

GOOD FAT - ESSENTIAL FOR HEALTHY LIVING

Most people think that avoiding all fat is the path to true health, but in reality, there are two substances that can only be found in fat that are just as necessary to our survival as proteins, carbohydrates, vitamins and minerals. **Omega 3 and omega 6 are essential fatty acids (EFAs)**. This means that every living cell in your body needs them, but your body can't make them on its own. You need to eat a fat food that contains them. The key to good health is finding the right fat foods that avoid the bad fats and provide these good fats in the ratio that is optimum for the body.

The Role of EFAs

Every cell, tissue, gland and organ is dependent upon the presence of **EFAs**. They are the main structural component of every cell membrane and are necessary for cell growth and division. They also regulate vital cell activity. Ingested in adequate amounts and in the optimal ratio, **EFAs** have been shown to improve energy and stamina, relieve sleeplessness, improve concentration, moderate mood swings and enhance skin tone. (In fact, a measure of when you are getting enough is the softness of your skin. Increase your **EFA** intake until your skin feels as smooth as a baby's!) **EFAs** support the immune system and boost your body's fat-burning ability. They help maintain good digestion and yeast balance as well as improve joint function and alleviate skin irritations. They even keep you mentally sharper. Large amounts of **EFAs** are needed for brain and nervous system development and functioning. The first places that suffer when you cut the good fat out of your diet is your brain and your body's natural balancing system – your body's chemistry as regulated by your brain through your nervous system.

FAT MYTHS:

Fat causes heart attacks. Bad fat is related to heart disease but good fat actually helps to prevent cardiovascular problems. It helps to maintain healthy cholesterol levels particularly the ratio of HDL to LDL.

Fat makes you fatter. **EFAs** improve your body's metabolism and help your body to burn fat better. Other good fats improve your liver function and fat absorption and can actually be burned like carbohydrates as a source of fuel. Good fat, when eaten with carbohydrates, slows down absorption and leaves you satisfied and "balanced" longer.

A low fat diet is healthy. A diet low in good fat can actually be dangerous. While it is important to avoid sources of cholesterol and saturated fat, it is just as important to seek out sources of good fat.

Fat makes you sleepy and sluggish. Bad fat slows you down. Good fat energizes you.

Sources of EFAs: Raw nuts that are not roasted (roasted nuts and seed become toxic) and seeds are excellent sources of good fat along with raw nut and seed butters, avocados, and olive oil. Cold-water fish (such as salmon and tuna) is another source of good fat.

UDO' CHOICE OIL BLEND

We recommend Udo's Choice Oil Blend as an easy and effective way to insure you are getting adequate and optimum good fat in your diet. Udo's uses a blend of oils to achieve the perfect proportion of omega 3 and omega 6. Flaxseed, once thought to be the best source of raw, "good" fat, is high in omega 3 but low in omega 6. You need to balance it with other good fats. 1 to 2 Tablespoons of Udo's per day - in your Shake or on salads or steamed veggies - is a simple way to add the right kind of fat to your diet in the optimum proportion.