

FAT: THE GOOD AND THE BAD

THE GOOD FATS (ORGANIC WHEN POSSIBLE):

1. (Organic) Coconut oil
2. (Organic only) Olive oil (non-organic is mostly cheap vegetable oils)
3. (Kerry Gold) Organic butter
4. Avocado's / Avocado oil
5. Nuts (almond, hazelnut, walnut, pistachio, brazil, pecan, cashew, chestnut, macadamia, etc.)
6. Seeds (sesame, chia, pumpkin seed, poppy, cocoa bean, sunflower, hemp, pomegranate seed, pine, fox nut / lotus seed, watermelon seed, etc.)
7. Hemp oil
8. Organic Peanut oil

THE DESTRUCTIVE FATS (STANDARD / COMMON):

1. Soybean oil – a genetically modified organism (GMO), highly destructive to health, and especially harmful to female reproductive health.
2. Canola oil – GMO, highly destructive to our health.
3. Corn oil – GMO, highly destructive to our health.
4. Cottonseed oil – GMO, highly destructive to our health.
5. Safflower oil – very unnatural, highly destructive to our health.
6. Trans fat (trans-unsaturated fatty acids or trans fatty acids) - unsaturated fat that essentially does not exist in nature (e.g. we cannot digest it). It is however ubiquitous in modern food manufacturing, starting in the 1950s (margarine, snack foods, packaged baked goods, and most fast food). Fortunately, there's been a recent decline in usage.
7. Peanut oil – a legume, not a nut. Often corrupted by chemicals and processing.

AMERICA BAMBOOZLED: Some years ago, refined sugar (white sugar and corn syrup) were being discovered as the cause of many common, but previously rare, diseases such as Type II diabetes, depression, fatigue, PCOS and cancer. In response, the sugar conglomerate got together to defend their global empire. Their plan was simple, villainize innocent and defenseless fat. There was no 'fat conglomerate' so there was no one to defend fat (versus sugar). Sugar continued to be massively consumed, fat was despised and rejected (e.g. 'fat free' junk). It took about 40 years, and the internet, for any truth to come out. Natural fat is our friend. Refined sugar is our enemy.