

## The Saturated Fat Myth

The oils and fats that you eat do not make you fat or clog your arteries, or cause heart disease. This is one of the biggest health-related myths of all time. Scientists who study this subject have known the truth about fats for several years but such knowledge has barely percolated through to the general public.

More to the point, a high-fat diet is absolutely essential for good health, avoiding obesity and living longer. By appreciating and understanding this truth you will be much better equipped to optimize your health and extend your lifespan.

When we eat fats (any kinds of oils and fats) the digestive system breaks such fats down to smaller components that the body can handle. The fats go through various stages while being digested. Eventually most of the fats digested are converted into triglycerides and go into the blood stream as such. These triglycerides are wrapped up in protein wrappers (called lipoproteins) for transportation throughout the bloodstream to all parts of the body.



We need to understand that fat is a structurally integral part of every single cell membrane in our bodies. To repeat: Fat is structurally essential in EVERY SINGLE CELL in our bodies. So those triglycerides that we just mentioned (the end product of digesting fat) are fed by the bloodstream to all our body cells.

Fats (i.e. triglycerides) are required for many vital functions. Here are just some of those functions:

1. Fats enable the body to assimilate many kinds of vitamins.
2. Fats enable the body to use protein.
3. Fats are a vital source of energy for our many metabolic functions, such as keeping the blood warm, keeping the heart beating and so on.
4. Fats (while being digested) slow down food absorption, thus preventing glucose and insulin spikes in the blood. This in turn helps you lose weight and prevent diabetes.
5. Fats provide a feeling of satiation, fullness, and sustained energy thus preventing overeating or tiredness.
6. Fats are key players in managing inflammation in your body.

These are just 6 of the many health benefits of a diet high in **healthy** fats. But you may be wondering why fats don't end up as surplus body fat?

The answer is that when fats go into the bloodstream as triglycerides for distribution around the body, they get used by body cells everywhere (in many different biological ways) instead of being stored as surplus body fat. But this begs a question: what about the triglycerides that get delivered to fat cells? Don't these triglycerides end up being stored as body fat?

The answer is yes, some of the triglycerides arising from fat consumption do indeed end up as stored-body fat inside fat cells, and this is why the myth that fat is fattening persists. But there are three considerations:

1. The triglycerides from fat consumption are distributed to all parts of the body where they are used up in a variety of ways. Hence, they are 'shared' between body cells everywhere. Consequently, relatively few triglycerides go into fat storage.
2. The triglycerides from fat consumption that go into fat cells are recycled out again (as free fatty acids) to fuel our many metabolic functions. Our fat cells are continually receiving new fat and releasing old fat so to speak. This allows the body to always have some degree of fat in storage (vital for life) while simultaneously maintaining the body at a healthy steady weight.
3. The triglycerides from fat consumption that go into fat cells mostly do not go into visceral fat. They go into other types of fat cells that are continually turning over fat. Visceral fat is stored in fat cells around the waist, tummy, thighs and buttocks (the body's 'warehouse' for fat). Such fat is very stubborn to get rid of because there is little if any 'fat turnover' (these fat cells are for storing fat rather than turning over fat). Furthermore, it is well established that the greater your visceral fat, the greater the chances of diabetes and heart disease.

For these three reasons, fat consumption does not make you fat. So how do you get fat? You get fat by consuming sugary foods and processed carbs. These foods galvanize hormones that convert such foods into triglycerides (a well-known process called 'lipogenesis') that are then stored as visceral fat.

When you consume sugary foods and processed carbs they make your glucose shoot up. This in turn makes insulin go up to bring down the level of glucose, and then store such glucose as visceral fat. The glucose is fully converted into fat and then stored.

Furthermore, the hormone insulin is 'programmed' to store glucose in fat cells located in visceral fat. Insulin is compelled to bring down blood glucose quickly, so the glucose is stored in visceral fat cells as fat because it offers a quick and easy place to store fat. This is the body's biggest reservoir of fat storage offering an immediate 'home' for the excess glucose in the blood. This is what the body is designed to do.

Sugary foods and processed carbs are also high in fructose since many foods and drinks contain added fructose. Unlike glucose, fructose does not trigger an insulin response, but even so it is much more fattening than glucose.

Added fructose is truly your enemy number one in terms of the diet because it overwhelms the liver, forcing the liver to get rid of fructose by converting it into triglycerides which are then stored as visceral fat. Remember that regular sugar is half glucose and half fructose.

If you under-eat fat, you can become seriously ill (not to say obese) and eventually this can be fatal. If you over-eat fat (but avoid sugary foods and processed carbs), the stored fat will eventually be released

as free fatty acids for fueling our metabolic functions. However much fat you may consume, it will not make you put on weight provided you avoid sugary foods and processed carbs.

To clarify this vital point further, if you eat oils/fat with a sugary food (or with a processed carbohydrate), the sugar/carbs that you eat will make the body store more of the dietary fat than otherwise, thus making fat cells store more fat than the amount they release. So never combine dietary fat with dietary sugar/carbs. If you must consume sugar/carbs, avoid or minimize oils/fat in the same meal. And vice-versa: when you consume a high fat meal, minimize or avoid sugar/carbs.



Providing you avoid (in the same meal) the consumption of sugar/carbs, the actual fat that you eat will not be fattening and will not end up as surplus body fat. The problem is that many high-fat foods are combined with sugar/carbs, such as pastries, bread & butter, waffles, chocolate, cookies, and many processed foods contain both fat and sugar in one form or another. These are fattening foods because of their sugar/carb content, not because of their fat content.

You are not being urged to follow a high-fat low-carb diet such as the Atkins diet. This is fatal because the high content of animal protein in such diets is very unhealthy. Furthermore, Atkins-type diets typically include a high consumption of heated (i.e. unhealthy) fats that cause illness.

Rather, you are being urged to follow a high-fat, high-carb diet. But such carbs must exclude sugary foods and processed carbs. There are many high-carb foods that are super healthy and will not make you fat such as beans, lentils, sweet potatoes and many other legumes and starchy vegetables.

Also, a high-fat diet must exclude unhealthy fats such as processed polyunsaturated oils, all kinds of fat spreads and margarines, and any oils or fats that have been heated. Healthy fats include steam rendered lard, and good-quality organic cream, butter & cheese. Salad dressings made with extra-virgin olive oil that has been refrigerated is nonfattening and healthy. Other examples of healthy fats include coconut oil, palm oil and other nut/seed oils providing they are cold-pressed, have not been heated at any point and have been refrigerated at all times from factory to mouth.

An argument that is usually put forward by those who favor low-fat diets (or the avoidance of saturated fat) goes like this: "saturated fat makes your VLDL and LDL cholesterol go up and this is bad for health". Well guess what, this is total baloney! Saturated fat has a zero harmful impact on VLDL and LDL cholesterol levels in the body.

This is so because it has been shown time and again in countless studies that dietary fat has no impact on blood cholesterol levels. Even foods high in cholesterol have no impact on blood cholesterol levels. Furthermore, a high level of blood cholesterol is healthy and not conducive to heart disease.

All the recent research shows that "eating fat significantly lowers VLDL cholesterol and has no impact at all on LDL in the blood, [thus greatly protecting against clogged arteries and heart disease]". Abridged extract from the book *The Great Cholesterol Con*, by Malcom Kendrick, ISBN: 1844546101.

To summarize, the oils and fats that we eat do not end up as surplus body fat and do not clog arteries or cause heart disease. This does not mean that you can eat oil/fat with great abandon! Think of oils and fats as condiments for adding to your food. Moderation in all things is a wise saying.

The so-called 'good fats' are super-healthy and indeed essential for losing weight and avoiding heart disease - they should be consumed daily in generous but not excessive amounts. The so-called 'bad fats' may not be fattening but they can cause cancer, heart disease and other serious illnesses and should be completely avoided.

The best possible diet for human biology is a high-fat, high-carb diet so long as you avoid sugary foods, processed carbs & unhealthy fats. There is a world of difference between good fats and bad fats, and knowing the difference is life-saving knowledge that will greatly improve your well-being and help you live longer.

**Summary: Follow a high-fat diet for optimum health and longevity, but avoid unhealthy fats (know the difference).**



Source: *Science of Longevity* by Russell Eaton

For more information about extending your life visit our website at [www.dragonfirenutrition.com](http://www.dragonfirenutrition.com)

