

Health Mentor Programme -

Fats and oils part 4

MENTOR SESSION 14

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IN THIS MENTOR SESSION:

- You need supplemental oils!
- Which oils are the good ones.

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Oil for life!

By now you're hopefully all excited about the amazing health benefits of good oils but you might also be confused as to how you're going to manage your diet to get the full benefit?! The essential oils Omega 3 and 6, which are polyunsaturated oils, come exclusively from your diet and this is where I believe that because it's hard to eat perfectly, a supplemental oil is just what you need!

So in this session we will:

- See how supplemental oils can change your health within the first 24 hours.
- Which oils to use.
- Which oils could contain toxins and what to do about it.
- What foods to eat to enhance your Omega 3 & 6 intake even more.



Super benefit!

Yip, there are major benefits in taking high quality supplemental oils.

You may see the following benefits in the short term:

- Improved skin quality and less dryness (we've seen 'winter skin' clear overnight!)
- Improved mood¹
- More energy¹

Longer term effects:

- Protection against heart disease^{1,4,5,6}
- Protection against cancer^{1,7,8,9}
- Balanced hormones and fewer symptoms associated with menopause or menstruation¹
- Improved mental ability¹
- Improved vision¹
- Burn fat¹
- Improved libido¹
- Highly beneficial to infants¹
- Improvement in psychiatric conditions^{1,10}
- Treatment of irritable bowel syndrome^{1,11}

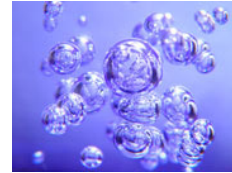
Hallo! If you're reading this then you don't need glasses but you definitely should consider getting a good supplemental oil.

Now turn the page and read what I recommend!

Careful now...

Before I rush into the whole wonderful world of supplemental oils let's just remember the golden rules for oils!

- a) Minimal heat, oxygen or light should have been part of the preparation process
- b) The packaging of the oils are also important and thus we prefer amber glass bottles or proper high grade plastic that's been treated appropriately not to give off molecules into the oil.



Unbalanced act!



Want to know what has been one of our biggest problems over the last 100 years...?
 We're eating too much omega 6 fatty acids versus the omega 3's and this is happening because we consume large quantities of:

- Margarine,
- Grains and white flour (contain high levels of omega 6 oils),
- Beef (modern artificial livestock feeding methods raises the omega 6 content of meat),

And we're consuming less:
 Omega-3 fats from fish, flax, raw nuts etc.

Where are you going to get all of this!

Sources of Omega 3

Plants:

- Flax
- Hemp seed
- Canola
- Soy bean
- Walnut
- Dark green vegetable leaves
- Pumpkin seed

Fish:

- Salmon
- Trout
- Mackerel
- Sardines

Sources of Omega 6

- Hemp seed
- Canola
- Soy bean
- Walnut
- Dark green leaves
- Pumpkin seed

The big HOW?

Here are our favourite options to consume your supplemental oils

NOTE: If you're consuming a plant oil you must ensure that you get enough vitamins and minerals through the consumption of fruits and vegetables and a multi-nutrient supplement (you need these to metabolise the plant oils to the right end products).

Drinking oil?! No way!

So how am I supposed to "consume" these oily liquids?!

I thought you might ask that so here are some options for you:

Option 1: Take it straight (some blends are made using coconut oil and actually taste quite good)

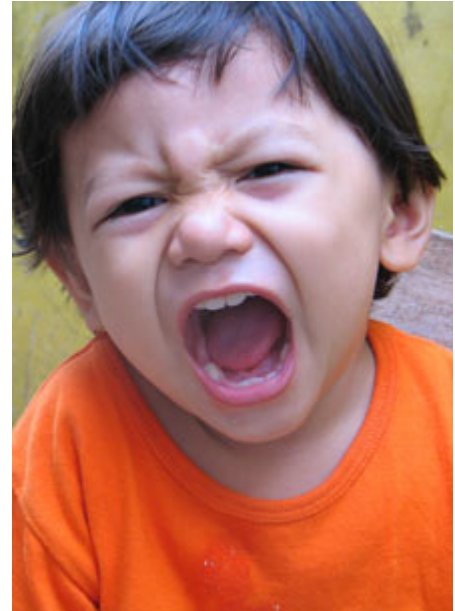
Option 2: Stirred into fruit juice

Option 3: Stirred into yoghurt

Option 4: Poured neat over salads

Option 5: Used to make salad dressings

Option 6: See some great smoothie options at the end of this session!



Options for supplemental oils

Blends, oh wonderful blends

Here's the easiest way to get omega 3 & 6 & 9 in one shot because blends contain a variety of oils but in the right proportions!

Several manufacturers produce blends like this; just make sure they're in opaque containers and are stored in the fridge (especially after you've bought them). What I like about these blends is that they sometimes also contain medium chain triglycerides which are great for fat burning and energy!

Another blend that I like is 'Udo's Oil'

Use 15ml for every 25kg of body weight.

Oils in blends

With **Flaxseed oil** being the main component, blends can usually contain several types of oils.

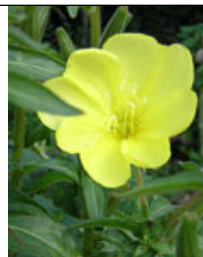
Sunflower



Pumpkin



Evening primrose



Coconut



More options

Super Flax!

- Flax is a great source of omega 3 fatty acids
- Use it over salads
 - Use it 50:50 with Olive oil in Hummus
 - Mix it with butter to make the butter softer



Use 1 teaspoon to 2 tablespoons per day if you're not using the 3:6:9 blend.

Note: Using only flax for too long is not healthy either because you can actually become omega 6 deficient! If you're new at the supplemental oil thing then start with flax oil and after 1-2 years you need to switch to a 3:6:9 blend.

Raw nuts

Enjoy a handful of raw nuts daily.

- Cashew
- Macadamia
- Pecan
- Almond
- Hazel
- Brazil

(Remember to store raw nuts in the fridge)



Seed mix



Make your own 'Super seed mix' to enhance your intake of healthy oils even more (remember to store in fridge).

Fill a jar with:

- 1/3 flax (also called linseed)
 - Rest of jar equally filled with sunflower, sesame and pumpkin
- Take 1-2 tablespoons every day over salads or blended into smoothies.
(Remember to store seeds in the fridge)

Fish oil

Fish oils are a great source of omega 3 fatty acids and they also have high levels of the already-metabolised end-products DHA and EPA (this is the good stuff in omega 3's).

Caution: Many fish species are contaminated with mercury and PCB's and thus we recommend that you rather go for the super purified salmon oil fluids and capsules or krill oil. The good news though is that products have now started appearing on the market that are tested free of contaminants like PCB's and mercury.



Kathy's Kitchen



Where to put those oils?

Keep the following in mind when using flaxseed oil:

- It is heat sensitive, never cook with it or use it with hot foods.
- Do not shake it because it oxidizes. Therefore it's not suitable to make a salad dressing which needs shaking.
- Store your flax seed oil in the fridge.

Flaxseed oil doesn't have a distinctive taste, it won't change the flavour of foods or drinks.

The black residue at the bottom of the flax seed oil bottle is normal and part of the whole healthy package so you can turn the bottle upside down before use.

Uses of flax seed oil in foods:

- Stir into yoghurt.
- Stir into fruit and vegetable juices. Great for when you're sick!
- Add it to fruit smoothies.
- Drizzle over salad, follow with some lemon juice and herbal salt.
- Stir into cream cheese before spreading on bread/healthy snacks.
- Add to any home made spread and use as above.

For babies:

- Add to bottle feeds.
- Add to mashed fruits.

Amounts to be used:

Babies: Bottle feeding from birth to 6 months, 1 teaspoon for every 4.5kg body weight.

Breastfeeding/bottle feeding from 6 months on use ¼ - ½ teaspoon per day per bottle. Increase with ½ teaspoon for every year until your child is taking 2 teaspoons a day.

Pregnant and breastfeeding moms: 1-3 tablespoons per day.

Adolescents and adults, both sexes: 1-3 tablespoons per day

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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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