

## Food Isn't Bad

### Part 1: Fat



#### Health Desk

Trying to eat healthy is a challenge. Unfortunately, it seems like there is conflicting information everywhere you look about what foods are “bad” or “good.”

In the next few articles, we will take a look at some foods typically considered “bad.” First up: fat.

Fat, protein and carbohydrates make up the body’s three macronutrients. Notice that the word “nutrient” appears in “macronutrient.” Nutrients generally aren’t bad for you.

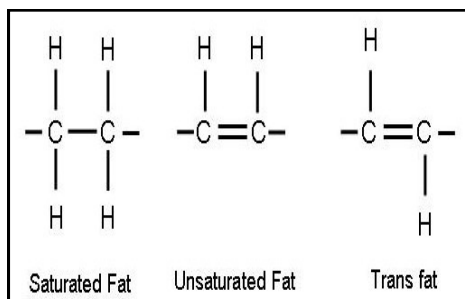
There are several types of dietary fats including saturated, monounsaturated and polyunsaturated. The terms saturated and unsaturated have to do with the structure of carbon and hydrogen atoms in the fats. It doesn’t mean that one type is “fattier” than another.

Unsaturated fats are the healthy fats that most people are familiar with, including omega 3 and 6 fatty acids. Sources of unsaturated fat include fish, nuts, olives and oils made from those foods. That’s why people are encouraged to take fish oil as a supplement and use olive oil for cooking.

On the other hand, saturated fats have a bad reputation. The main argument against eating saturated fat is that it increases risk of heart disease by raising LDL (bad cholesterol) levels.

However, recent studies show that they increase levels of LDL and HDL (good cholesterol), which can act as an antioxidant. Since the proportion of HDL to LDL is more important than the LDL levels by themselves, saturated fats aren’t necessarily bad for cholesterol.

In fact, saturated fats have several benefits. They help your body absorb fat soluble vitamins (A, D, E and K), omega



A small difference in structure can have a large impact on your health.

3 fatty acids and other nutrients, like the calcium found in natural, raw milk.

They also contribute to brain health. About two thirds of the human brain is composed of fat, and of that, half is made up of saturated fat. Not only are they an important component of the brain, but some saturated fats also influence nerve function, hormone production and provide necessary components for white blood cell production and a healthy immune system.

The best sources of saturated fat are natural foods like grass-fed meat and milk, avocados, coconuts and nuts. It’s important to choose grass-fed animal products because most contaminants of factory farming are stored in the fat.

The last type of dietary fat is trans fat. Recent findings have shown that trans fats are actually responsible for many of the

negative effects previously attributed to saturated fats. So if fats are food, and food isn’t bad, why are trans fats bad?

In order to answer that question, you have to know what trans fats are. A trans fat is a type of unsaturated fat that has had its carbon and hydrogen structure artificially modified or hydrogenated. So really, trans fat isn’t food.

Margarine is probably the most widely known trans fat. It became more common during World War II when butter was being rationed. Interestingly enough, the “evidence” against saturated fat became widely publicized just as artificially manufactured trans fats gained popularity.

They have also been used in processed foods and fast food restaurants for decades. Until hydrogenated oil’s recent bad publicity, many people weren’t aware that it could be found in so many of the foods that they ate.

Does this mean eat all the fat you want as long as it’s not trans fat? No. Combining excess fat with high sugar intake and processed foods can be dangerous.

On the other hand, eating healthy fats as part of a balanced diet that includes fruit, vegetables and whole grains can actually improve your health. So is fat bad? Of course not. It’s food, and food isn’t bad.



**Buddy A. Touchinsky, D.C.**

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more strength, and less chance of reinjury.

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**Quick ~ Healthy ~ Delicious**



**Asian Sugar Snap Pea Appetizer**

- 1 lb sugar snap peas
- 1/4 cup coconut aminos
- hot pepper flakes to taste
- 2 tablespoons toasted sesame seeds
- 3 tablespoons garlic olive oil
- 1/4 teaspoon sesame oil
- 1/4 teaspoon brown sugar

- Preheat the oven broiler, and move oven rack into the top position.
- Place the snap peas onto a baking pan, drizzle with olive oil and toss to coat. Spread the snap peas out into a single layer.
- Broil the snap peas in the preheated oven until tender, about 5 minutes.
- Meanwhile, mix together the soy sauce, sesame oil, pepper flakes, brown sugar, and sesame seeds in a large bowl. When the snap peas come out of the oven, toss them immediately with the sauce.

Source: www.allrecipes.com

Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.

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