



Live Your Perfect Weight

Weekly Insight

July 12, 2009

GOOD FATS

“You feel good not because the world is right, but your world is right because you feel good,” –Wayne W. Dyer-

This week let's talk about good fats and their importance in losing weight.

Whenever someone decides that they need to lose weight, the first thing they give up is the fat. They buy fat-free foods which are usually high in sugar, which is usually the bad sugar – high fructose corn syrup. This 'diet' adds extra weight and the dieter usually feel hungry or starts to have sugar cravings, which puts on more weight. This starts a downward spiral which results in discouragement and ultimately diet failure.

Here is a better solution:

If you are serious about dropping pounds and getting into the best health and shape ever then you need to add the good fats.

Good fats help your brain to function, the joints to stay pain-free, your hormones to stay balanced, and your heart to stay healthy. The good fats also help with depression and most of all to burn the bad fat so you are lean and healthy. They also helps you to feel “satisfied” so you are not going around feeling hungry and deprived.

The good fats to cook with and use for dressings are olive oil, grapeseed oil, safflower oil, sunflower oil, and coconut oil. For salad dressings you can use any of those oils plus add nut oils such as walnuts and almonds to the list.. But the best oils contain Omega 3 & 6's which are so important to tone your skin and break down fat. Some great oils in this category are Flaxseed, Hemp, Fish, Evening Primrose and Borage. I always recommend you take a tablespoon of oil of your choice daily or take it in a gel cap – usually two will do it. You can easily find a gel cap that contains a combination of the Omega 3's & 6's.

The main difference between fish oil and cod liver oil is that cod liver oil contains Vitamin D which is so important especially in the winter months when we do not get enough sunshine. Vitamin D has many benefits such as keeping the bones healthy, the heart healthy, the hormones balanced, and most importantly Vitamin D helps with depression. So I highly recommend you take cod liver oil.

Some example of Omega 3's are flax, fish, and borage oils. Each of these also contain some Omega 6, but are predominately good sources of Omega 3. Borage is also high in Omega 6.

Omega 6 is found in oils such as safflower, sunflower, walnut, almond, grapeseed, and evening primrose oil. A great combination would be to take borage/fish, flax/ walnut or flax/sunflower oils, to get your balance of both Omega's.

Amazingly walnut oil and flaxseed oils are precursor Omega 3's that the body converts to EPA & DHA which are the building blocks for hormone, cell growth and immune function. Both Omega 3's and Omega 6's must be in balance to maintain optimum health, which is why it is important to take a combination of both the Omega's. It's easy to get in your Omega 6 but you will have to pay attention to get enough Omega 3.

A great combination of both the Omega 3's and Omega 6's is Hemp oil. Hemp oil also contains 2% GLA (Gamma Linolenic Acid) which is the key ingredient in Evening Primrose and Borage Oil. Hemp seed oil has a pleasant nutty flavor and also helps with fat-burn off and is an excellent source of protein. You can use Hemp milk to make your morning smoothie mixed with your "green powder" and have a delicious and complete nutritional breakfast.

Another "fat buster" is CLA (Conjugated Linoleic Acid) which comes from diary and meat, but is also available in a gel cap. A great thing about the CLA in a capsule form, is that it is derived from safflower oil (Omega 6), which is great news for vegans and those that are diary intolerant.

Depending on the brand you choose, you will need to take 4 or 5 gel caps of CLA. If the cap contains 75% CLA and it's 1000 mg. then you are getting 750 mg of CLA and would need to take 5 caps per day.

CLA helps promote fat loss, increases energy, fights cancer, prevents hardening of the arteries and helps to reverse diabetes. It also helps the immune system, is a powerful anti-oxidant and helps with cholesterol levels. Now, why wouldn't you want to take that?

I hope this helps you see the importance of not giving up the good fats because they really are essential and will help us in so many ways.

I'm sure your doctor will give his o.k but if in doubt about any supplement, check with him/her first.

Also remember to drink water, especially with the warmer weather, because sometimes your body is thirsty and just needs water, not more food. If you get tired of water, you can add lime, lemon or a little natural (no added sugar) fruit juice, with lots of ice for a nice, refreshing drink. So, drink the water first and then go for an apple or some fresh fruit –(plums, peaches and nectarine are high in anti-oxidants) and don't skip meals as that will just force your body into a "starvation mode". When that happens, you may over-eat and your body ends up "storing the fat" because it doesn't know when it is going to get its next meal. Three meals (pay attention to the portion size) and 3 healthy snacks is a healthier way to go.

For more information, go to my e-book www.LiveYourPerfectWeight.com

“Getting my lifelong weight struggles under control has come from a process of treating myself as well as I treat others, every day,” Oprah Winfrey

Till Next Time,

Rosemary Evans
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