

## Naturopathic Resources

The implications of raw clean fats are far reaching. Our modern culture is currently demonizing and grossly misunderstanding the role of fats in maintaining ideal health.

Essential fatty acids are essential. We are currently in the midst of an inflammatory epidemic that is plaguing virtually all parts of our bodies, cardiovascular disease and inflammatory intestinal issues are some of the most prevalent. Most people are addicted to carbohydrates and have forgot how to burn fat as their main source of fuel. Carbohydrates essentially break down into sugar or glucose and trigger fat storage, whereas dietary fats will become ketones and encourage fat burning. Having excess glucose/blood sugar is an inflammatory metabolic disaster that plays into a vast array of our culture's health issues. The cells of our bodies have the ability to run on glucose or ketones, and our liver has an enzyme pathway that allows for gluconeogenesis which is a process that will convert ketones into glucose as needed. Flooding the body with glucose through the diet day in and day out feeds disease.

Clean fats work to reduce inflammation in body, clean our cells, calm the nerves, rejuvenate the intestinal lining, and act as powerful chelating agents. With the amount of lipophilic toxins on the rise it is important to provide our bodies with plenty of fatty foods that can be used for fat exchange/cleaning. Breast cancer is one of the most prevalent cancers among women, why is this? For starters the breast are fat, and have the ability to chelate fat soluble waste. When the flow of bile is impeded the poisons the liver sucks out of the blood will be dispersed throughout the body and stored in fat tissue, like the breast and bone marrow. Once these primary storage areas are saturated, the body will begin to store fat and gain weight, for your protection.

## Naturopathic Resources

As we continue to reduce healthy dietary fats, our culture will continue to become more inflamed, diseased, and fat.

Clean raw fats are health food, and essential for keeping our bodies running optimally. At least 50% of our diets should consist of fat including high amounts of saturated animal fat. Since the advent of the cholesterol lipid hypothesis, low fat diets and statin drugs, inflammatory diseases have escalated by leaps and bounds. We change the oil in our vehicles every 3,000 miles but neglect to change the oil in our bodies, this is dangerous and unsustainable.

Good Fat:

All Organic raw/rare and of the highest quality

Coconut

Avacado

Fish

Bone broth

Meats/Organs

Eggs

Olive

Flax

Sesame

Butter/Cream

Lard for cooking

Goose and duck fat

Junk:

All hydrogenated and partially hydrogenated oils

Industrially processed liquid oils such as soy, corn, safflower, cottonseed and canola

Fats and oils (especially vegetable oils) heated to very high temperatures in processing and frying.

The wulzen factor: Called the antistiffness factor, this compound is present in raw animal fat. Researcher Rosalind Wulzen discovered that this substance protects humans and animals from calcification of the joints - degenerative arthritis. It also protects against hardening of the arteries, cataracts and calcification of the pineal gland. Calves fed pasteurized milk or skim milk develop joint stiffness and do not thrive. Their symptoms are reversed when raw butterfat is added to the diet. Pasteurization destroys the wulzen factor - it is present only in raw butter, cream and whole milk.

Oil = Butter

Butter = Cream

Cream = To Anoint/An Anointing

Anoint = To smear or rub with oil

Middle English creme, from Old French craime (from Late Latin crum, of Celtic origin) and from Old French cresse (from Latin chrisma, an anointing, from Greek khrosma, unguent, from khrein, to anoint; see ghri- in Indo-European roots).]