



Health Talk Inc

Creating a Health Conscious Community

Fats and Oils and Your Health

Fats and oils make food smell good, look good and taste good. As a result of the qualities that these fats and oils give to the food, many cultures have woefully abused the use of these food additives. It is also widely published that degenerative diseases that involve fats and oils, prematurely kill over two-thirds of people currently living in affluent, industrialized nations. You form part of this statistic, if you live in the USA. Close to 68% of the people die from just three conditions that involve fatty degeneration. These conditions are cardiovascular diseases (Heart attacks, high blood pressure,...), Cancers and Diabetes.

Another reason why people continue to abuse the use of fats and oils, is that much of the volumes of information that have been published is not known by the public and this has led to lots of controversies and misinformation by commercial institutions that engage in processing fats and oils. I have now come to understand the harm my innocent mother was causing in her cooking to the family when she would plead with the butcher to give her more plain old fat for the beef she purchased! My mum wanted her soup to look good, smell good and taste good just like many women or chefs.

What are Fats and Oils? These are made from fatty acid chains and in general terms, fats are solids at room temperature and oils are fatty acids which are liquids at room temperature.

What are some examples of Fats? These include all animal fats and hydrogenated oils as seen in margarine and butter. These fats cause a lot of the chronic but preventable diseases that kill many people.

What are some examples of Oils? All the liquid oils like Olive, Peanut, Corn, Flax etc constitute the oils. Although there are many brands of fats and oils out there in the markets, most of them have been rendered unsafe for human consumption through industrial processing. Through industrial processing, these oils are subjected to high temperatures, changing the natural and healthy state (Cis) to the disease or cancer causing state (Trans). It is always better to get oils from the cold pressed virgin or unrefined states.

What are the Essential Fatty Acids? (EFA) These are fatty acids that are not manufactured in the body and have to be obtained outside the body from nutritional sources. Examples include Linoleic acid and Linolenic acid. These are the healing fats in the body that ensure good health.. The principal sources of these EFA's are Safflower, sunflower, corn, sesame, and flax seeds.

What are the functions of these EFA's

Although much is not known as to the full functions of these EFA's, they are known to help in energy production, oxygen transfer, hemoglobin production, formation of cell membrane components, recovery from fatigue, formation of prostaglandins which help in the regulation of cell functions, cell growth, cell division and also in brain development.

What are some of the deficiency of EFA's

The deficiency symptoms of Linoleic acid (LA) include; eczema-like skin eruptions; loss of hair; liver degeneration; behavioral disturbances; kidney degeneration; excessive water loss through the skin followed by thirst; drying up of glands; susceptibility to infections; failure of wound healing; sterility in males; miscarriages in females; arthritis-like conditions; heart and circulatory problems and growth retardation

The deficiency symptoms of Linolenic acid (LNA) are: growth retardation; weakness; impairment of vision and learning ability; motor incoordination; tingling sensation in arms and legs; behavioral changes; high triglycerides; high blood pressure; sticky platelets; tissue inflammation, edema and dry skin.

Prolonged absence of these essential fatty acids is fatal, but symptoms could be reversed by supplying the body with these fats.

To be continued.