

Oils Ain't Oils....

Different oils have different uses in cooking, food preparation, as fuel, in fat loss and as beneficial, therapeutic agents.

Most of the oils that have been in use for a long time (thousands of years) are beneficial when processed and used traditionally. It is the newcomers that have sprung up as a result of Agri-business and large-scale farming that our bodies have problems dealing with.

These newer oils, such as sunflower, safflower, canola, cottonseed (margarine) and other so-called "Vegetable Oils" are not utilised effectively in the body as we are not genetically programmed to process them. Genes take thousands of years to adapt and these oils have only been around for about 50 to 60 years.

Some recognised **problems with that poly-unsaturated oils revolve around their ability to become sticky and adhere to the blood vessel walls and cause cholesterol and calcium plaques to form.** They also disrupt hormone pathways and calcium metabolism in the body. Many of our exponentially prevalent chronic diseases such as coronary heart disease, diabetes, stroke and inflammatory/immune disorders are contributed to by the exponential increase in consumption of these so-called "healthy oils" in recent years. Add increased stress to this fatty cocktail and we have a **recipe for health disaster.** (More information available on the Internet and in books)

Let's look at the beneficial oils and how to use them to achieve the maximum health benefit. The following list are all excellent sources of essential fatty acids necessary for good cell function, food for nerve tissue and as fuel. These fats will not make you fat! **Excess processed carbohydrates make us fat!**

Olive oil: Best purchased as extra virgin cold pressed and organic if possible. **Best eaten raw**, as a salad dressing, a dip or in smoothies. Can be used for low-temperature cooking and marinating. A good source of essential fatty acids. It is cheap and freely available.

Flax seed oil: Has the right ratio of omega-3 to omega-6 fatty acids (our modern diet is way too high in omega-6 fatty acids). Must be stored in the fridge and

is not suitable for cooking as it oxidises at high temperatures. **Great fuel, and very tasty in smoothies and on oats.** An excellent salad dressing can be made by adding flax seed oil to lemon juice and balsamic vinegar and shaking.

Coconut oil: Is extremely low in harmful polyunsaturates and **extremely high in medium chain triglycerides which are used directly as fuel for our body and not stored as fat.** Great for athletes, and in smoothies for children to provide energy for exercise and the brain. Coconut oil tolerates high-temperature cooking and Ashgrove Wellbeing stocks the 'Nui' pure organic oil in 1 L bottles or 400 g tubs. The tubs are great in winter as Coconut oil turns into a solid below 20° C.

Fish oil: (EPA-DHA) Quality, cold processed and well manufactured fish oils (a little hard to find!) are perfect as essential fatty acids to repair cell membranes and also **act as an anti-inflammatory** after about four to six weeks. High quality is important here as cheap fish oils not only make you burp but have little therapeutic value. Ask us about which ones we have found to be effective.

Emu oil: Although a new concept to most, emu oil has been used traditionally by the Australian Aborigine for many thousands of years. This mirrors the traditional use of coconut oil by South Sea Islanders until modern science tried to persuade us that it was unhealthy because of the cholesterol myth. This myth left the door open for Agri-business to fill the gap with its own product!!! **Emu oil is the very best of brain foods and acts as a potent anti-inflammatory** in about a quarter of the time it takes fish oil to work. **It helps regulate blood sugar, hormone levels and dramatically decreases cholesterol levels.** It has been shown clinically to remove the cholesterol/calcium plaque on arteries and improve arthritic joints. Because of low supply and stringent low-temperature extraction methods this oil has a higher dollar value but the multiple benefits far outweigh the costs. Emu oil is taken as a capsule and can be massaged into affected joints.

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