

Sources of Good Fats For Load Days and Phase 3 & Forever Fit

- Flax and Flaxseed Oil
- Pumpkin and Pumpkin seed oil
- Walnuts and Walnut oil
- Almonds and Almond oil
- Dark green vegetables (broccoli, kale, spinach, parsley, etc.)
- Fish oils (EPA, DHA) from ocean-run salmon, sardines, trout, mackerel
- Evening Primrose oil (GLA)
- Avocado
- Organic butter and balanced butter
- Grapeseed oil
- Nuts and seeds
- Olives and extra virgin olive oil
- Raw milk cheeses (Feta, cottage cheese)
- Unrefined Coconut oil
- Sesame seeds and sesame oil, Tahini

Essential Fatty Acid benefits include the following: They keep the arteries soft and pliable, prevent blood clots, lower cholesterol production in the liver, prevent cell proliferation (cancer), improve the immune response, decrease inflammation, decrease pain transmission, provide essential support for neurological function, regulate sodium and water retention.

Bad Fats

- Partially hydrogenated oils (candy, chips, shortening, baked goods)
- Margarine
- Lard (excessive saturated fat)
- Hydrogenated oils (heat altered, dead)
- Processed oils (heat altered)
- Shortening (Crisco)
- Canola oil (genetically altered, used to make mustard gas)
- Corn oil (highly processed)
- Soy oil (highly processed)
- Cotton Seed oil (often contains pesticides)

The bad fats are those that have been made rancid by heat, light, or oxygen. They are the fats that have been processed, hydrogenated, and even worse – partially hydrogenated. They include both the altered vegetable mono and polyunsaturated fats as well as the altered animal and vegetable saturated fats. Paralleling the rise in the use of processed, commercial vegetable oils was a rise in cardiovascular disease, cancer, multiple sclerosis, diabetes, and liver degenerative diseases.