

Dr. Colin Gage

Nicola Valley Chiropractic
2076A Granite Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website: www.merrittchiro.com

"treating the cause of your problem, not just the symptoms"

Avoid Bad Fat

Today, more than ever, our choices of foods are enormous. Unfortunately, prepared and/or processed foods are everywhere. Although we are gaining convenience with these foods, we are losing health. Not only are these foods getting more expensive (ie. How much did it cost to take your entire family to McDonalds last time?), but the quality seems to be getting less and less. Too many people in our busy society are spending a large percentage of the money they would normally allocate to food each month on processed fast food instead.

As well, it is a dangerous misconception that a product labeled "Low Fat" is healthy for us. Most of the products that are labeled "Low Fat" contain a dangerous form of fat that is most often labeled as: "Partially Hydrogenated Oil". This type of oil (which can be soybean, corn, palm, cottonseed etc.) actually increases dangerous free radicals in our body. Free radicals are known to increase the risk of cancer. These oils, labeled sometimes as "Trans-Fats" or "Margarine" also cause inflammation within our joints and blood vessels. The inflammatory process can worsen arthritis and heart diseases.

It would be healthier to choose products without "Partially Hydrogenated Oils" (margarine or trans- fats). Ideally you should limit, but not necessarily eliminate, the intake of saturated fats as well. These include meat and dairy fat (such as cheese and butter). In moderation the saturated fats are not as dangerous as the Partially Hydrogenated Fats. However, eating any "trans fat" is dangerous.

If you are searching for the healthiest oil, the answer can be found in the Mediterranean diet. The staple fat of this diet is Olive Oil. If you don't care for the taste, Canola oil is the next best alternative. If you take the time to read some labels, you may be surprised at the amount of unhealthy oil you eat. The rewards of eliminating this deadly fat could be years on your life.

Always read the ingredients on the packaging of the processed food you eat. You can also ask a dietician about what foods you should avoid for your particular health issues. As a general rule, use olive oil for cooking and avoid trans-fats altogether. This small lifestyle change, combined with regular exercise, may prolong your life!