

## The TRUTH about Saturated Fats

Why most of the fat you eat SHOULD be saturated.

I haven't asked this until now but if this is the only email you forward to everyone you know, then you will be doing wonders for their health.

So WHY is this so?

Most fat structures (brain, nerve tissue, cell membranes and hormones) are composed of saturated fats. This is so because these fats are stable (i.e. won't go rancid) at room and body temperature. Unsaturated Fats are not stable and must be protected with antioxidant nutrients. If you eat large amounts of them (remember it's about balance and what your body needs) you will tax your antioxidant reserve resulting in:

- The need to refrigerate yourself
- Your brain and blood will go rancid

The myth of saturated fat causing heart disease and other health problems is thoroughly ingrained, and totally wrong. Vegetarians have the same risk of heart disease as meat eaters. Around 70% of the fat in clogged arteries is UNSaturated fat. (For more information on this specific topic click on this link

<http://www.westonaprice.org/moderndiseases/hd.html> )

Isn't it interesting we continue to eat lower amounts of saturated fats (and besides the fact we are fatter as a nation than we have ever been) we have increasing rates of Alzheimer's, and other brain diseases?

Doesn't it make sense if you don't give the body what it needs it will get sick?

I know. This sounds like blasphemy right? But it's actually pure science. Know Your Fats by Dr. Mary Enig, PhD has all of the research you need to know. She has dedicated her life to this research.

What to do?

Increase GOOD ORGANIC saturated fats in your diet (meats, butters, cheeses, etc) NOT the trans fats people have been eating.

Take either Linum B6 (3-6 per day) or Black Currant Seed Oil from Standard Process at 2 per day to get additional amounts of high quality omega 6 and 3 fatty acids in the diet.

Take out the processed carbohydrates (white flour, sugar) even white potatoes and white rice (spikes insulin levels too high). This is what is causing the obesity epidemic. Think of all of the overweight children. They're not sitting eating prime rib playing video games are they?

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Call or email the office to find out how to order the products and find out more information on the truth about fats.