



Quintessential Health Care

An Integrated Health Resource

Coconut Oil: Fake Health food or Healing Fat?

Greetings!

There has been much controversy and heated debate of late about saturated fats—with coconut oil at the forefront.

The American Heart Association says coconut causes heart disease...and it's never been healthy for you...

...while other nutritional experts say it does not cause heart disease and neither do other saturated fats.

Read on for Milly's take on the myths and facts of this age-old fat debate, PLUS valuable information on the types of fat you SHOULD be eating (and avoiding) for optimal heart health, weight, and longevity.

Enjoy!

-Milly and the QHC Team

Message from Milly

"Are saturated fats bad for my heart?"

I have been fielding this question for years; and more so since the American Heart Association's recent condemnation of coconut oil.



You probably saw the headline: "Coconut Oil Isn't Healthy, It's Never Been Healthy" splashed all over the media.

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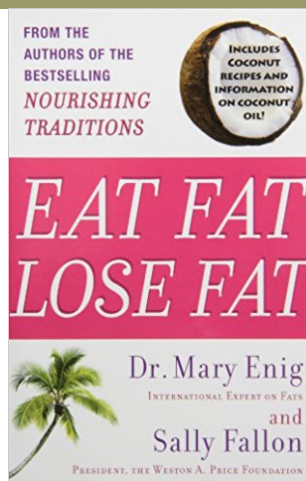
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Heal Thyself and Never Stop Learning



Book Pick of the Month:

["Eat Fat Lose Weight"](#) by Mary Enig and Sally Fallon

This 2006 classic expands on the research and studies of Dr. Weston A. Price (a dentist who studied and documented the effects of traditional diets in indigenous cultures).

Enig and Fallon do a tremendous job outlining the history and scientific evidence backing the health and weight-loss benefits of a diet rich in saturated fats.

I've said it before and I'll say it again, if there is one area in nutrition we have been grossly misled, it is in the field of fats and oils.

The interesting thing about this story is, although it stirred up a good deal of controversy, it is not news.

The American Heart Association has *a/ways* been anti-saturated fat, including coconut oil.

One of my favorite rebuttals to this "news" story, came from Dr. Mark Hyman—director of the Cleveland Clinic's Center for Functional Medicine.

We provide a link to Dr. Hyman's rebuttal article in the "Heal Thyself" section, where he was pretty emphatic in stating **there have been ZERO studies to back up the AHA's claim that coconut oil causes heart disease.**

So why then is the AHA, demonizing coconut oil?

There is a lot of history to consider here, but this in-part goes back decades when the sugar industry paid Harvard scientists to point the blame of heart disease on fats and saturated fats—when sugar was the real culprit.

This story entitled: "50 Years Ago Sugar Industry Quietly Paid Scientists to Point Blame at Fat" broke on NPR and other news networks last year(1).

Based on this deception (and many others), the AHA heavily promoted a low-fat diet, and the use of hydrogenated vegetable oils in place of saturated fats for heart health...and we all know how that turned out.

Today, despite the fact heart disease is still our nation's #1 killer, the AHA continues its erroneous recommendations to following a low-fat diet, and use vegetable and seed oils in place of saturated fats.

Yet, with the exception of a few choice



Dr. Hyman's Rebuttal to the American Heart Association

As mentioned in Milly's message, [Dr. Hyman's rebuttal article to the AHA: "Coconut Oil - Are you Coco-Nuts to Eat It?"](#)

provides readers with top-notch facts, studies, and information on why the AHA is dead wrong about saturated fats.

Dr. Hyman is the director of the Cleveland Clinic's Center for Functional Medicine, a multiple-NYT best-selling author, and leader in the functional medicine community.



How to Know If You're Buying REAL Olive Oil...

Olive oil has been proven one of the healthiest oils on the planet.

However, recent reports have many concerned about adulterated olive oils—which contain *some* olive oil cut with cheaper, refined, vegetable oils.

This article from [The Olive Oil Hunter: "7 Ways to Know if Your Olive Oil is Fake \(+How to Buy the Best Olive Oil\)](#)

helps consumers take the guess-work out of buying quality olive oil, plus resources on where to find the best olive oil.

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vegetable oils (which I'll outline below), the majority of popular cooking oils are incredibly rancid/free-radical rich, refined, and pro-inflammatory.

And what causes heart disease? inflammation and free radicals run amuck.

Conversely, saturated fats, such as butter and ghee from pasture-raised cows and coconut oil, have powerful anti-inflammatory properties.

Hence why traditional cultures who ate diets high in saturated fats had no heart disease.

Healthful unsaturated vegetable oils include:

- Extra Virgin Olive Oil (get tips on choosing pure olive oil in the "Heal Thyself" section)
- Walnut Oil
- Avocado Oil
- Omega-3-rich oils such as fish oil, cod liver oil, flax seed oil, borage and evening primrose oils
- Fats from naturally fatty foods like nuts, fish, etc.

In addition, new research is beginning to shed light on previously lesser-known causes of heart disease including:

- Over-consumption of sugar (which can increase your risk of a heart attack even if you're not overweight)(2)
- Lack of sleep(3)
- And social isolation (more on this to come)(4).

While I am obviously on the side of saturated fats---despite the AHA's recommendations---exceptions do exist.

For example, those with gall bladder issues or certain digestive complaints will benefit from a low-fat diet.

But even then, saturated fats can be enjoyed in smaller quantities.

Context is also important to consider,

Energetix' Phyto EFA, is a vegan, plant-based blend of Ahiflower® seed oil and algal oil to help maintain normal immune response, heart health, and brain development.



Ideal for vegans and those who just can't tolerate fish oil, this supplement will ensure you get enough balancing omega-3 fatty acids in your diet.

To order your bottle of **Phyto EFA** call: 770-446-1140, [email us](#), or [stop by](#).

The Attitude of Health

Is Social Isolation Your Biggest Risk for Heart Disease?

We hear a lot about the role of fats and heart disease, but new research suggests there are be bigger risk factors at play.

One of the biggest new findings shows a definitive link between social isolation and an increased risk of heart disease(1).

The correlation is so strong, many experts believe loneliness represents a larger health threat than smoking and obesity(2), and is considered the biggest threat to middle-aged men.(3)



What can we do to increase our social support systems?

The irony here is social media is BOOMING, which tells us something about the quality of virtual vs. tangible connections.

Therefore, we need to find better way to connect with our friends, families, and communities.

One way to combine the best of both worlds, is to use social media to find like-minded clubs and groups, then actually GO participate in person.

In the Atlanta area alone there are hundreds of

as saturated fats can have a negative affect on your overall health if consumed as part of the standard American diet (think highly processed foods and lots of sugar).

Dr. Hyman explains more about this in his article. The point is, you can't eat a poor quality diet and expect a tablespoon of coconut oil a day to erase those ill effects.

Why trusted organizations like the AHA keep doling out such unfounded advice is beyond me.

Which is why we educate ourselves by looking at the history, evidence, and special interests behind these blanket recommendations.

Read on for more information to help you end your feud with fats, and be sure to check out the "Attitude of Health" section for new insights and science on social isolation and heart disease.

In deep appreciation,
-Milly

References:

- 1: <http://www.npr.org/sections/thetwo-way/2016/09/13/493739074/50-years-ago-sugar-industry-quietly-paid-scientists-to-point-blame-at-fat>
- 2: <http://www.health.harvard.edu/blog/eating-too-much-added-sugar-increases-the-risk-of-dying-with-heart-disease-201402067021>
- 3: <http://www.webmd.com/sleep-disorders/features/how-sleep-affects-your-heart#1>
- 4: <http://heart.bmj.com/content/early/2016/03/15/heartjn-2015-308790>

clubs and events one can attend—from hiking and book clubs to moms groups and health-minded workshops.

If you're a religious or spiritual person, attending services, meditation groups, or simply volunteering provides immense longevity benefits.

Even if you're an introvert, by making a point to increase your tangible social connections, you will *significantly* reduce your risk of heart disease while increasing your healthy, happiness, and longevity.

Sources:

1. <http://www.health.harvard.edu/staying-healthy/loneliness-has-same-risk-as-smoking-for-heart-disease>
2. <http://heart.bmj.com/content/early/2016/03/15/heartjn-2015-308790>

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