

Health Mentor Programme -

Fats and Oils part 1

MENTOR SESSION 11

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IN THIS MENTOR SESSION:

- Is oil helping you or harming you?
- What do fats dislike...

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Sad story...

The story of fats and oils truly is a sad one.

Healthy fats are supposed to:

- Provide energy
- Burn fat
- Prevent heart disease and cancer
- Boost brain development in children
- Improve mental functioning
- Improve libido



But modern fats and oils are doing the following:

- Causing heart disease
- Causing cancer
- Making people fat
- Promoting the formation of numerous diseases!

Is oil helping you or harming you?

Here comes a golden nugget...



Here comes a golden nugget, so make sure you get it nicely:

The problem with fats is that most people are deprived of the **GOOD FATS**— and most people are consuming an abundance of the **BAD FATS!**

If you get this then you're already halfway to making one of the most important habit changes of your life!!

Oil science 101 - the basics.

Why have oils become so bad then?!

Well, to understand this we need to understand what fats and oils don't like (i.e. what damages them so that they become toxic to the human body).

Thus we have to look at some basic science to give you the tools to make your own decision irrespective of what oil you're looking at!!

What oils don't like

Dislike no 1 - Heat

In the early years (see drawing from the 1600's) oil was pressed from seeds using only pressure and no external heat was applied or generated.

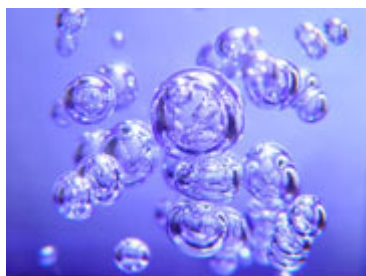
In the industrial revolution high speed grinding presses were invented to make oils cheaper. These presses generate **LOTS** of heat and damage the oil and, to worsen the situation, some presses apply **EXTRA HEAT** to extract more oil from the seeds.

Imagine what is coming out on the other side! (Keep this in mind when we look at what type of oils are sensitive to heat).

The manufacture of oil (J Amman, 1600's)



Dislike no 2 - Oxygen



Most oils don't like oxygen and need to be sealed very quickly after being expressed.

Thus storage in glass is better than plastic because oxygen moves **EASILY** through plastic

Dislike no 3 - Light

Yes once again your weaker oils like the oils rich in polyunsaturated fats don't like light and that's why a **proper oil storage bottle** will either be high quality plastic (that doesn't give off plastic molecules or lets through oxygen) or amber coloured glass.



Dislike no 4 - All the usual toxins

You need to be sure where your animal or plant oil comes from because fat **DEFINITELY** is a good storage place for toxins (like the fat of fish that stores mercury).

No, it's not impossible to get these fats and oils that don't contain junk and that come from organic/clean sources! Just look around and you'll find a supplier eventually.

Types of fats and oils

Less than 10% of your energy intake should come from saturated fats especially those from animal origin

Saturated fats

Animal and plant saturated fats can raise your cholesterol and should be consumed less **BUT** – There is a small group of plant saturated fats that are not harmful!...we'll keep you in suspense which ones they are till the next session...

Animal origin



Plant origin



Coconuts and palm fruit are high in saturated fats. Note here: Palm kernel saturated fats are bad for you, palm fruit fats are good for you...see session 12 as to why this is...

Unsaturated fats

Unsaturated fats are subdivided into two groups

Monounsaturated

These oils are good for your nervous system and if they contain the right antioxidants, like Olive oil, they are **HIGHLY** beneficial to consume regularly (remember the **Mediterranean diet**...).

Heating: Yes, these oils are fairly stable to heat but not as stable as plant and animal fats that contain more saturated fats. I recommend that you don't use any monounsaturated oil for high heat cooking but keep your cooking heat low or rather use them raw where possible.

Olive oil



Almonds

Hazelnuts



Polyunsaturated



Salmon oil



Sunflower and soya oil



Linseed, pumpkin and sesame

Polyunsaturated (Remember it like this – “Poly wants to party”, and although a party can be good (polyunsaturates are good for you), when poly is exposed to heat it becomes really toxic!! (this is when the party turns bad...)

Polyunsaturated oils are VERY susceptible to heat so you DON'T want to heat them at all.

PROBLEM!! Go to your kitchen after reading this session and see how many oils you have in your house that you use to cook in. Is that oil suitable for cooking?!

Homework

Now for the homework:

You'll have to wait for the next mentor session before we really dig into oils and look which of them are the good, the bad or the ugly! In the meanwhile you need to look at all the oils in your house and at the ingredients on oil-containing food labels and by using the basic information I've given you in this session determine if you have good or bad oils going down your throat!!!

See you next time!

Note:

Have I ever mentioned that Hummus is a great food to have in the house?! (ok, I've mentioned it a few times...). Well there's more good news if you've started enjoying this dish. Because of the natural oils in the chick pea, and the olive oil that is used in the recipe, hummus is a great way to consume healthy oils!

Olive oil cake



- 250g self raising flour
- 180g brown sugar
- 180ml cold pressed extra virgin olive oil
- 2 eggs
- 120ml milk
- 7ml cumin

Sift self raising flour and add the sugar.

Beat the eggs, then add the olive oil and milk and beat thoroughly.

Add egg mixture and the cumin to the flour mixture.

Grease a 22,5cm cake tin, and line the base with baking paper.

Pour mixture in cake tin.

Bake for 35-45 minutes at 180°C.

Remove from oven when the cake is golden brown and has a sturdy consistency (spongy when you press in the middle of the cake).

Remove cake from the tin and leave to cool.

Remove baking paper when cake has cooled.

Decorate with sifted icing sugar, dried/glazed fruit and nuts (optional).

Serve with whipped fresh cream.

(Remember, this is a treat so use it sparingly on high days and holidays!)

About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist and has a master's degree in Applied Human Nutrition.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and has been able to guide scores of listeners with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

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