Fats + Oils

48 Day Transformation

With Dr. Michele Menzel, ND

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Meet Dr. Michele Menzel

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Disclaimer
- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.

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Recognize the Counterfeits

ALL health care providers say:
AVOID Saturated FAT!!

Examples:
- Eggs
- Butter
- Milk
- Raw dairy products
- Red meat

What they suggest instead:
- Vegetable oils
- Egg beaters
- Fat free dairy
- Soy or rice products
- Lean meats

- *Elimination of these vital fats left me completely overwhelmed, fatigued, extremely emotional, nutrient deficient, and unable to heal.*

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The TRUTH about FATS!

Prior to the introduction of modern processing, our ancestors consumed fats from animals in the form of milk, butter, cheese, meat, and oils naturally extracted from fruits, nuts, and seeds.

Fats at every meal:
- Provides good energy
- Slows down nutrient absorption
- Satisfied longer
- Carriers of fat-soluble vitamins ADE&K
- Vital for conversion of carotene to vitamin A
- Mineral absorption

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Butter Has a Rich History

- Romans:
- Treated burns
- Beauty cream
- Numerous Biblical References
- India has used for over 3000yrs
- People made butter by shaking milk in bags of animal skins or in hollow logs.

Today butter is made in big machines, but the process still resembles that of our great-grandmothers—churning cream until it turns to butter.

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How did this happen?

- Crisco was the first solidified shortening product made entirely of vegetable oil. It was also the first hydrogenated oil—a new process that produced solid shortening at room temperature.
- Crisco could be heated to much higher temperatures than lard and Crisco did not pick up the flavor of food and could be used again and again, saving the consumer money
- Butter consumption had decreased from eighteen pounds per person per year to four pounds per person per year. And yet they blamed butter and animal products for heart disease. This came as a result of researcher Ancel Keys' 1950 study called the lipid hypothesis theory.

TIME CHOLESTEROL And Now the Bad News
1984

TIME Eat Butter.
2014

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Modern Technology and the Underlying Belief System of Convenience Foods for the Modern Lifestyle Gave no Thought to the Harmful Effects of Industrial Processing!
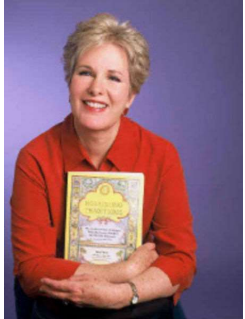
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"…canola oil hydrogenates beautifully, better than corn oil or soybean oil, because modern hydrogenation methods hydrogenate omega-3 fatty acids preferentially and canola oil is very high in omega-3s. Higher levels of trans mean longer shelf life for processed foods, a crisper texture in cookies and crackers—and more dangers of chronic disease for the consumer."

—Sally Fallon Morell and Mary G. Enig, PhD

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ChooseMyPlate.gov

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Saturated Fats Play Many Vital Roles in the Body

• They provide integrity to the cell wall.
• They promote the body's use of essential fatty acids.
• They enhance the immune system.
• They protect the liver and help to dump its fat content.
• They contribute to strong bones by helping incorporate calcium into bone.
• They are essential for hormonal balance.
• The airspaces of the lungs are coated with a thin layer of lung surfactant; the fat content of which is 100% saturated fatty acids.
• They assist kidney function.
• They provide nourishment for the brain—which is mainly fat and cholesterol.
• They play a role in proper nerve signaling.

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Mental Wellbeing Depends on FATS!!

• Unrefined fats and oils are essential for such conditions as:
  • *Depression*
  • *emotional disorders*
  • *ADHD*
  • *autism*

A low-fat diet can lead to a host of neurological disorders

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For Weight Loss

- Eating fat can actually keep you slim
- Adding unrefined essential fatty acids to a healthy diet, normal weight can be restored
- all refined oils and margarine must be removed from the diet.

The right fats and oils are essential for your wellbeing—
include them in your diet!

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The Best Fats to Consume

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- Organic raw butter*
- Ghee (clarified butter)
- Organic extra virgin olive oil (unfiltered)
- Virgin coconut oil
- Unrefined palm oil—red
- Organic, grass-fed lard
- Organic, grass-fed tallow
- Raw, whole milk dairy products
- Organic, free-range eggs
- Grass-fed meats, especially the fatty cuts
- Grass-fed pork bacon
- Avocados

*Raw butter cannot legally be sold in U.S. stores. You can make your own by purchasing cream from your local farmer.
If raw cream is not available, I would only recommend butter
from grass-fed cows such as Kalona Supernatural butter, Kerrygold butter, and Organic Valley pastured butter.

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Cold-Pressed Oils

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- (for occasional use)
- • Sesame
- • Flax
- • Sunflower
- • High oleic safflower oil
- • Peanut
- • Expeller-pressed palm oil
- • Macadamia
- • Expeller-pressed coconut oil
- • Avocado
- • Filtered extra virgin olive oil

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Avoid These Highly Processed Commercial Fats & Oils:

COOKING OILS TO AVOID

More info at FOODBABE.COM

- Vegetable oils: cottonseed, soy, corn, canola,
rice bran, hemp, grapeseed
- Margarine, Crisco, spreads
- Partially hydrogenated vegetable shortenings
- Egg beaters
- Conventional meat
- Pasteurized dairy products, especially low-fat and non-fat
- All processed food—especially fat-free food

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Your Great-grandmother Knew Better!!!

There are only two brands of fish oil I recommend:
- Blue Ice™ Royal Butter Oil / Fermented Cod Liver Oil
- Vital Choice Salmon Oil
- *Please note that those without a gallbladder should only take fermented cod liver oil.*

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GRASS-FED BUTTER BENEFITS

1. **Contains CLA**
Contains CLA Conjugated Linoleic acid which helps to reduce belly fat, helps to protect against cancer and supports muscle growth.

2. **Great Source of Butyrate**
Great source of butyrate (a short-chain fatty acid), which reduces inflammation.

3. **Contains Vitamin A - Retinol**
Contains Vitamin A - which is good for the thyroid, adrenals and cardiovascular health.

4. **Great Source of Vitamin D & K2**
Great source of Vitamin K2 - may reduce arterial calcification and helps not increase bone density.

5. **Contains Essential Fat**
Butter is rich in Omega 3 Fatty Acids that reduce inflammation and improve hormone optimization.

6. **Additional Beneficial Nutrients**
- Lecithin   • Copper
- Selenium   • Iodine
- Magnesium   ...and more!
- Zinc

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Why Butter Is Better

Vitamins

Stigmasterol/Wulzen Factor

Minerals

Cholesterol

Fatty Acids

Glycospingolipids

CLA
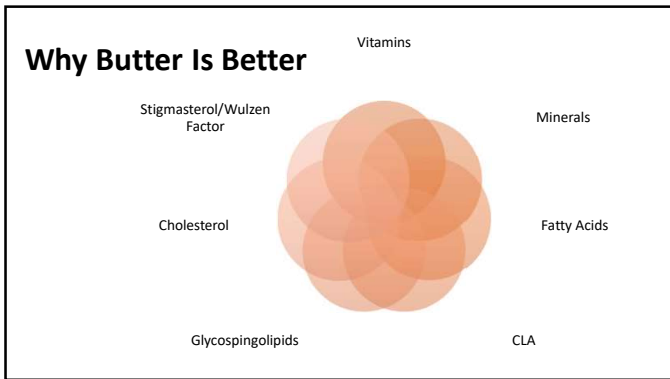
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Bottom Line:

- *Fat does not cause you to be fat!*
- *Make good fats a part of your meals every day*
- *Purchase real butter from grass-fed cows*
- *Use coconut oil*
- *Use olive oil as a base for homemade salad dressings*
- *Consume avocados*

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