

## Benefits of Saturated Fat.

Here is another topic getting more popular in the media. With the current trend of Paleo diets people are starting to see that it's ok to have more fat in your diet. More information needs to be addressed on this topic so here it goes.

So WHY is saturated fat important in your body?

1. Most fat structures (brain, nerve tissue, cell membranes and hormones) are composed of saturated fats.
2. This is so because these fats are stable (i.e. won't go rancid) at room and body temperature.
3. Unsaturated Fats (like essential fatty acids) while VERY important, 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:
  1. The need to refrigerate yourself
  2. Your brain and blood will go rancid
4. The myth of saturated fat causing heart disease and other health problems is thoroughly ingrained, and totally wrong. Heart disease isn't about our saturated fat intake but about chronic inflammation in our body. Around 70% of the fat in clogged arteries is UNSaturated fat.

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? A great book for more information is *Know Your Fats* by Dr. Mary Enig, PhD

What to do?

Increase GOOD ORGANIC saturated fats in your diet (meats, butters, cheeses, etc) NOT the trans fats people have been eating or even conventional meats that are in most stores. And of course its about balance so eat plenty of wild organic fish as well for the Omega 3 fatty acids.

Take out the processed carbs (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?

Let's all focus on getting back to basics with our health and eat foods that have been here for thousands of years.