

FAT—YOU NEED IT!

YOU WILL NOT GET FAT IF YOU EAT FAT, PROMISE!

For the last two decades we have been bombarded with the message that fat is bad. Yet in that time, obesity rates in many countries have doubled and even tripled, coinciding with this low-fat/no-fat revolution. Fat however, is not the enemy. Rather it is the chemical, processed, artificial, sugar-laden foods that we consume in our never-ending quest to “be healthy” and keep our fat intake to a minimum. What we have been doing is packing on pounds and sending our insulin levels through the roof.

Our bodies require a certain amount of fat to function. Did you know that 60% of your brain is fat? And that there is more fat than protein in breast milk? If you follow a low-fat diet, your body will have a hard time digesting fat-soluble vitamins like A, D, E and K, which can lead to a deficiency. These vitamins play an important role in hormone regulation and fertility. In fact, fat is needed for the manufacture of some of our most important sex hormones — progesterone, estrogen and testosterone. Fats help us feel full and prevent overeating by stimulating the release of leptin, the hormone that tells the brain we’re full.



The idea of letting go of fat misconceptions is frightening, but think about this — our bodies equate fat in our food with security. It’s an evolutionary thing. When we don’t eat enough fat, our brains become preoccupied with how to get more of it. Real fat breaks down slowly over 3-4 hours after eating. Fat substitutes trigger the promise of fat but never deliver. Waiting for the real deal, the brain continues to transmit a “still hungry eat more” message to your stomach. This is why most low-fat diets fail — at some point our biological responsibility kicks in and we “cheat.” And feel like we’ve failed.

Omega-3 Essential Fatty Acids – the most important polyunsaturated fats

Our bodies can produce most fatty acids from the food we consume. However, there are two omega-3 essential fatty acids known as DHA and EPA that we can’t manufacture, so we must get them from our diets. For most of human existence, we have consumed omega-6 fats and omega-3 fats in a 2:1 ratio. Nowadays that ratio is anywhere between 10:1 and 20:1! This change is due to both the modern vegetable oil industry and the use of grain to feed domestic livestock – which has altered the fatty acid content in their meat.

The increase in Omega-6 consumption is associated with an increase in all inflammatory diseases - essentially all modern diseases. If we decrease the Omega-6 to Omega-3 ratio we protect ourselves against these chronic, degenerative conditions.

Omega 3 (EPA/DHA) Benefits:

- Women with more omega-3's in their blood have lower androgens and a better cholesterol profile.
- DHA stabilizes your moods; deficiencies contribute to mood swings, depression and post-partum depression.
- Omega-3 fats from fish have been shown to lessen menstrual cramps because they increase blood flow and reduce inflammation in the reproductive organs.
- Omega-3 fats support brain function. Sufficient amounts of DHA for fetuses and infants are linked to higher IQ's while deficiencies are linked with ADD, ADHD and dyslexia.

WHAT SOURCES OF FAT ARE GOOD?

Start getting more good fat (poly & monounsaturated) into your diet from some of these common sources:

Wild-caught salmon	Trout	Brazil nuts	Ground flax seeds
Tuna- in small amounts	Sardines	Chia seeds	Unhulled Sesame seeds
Mackerel	Avocados	Pumpkin seeds	Hemp seeds
Herring	Olives	Coconut oil	Cashews
Cod liver oil	Walnuts	Coconut butter	Grass-fed butter
Ghee	Almonds		Almond butter

SO HOW MUCH FAT DO YOU NEED?

You should have fat with every meal you eat. Put avocado slices on your salad, eat fish 2-3 times a week, snack on nuts and seeds (especially walnuts because they contain the highest amount of omega-3's), or mix them into meals, eat some almond butter on celery, cook with coconut oil or take a tablespoon of it each morning, or add coconut butter to a smoothie.