

# GOOD OILS

*We need some fats in our diet. Getting the right balance of the different types of fats will help keep your cholesterol levels and your heart healthy. Here is a guide to choosing healthy oils.*

## 1. Fermented Fish Oil

Fermented Cod Liver Oil is a natural pure food. The gentle extraction of the oil through fermentation makes it truly unique. Using fermentation as the extraction method shields the fragile nutrients, and retains these nutrients in an all-natural form that your body recognizes as food. They contain high levels of omega-3 fatty acids.



## 2. MCT Oil

MCT oil has been shown to increase the release of two hormones that can promote the feeling of fullness in the body: peptide YY and leptin. MCT oil may help optimize the growth of good bacteria and support the gut lining, which could also help you lose weight. Studies have shown that MCT oil and a ketogenic diet may help manage conditions such as epilepsy, Alzheimer's disease, and autism.



## 3. Avocado Oil

Avocado oil has numerous benefits, related to its content of antioxidants and healthy fats. Almost 70% of avocado oil consists of heart-healthy oleic acid, a monounsaturated omega-9 fatty acid. Avocado oil has been found to have beneficial effects on blood cholesterol levels, increasing HDL, the "good" cholesterol. It is also high in Lutein, an Antioxidant that has benefits for the eyes. Eating plenty of lutein may reduce the risk of cataracts and macular degeneration, which are common age-related eye diseases.



## 4. Flaxseed & Hemp Oil

The reason Flaxseed oil is so healthy is that it has a high concentration of omega-3 fatty acids. Omega-3s are important to overall health and body function and they support the cardiovascular, pulmonary, immune, and respiratory systems. Hemp oil contains large amounts of omega-6 and omega-3 fats, which are two types of unsaturated fats, (good fats), and all nine essential amino acids, the materials your body uses to make protein. Adding omega-3s, such as those found in hemp oil, to your diet can reduce inflammation.



## 5. Extra Virgin Olive Oil

Studies show that the fatty acids and antioxidants in olive oil can offer some powerful health benefits, including a reduced risk of heart disease. Olive Oil is Rich in Healthy Monounsaturated Fats. Studies suggest that oleic acid reduces inflammation and may even have beneficial effects on genes linked to cancer. Olive oil is also loaded with powerful antioxidants, can reduce inflammation, reduces risk of stroke and heart disease, and benefits brain function.



## 6. Ghee

Ghee is a variation of clarified butter that is popular in the culinary traditions of the Middle East and India and is a rich source of vitamins, antioxidants, and healthy fats. Ghee has been linked to lowering the risk of cancer, arthritis, and cataracts. Given that its milk solids have been removed, ghee does not require refrigeration and can be kept at room temperature for several weeks. In fact, like coconut oil, it may become solid when kept at cold temperatures. Ghee contains a higher concentration of fat than butter. Gram for gram, it provides slightly more butyric acid and other short-chain saturated fats. It is completely free of the milk sugar lactose and the milk protein casein.



*One cannot think well, love well, sleep well, if one has not dined well - Virginia Wolf*

**LIVE WELL CONNEX**