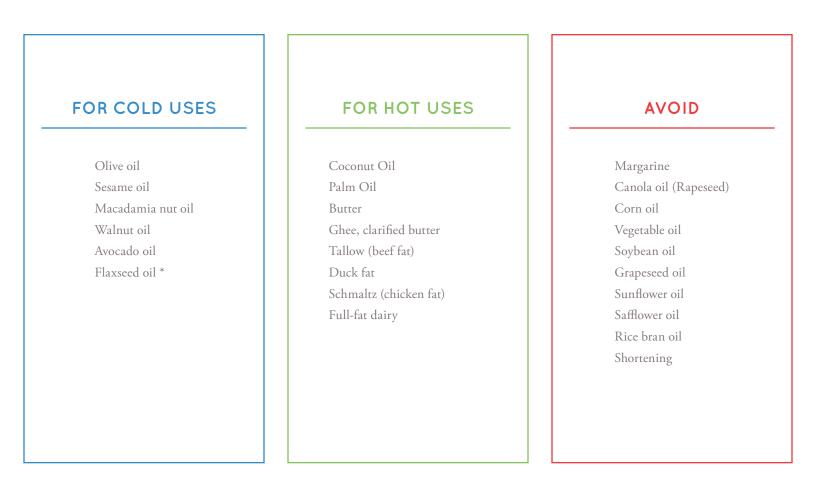


FATS AND OILS

Are you due for an oil change? It's time to toss processed and refined fats and oils in the garbage where they belong. Many are unaware they are eating damaged fats. Sticking to this list of fats decreases intake of inflammatory Omega-6 fats and increases intake of antiinflammatory Omega-3 fats.

Oils = buy organic + extra-virgin + cold-pressed Animal fats = buy pasture-raised + grass fed + organic products



* Flaxseed oil intake should be limited to occasional use. Use as a daily supplement is not recommended. It is too high in omega-6 – PUFA (polyunsaturated fats). It is very unstable and goes rancid very quickly, even in the fridge.