

# FATS

HEALING FATS ARE GOOD FOR BRAIN FUNCTION, JOINT MOBILITY, HORMONE BALANCING, DEPRESSION, NERVE & IMMUNE FUNCTION, EYE HEALTH, SKIN HEALTH, BLOOD CLOTTING & THINNING AND PREVENTING DISEASES.



## Fats that heal

Hemp  
Flax  
Soybean  
Fish  
Walnut  
Seaweed  
Sunflower seeds  
Sesame seeds  
Almonds  
Venison  
Chicken  
Olive oil  
Evening primrose oil

## Fats that kill

Eggs  
Butter  
Lamb  
Beef  
Roasted nuts  
and seeds  
Dairy products  
Pork  
Refined oils  
Fried oils  
Margarine  
Shortenings

## Recommended daily allowance

Adults need 20% fats in their diet.

## Functions

Healing oils are essential for brain function. The brain is a fat rich organ and should contain 60% Essential Fatty Acids (omega 3 and 6). It is vital for brain development in children, improves nerve and immune function, it is good for depression, helps insulin to work, maintaining eye health, blood pressure control, cell membrane integrity, skin health, joint mobility, anti-inflammatory response, normal liver function, keeps blood thin to prevent clots and blockages, maintaining water balance and preventing diseases.

## People who need more fats

Excellent for people with depression, osteoarthritis, any aches or joint problems, hormone imbalances, PMT, high blood pressure, infertility, eye health, water imbalances or skin problems.

**Olive oil and coconut oil are the only fats you should use for medium temperature cooking. Avoid trans or hydrogenated fats, like refined vegetable, sunflower or corn oil. Never reuse oil.**