

FATS

Fat is made of the same three elements that make up a carbohydrate (carbon, hydrogen and oxygen), but they are not in the same proportions. Fat has more carbon and hydrogen and less oxygen. While carbohydrates contain four calories per gram, fats contain nine. Because fats contain nine calories per gram, they are the most concentrated source of energy. About 40% of the calories found in the American diet come from fats, though. Not that calories are of any use to us after the discussion we had in the carbohydrate chapter.

The greatest concern to man through the eyes of the medical field is fat. Excess fat is attributed to heart disease, and this is on the top of the list for killer diseases, so it deserves some concern. The problem is that we have not been taught the reality or the real issue behind fat. Is all fat the same? Does all fat contribute to heart disease and weight gain? Many vegetarians do not eat animals in order to avoid fat in the diet that might be harmful. It is interesting that several studies have shown higher levels of LDL (low-density lipoproteins = bad cholesterol) in vegetarians eating no meat than in people eating fish in their diet. Not red meats or chicken, just fish. One of the things we have not been told is that fat is essential to many actions and functions in the body. When you eat the low-fat diets or avoid fat all together, you are actually in the same jam you were in when you were eating meat. So what is the balance? The goal is to make sure your HDL (high-density lipoproteins = good cholesterol) are high enough. The body receives HDL's from essential fatty acids. These are called essential because the body cannot make them; they must be supplied in the diet. LDL's are acquired from saturated fats. To make it simple, all cooked fats are saturated, and all fat from any kind of meat, whether it is kosher or not, is saturated. Fish has the lowest amount of fat in terms of animal fat, and it also supplies the essential fatty acids.

Classification of fats

Fat molecules are classified as saturated, monounsaturated and polyunsaturated. Fats which come from plants or animals may be hard, soft or oily. Some fats are visible, like the fat around the edges of meat, while some fats cannot be seen. The fat in chocolate, avocado, egg yolk, milk, cheese, cakes, cookies and foods like these are examples where the fat cannot be seen, but it is there in lethal doses for some of these foods. Light, heat and oxygen from the air make fats rancid, so hydrogen is added to many of them so they will not spoil so quickly. Many fats have hydrogen added to them in order to make them hard. Margarine is one example. When hydrogen is added, a fat becomes saturated. When heat is added over 150 degrees, a fat also becomes saturated. As a general rule, all saturated fats are harmful to the body. Saturated fat creates LDL (low-density lipoproteins), the bad cholesterol. If you cook with butter, or even virgin, unfiltered olive oil, remember that it becomes a saturated fat if it is heated over 150 degrees. This means anything fried becomes covered in lethal, saturated fat. All animal fat is saturated, whether it is cooked or not. Unsaturated fats contain essential fatty acids. They are called essential because the body cannot make them and they need to be supplied in the diet. Fat from kosher fish, if cooked properly, extra virgin olive oil and any fruit, vegetable, bean, legume, nut or seed contain unsaturated, or beneficial fats, for the body. Unsaturated fat is not what you should be scared of, as long as you are exercising to balance the calorie ratio. Saturated fat is harmful to the body no matter what exercise program you are on.

How the body uses fats

The body needs essential, unsaturated fatty acids. Unsaturated fats are essential because they are needed for normal cell function and metabolism. They are also essential because the body cannot synthesize or create them; they must be supplied in the diet. If a fat is subjected to the hydrogenation process, the essential fatty acids in the fat become neutralized and even toxic in many cases. Fats must be emulsified or broken down into fatty acids and glycerol to be of any use in the body. Bile from the gallbladder (made by the liver) emulsifies fat so that pancreatic enzymes can break it down into fatty acids and glycerol. At this point, fat is absorbed into the blood for use. Fats perform the following functions:

1. Fat supplies heat.
2. All tissues except the nerves can use fat as a source of energy.
3. Subcutaneous fat acts as insulation for the body.

4. Fat provides padding around vital organs. It helps protect organs from physical injury in cases such as physical blows, though excess fat around an organ can inhibit normal function.
5. Fat carries the fat soluble vitamins A, D, E and K.
6. Essential fatty acids are needed for maintenance of body functions.
7. Fats can act in place of vitamin B1 when needed.
8. Fat will spare protein from being burned so protein can be used for essential tasks like tissue building and repair.
9. Fat (cholesterol) is needed for the synthesis of sex and adrenal hormones. That's right, the body actually needs cholesterol and uses good fats to help eliminate the bad fats.

Negative effects of too much fat

1. Obesity, if more calories are consumed than burned, especially if they are empty
2. Abnormally slow digestion of food
3. Interference with absorption of calcium
4. Ketosis unless adequate amounts of carbohydrates are supplied to complete oxidation

Understanding cholesterol

Cholesterol testing was originally designed as a temporary procedure, but when it made 14 million dollars the first year, it suddenly became an "essential" part of health care. While it is true that cholesterol levels are elevated in some people, the cause of cholesterol is totally overlooked. No matter what the fat content in your diet, your body will naturally make up to 1,000 mg of cholesterol in one day. The problem is not fat: the problem is the kind of fat being eaten and the ability or disability of the liver to break it down or digest it. In this chapter, you will come to understand that protein, carbohydrates and fats are all good and essential to the body and should not be considered any problem if natural sources of each are used. Each food (with the exception of animal fat) that is high in any of these elements naturally has all the nutrients needed for the body to digest it or discard the excess. Nature is in perfect balance. When we start eating foods that are not intended for the human body or foods that are processed and enhanced, that is when we have trouble. The liver and gallbladder are primarily responsible for fat digestion. If you are suffering with elevated cholesterol, stop eating saturated fat and get your liver/gall bladder evaluated by your nearest GWSW practitioner so your fat metabolism will normalize. If your cholesterol is too high, you probably need essential fatty acids such as that found in extra virgin olive oil (uncooked). If you have been eating a low-fat diet, you definitely need some essential fatty acids. If your liver is not making bile, fat will not emulsify and that is part of the cholesterol problem. Most of the time, a good liver cleanse is needed and then a gallbladder flush because most of us have hundreds of gallstones. Whether an x-ray shows them or not, I can almost guarantee you have some. A healthy cholesterol reading should be in the range of 180-200. Anything lower indicates imbalances that set the stage for other health concerns.

Fat and sugar

Some authorities estimate that the percentage of fat in the diet should be reduced to prevent heart disease. Approximately two-thirds of the fat in the American diet is of animal origin, and studies have shown that fat must combine with simple sugars in order to make the paste found in artery walls. Animal fats are primarily responsible, but plant/grain origin fats that have been heated over 150 degrees and converted to saturated fat are also destructive to the body. The Eskimos ate whale fat as a primary staple in their diet and had no heart disease or arteriosclerosis problems until white sugar was introduced to their diet. If you insist on continuing your intake of animal fat, perhaps you can alternate the days you eat your animal fats with the days you eat your sweets (cakes, cookies, pies, ketchup, etc.) Don't assume fried foods are the same as animal fats. Animal fat has not been processed, so it is not as harmful to the body as refined oils used in cooking and frying.

What the Bible says

The Bible strictly prohibits the use of fat. It says you are to cut all the fat off. Just thought you might want to know what your Creator thinks about fat. Nothing was said about refined oils and processed fats because there weren't any at the time the Bible was written, but I will tell you about them now.

Refined oils

Cooking oils are generally the same color. You will find sunflower, canola, vegetable and many kinds because they originate from different places, but they are processed and refined the same way. After the refining process, it really doesn't matter what the origin of the oil was because the effects of them all are pretty much the same. The process generally begins by heating the seeds to about 250 degrees. The seeds are then pressed to extract the oil. The press increases the heat from 400 – 600 degrees. Then solvents, similar to gasoline, are added to the oil to dissolve it from the grain. The oil is reheated to evaporate the majority of the solvent. Then the oil is degummed to remove any final residue (like nutrients), bleached to remove any color and finally deodorized so it won't smell nasty. At the end of the refining process, every last bit of vitamins, minerals or any nutrient has been stripped away. This is why you often see that it is fortified or vitamins have been added. If they had to add something, it means they took it out to begin with. The bottom line is, if it is clear, it is a saturated fat, the kind that causes LDL, the bad cholesterol. There is only one oil that does not have this effect on your body, and that is extra virgin olive oil. You will find that it has color, taste and odor to it, just like it does in nature. Of course, if you cook it or heat it over 150 degrees, you lose all the nutritional value, but at least it won't have the degumming, bleaching, deodorizing and the other contaminants in it. Give your gallbladder and your arteries a break, and stop using the refined oils. You can purchase extra virgin olive oil at Sam's Club for a pretty good price.

Butter vs. margarine. Butter is created by churning milk. If you find natural butter that has not gone through any processing, it is not bad for the body. It is dairy, so large amounts of it are not recommended, but it contains nutritional elements that can be of benefit in small amounts. Butter requires salt, and I am not aware of anyone making butter with salt that is healthy. It is common to use sodium chloride, and that is quite harmful to the body. So you can churn your own, find organic butter someplace or do the best you can. If you have a choice of butter over margarine, don't ever touch margarine. Margarine is nice and soft because hydrogen is added. This hydrogenated content is very tough on the body. It is actually worse on your heart than meat fat. You are told it is lower in fat than butter, but the fat it contains is totally saturated while butter contains unsaturated fat. This means butter contains essential fatty acids, and margarine takes essential fatty acids from your body. The amount of chemicals added to margarine is so terrible, I won't even get into it. How many times have you seen yellow milk? Butter is made of milk. If your butter or margarine is yellow, that is your first clue that you are getting something other than the real deal.

Fried food and fat

There are several reasons fat is bad for you: either you don't have the needed enzymes to break down the fat you are eating, your liver is too toxic to create the bile needed or the fat is saturated, making it undigestible any way you look at it. The best way to accumulate saturated fat in your body is to eat food fried. Remember that any fat heated over 150 degrees becomes saturated, so it doesn't matter if you use butter, olive oil or any other product. Saturated is saturated, which is the bad fat, the fat that causes arteriosclerosis, clogged arteries, elevated cholesterol and all the problems associated with excess fat in the diet. Low-fat diets are not the answer because there are good fats required, and these are not supplied in low-fat diets. I won't even get into the process used to make a product "low-fat." All I'm going to say is don't touch the stuff.

Fat in your blood

You should see what saturated or undigested fat looks like in your blood! Find someone in your area that will do a live blood cell analysis (dark field microscopy) after you've eaten a meal of fried chicken or a sandwich with something fried in it. This fat is what causes the plaque that sticks to arteries, different from fat that occurs naturally in foods like nuts, seeds and other foods God created and intended for us to eat. Fat is essential to metabolism, but the right kind of fat is very important. Anytime you fry a food, you convert

the fat into saturated fat. All fat in meat is also saturated fat. If you insist on eating animal fat, eat it the way God made it – raw. The meat isn't good for you, but the fat is less harmful to the body that way.

Increased protein to fight fat

The new “fat free” revolution in this country is totally built around an agenda. High protein diets that help to balance the high fat diet are not the answer. That would be the same as smashing your finger with a hammer so you don't feel the headache you are trying to get rid of. Fat-free foods are much worse for the human body than the food with the natural fat content. Anyone who eats a “fat free” diet can almost guarantee him/herself a heart attack seven to ten years later. As I said, animal fat is not good for you, but if you are going to eat it, take some additional enzymes to help digest it. Please read *The Homocysteine Revolution* by Kilmer S. McKully. He explains just what causes cholesterol and heart disease. You'll love the book, and the information will surprise you.

Examples of healthy fats

- The best source of fat is natural, uncooked, extra virgin olive oil. Put it on your salads, mix it in with your butter (half and half) and then put it in a dish and place it in the refrigerator. You will need to melt the butter to do this, but make sure you don't let it cook. It is best to just let the butter soften at room temperature until it can be mixed with the oil. If you must use the oven or stove, melt the butter on the lowest heat possible and keep an eye on it. As soon as it is soft enough to stir, take it off the heat. Any fat that cooks or rises in temperature above 150 degrees becomes saturated. Olive oil in your butter will make it softer so you can spread it on your toast easier.
- The next best source of good fat is probably fish. A chapter in this book lists kosher types of fish and indicates the fat content of each.
- All nuts, as long as they are raw, supply good fats to the body. If nuts have been roasted or used in cooking, the fats have probably saturated.
- Avocado is high in fat, but it is good for the body because it contains all the nutrients needed to make the fat usable and remove any excess if the body has enough fat already.
- Any fruit or vegetable high in fat is safe and beneficial if eaten in a raw form.
- Be careful about supplementing too much essential fatty acids. The sources of these oils are questionable in most cases, but also when you extract an oil, it rarely contains the nutrients needed to metabolize the fat. Extracted fats also have preservatives so they won't become rancid. Remember that when fat is exposed to oxygen, it oxidizes, so encapsulated fatty acids are very questionable.
- Fat from animal sources, whether cooked or raw is negative for the body. Period