-unsaturated fatty acids, and having a great reputation with the antioxidant group, there are many health benefits associated with olive oil, especially *Extra Virgin*.

Briefly, olive oil is well known for its ability to lower bad cholesterol (LDL), and raise good cholesterol (HDL), thus being a smart choice to help protect our heart. Olive oil is known as a healthy fat. Among the advantages to this beneficial gem, it's easy on the stomach and has also been known to reduce the effects of ulcers and gastritis. The critical omegas come into play as olive oil is rich with Omega-9 oil. The lowered risk of colon cancer is yet another reason that olive oil is essential for our health.

Andrea Pritchett, D.C.

NUCCA Upper Cervical Doctor

Vital Life Wellness Center  
7451 Village Pkwy  
Dublin, CA 94568

(925) 829-7900

[www.vlifewellness.com](http://www.vlifewellness.com)



### Special Points of Interest:

- *NUCCA can help reduce your stress levels and improve your attitude!*
- *Vitamin D, coconut oil, and NUCCA can keep you healthy this flu season.*
- *NUCCA can reduce high blood pressure, says a study in a peer-reviewed journal.*
- *NUCCA can relieve insomnia and TMJ pain.*

## Coconut Oil is Incredibly Healthy

Coconut oil, as we know it, is oil to cook with. Through its healing properties it is attributed to the lowered risk of heart disease, and has been found to maintain, and not raise cholesterol levels (LDL). Thyroid patients rejoice for the increase in metabolism, those pursuing weight loss find this wonder a successful aid, and those suffering from Crohn's disease can find pain relief from coconut cookies.

Coconut oil possesses an abundance of lauric acid, a medium chain fatty acid, converted to monolaurin—the antiviral, **antimicrobial, antifungal, and antibacterial monoglyceride that eliminates viruses such as HIV, herpes, and influenza.**

Tropical Island and Asian cultures applaud the coconut for its ability to protect their healthy wellbeing for hundreds of years. When extracted from the meat of

the coconut, and when virgin coconut oil is ingested in signifi-



cant amounts, it has been found that many diseases were not experienced as they were in the western influence.

The effect was found to be relational to that of a mother's breast milk to a child; suggesting immu-

nity to disease. Dr. Mary Enig, PhD., nutritionist and biochemist, calls coconut oil, the “functional food” because it provides benefits above and beyond its basic benefits. Many studies are being performed on pure coconut oil as being best for nutritional value. Dr. Enig suggests that not all fats are bad for a healthy society.

While cooking with coconut oil is an excellent choice for a better lifestyle, additional virtues of the coconut go beyond consumption. The making of soap, use as a hair conditioner, and the treatment of eczema gives coconut oil an undisputed appeal.

Much low-fat food is loaded with extra sugars, which will be stored as fat if not utilized quickly. So, be aware that low-fat foods may still put extra pounds of fat on your frame.

## Low-Fat Foods:

### Tropical Coconut Banana Cookies

- 3 ripe bananas
- 1 c golden raisins or currants
- 2 c rolled oats
- 1/3 c shredded coconut, unsweetened
- 1/3 c melted coconut oil
- 1 tsp. vanilla extract

Pre-heat oven to 350 degrees.

Use a large bowl to mash the bananas, and then add remaining ingredients.

Mix thoroughly and put aside for 15 minutes.

Drop by teaspoonfuls onto an ungreased cookie sheet and bake for approximately 15-20 minutes.

