

DIETARY OILS

by Theresa Crabtree

The following oils are lower in polyunsaturates which are less likely to clog arteries. Choose organic and those that have not been genetically modified (GMO), when possible. Read labels carefully and avoid any oils that are hydrogenated, which is a process that makes fats toxic. Buy oils in small amounts to avoid rancidity.

ALMOND OIL

Made from almond kernels. It has a sweet taste and is primarily used in salads and for sautéing food at low temperatures due to its low smoke point (250 F). High in mono-unsaturated fats.

AVOCADO OIL

Has a distinct, nutty flavor. With a high smoking point, it is a good choice for sautéing . It is also good as a salad oil. High in mono-unsaturates.

COCONUT OIL

Nutritional, tasty and with many health benefits (see below). Can withstand high heat, however, it is best not to cook above the smoke point (280 °F / 138 °C). Delicious in many dishes, however, it will harden in temperatures below 76°F.

FLAXSEED OIL

This oil has the highest plant-based levels of omega-3 fatty acids. Flaxseed oil has a light golden color and a somewhat buttery flavor. It is best used on salads, baked potatoes, hot cereals or added to nutritional drinks. It is not recommended for recipes calling for high heat.

GRAPESEED OIL

Made from wine grapes after the wine has been pressed. With its high smoke point (485 F), light color and mild taste, it is a very good oil for stir-frying, baking and in sauces.

OLIVE OIL

Not to be used for high temperature cooking. It is good for light sautéing , salads, sauces and drizzled on warm bread. Refrigerate after opening. High in mono-unsaturates and a "heart healthy" oil.

SESAME OIL Excellent for stir-frying with a smoke point of 410 F. It's rich, nutty flavor enhances salads and sauces. Toasted sesame oil is much stronger and a favorite in Asian cooking; choose unrefined varieties.

COCONUT OIL

The following is an endorsement on the back cover of the book, ***Virgin Coconut Oil: How it has changed people's lives, and how it can change yours!*** by Brian and Marianita Jader Shilhavy. This book is loaded with great information on the health benefits of coconut oil, including HIV-Aids and Candida, as well as health benefits for animals. There are over 100 personal testimonies on the healing power of Virgin Coconut Oil. The book also dispels many of the myths surrounding the negative effects of Virgin Coconut Oil and untrue claims that it is a raw product, containing live enzymes. There are also several yummy recipes to try out.

Virgin Coconut oil, in addition to tasting and smelling great, can:

- Help you lost weight or maintain your already healthy weight
- Reduce your risk of heart disease
- Lower your cholesterol
- Improve conditions in those with diabetes and chronic fatigue
- Improve Crohn's, Irritable Bowel Syndrome, and other digestive orders
- Prevent other disease and routine illness with its powerful antibacterial, antiviral, and antifungal agents
- Increase metabolism and promote healthy thyroid function
- Boost your daily energy
- Rejuvenate your skin and prevent wrinkles

--- Dr. Joseph Mercola

ALMOND OIL

Almond oil is a rich source of vitamin E and is beneficial in many ways. Almonds also contain vitamin D, essential minerals such as magnesium and calcium, fat and other nutritious components.

Raw almond oil enhances the taste of many foods including salads, grains and toast. Besides being a nutritious food, almonds have many cosmetic benefits. Almond oil is pale yellow in color and is extracted from almond kernels.

ALMOND OIL FOR THE SKIN

Sweet almond oil is one of the most popular essential oils used in aromatherapy and massage therapy. Almond oil is suitable for any skin type. Listed below are benefits of almond oil for the skin.

- Nourishes the skin, making it smooth and soft
- Soothes skin irritation and inflammation
- Improves complexion and retains glow
- Heals chapped lips and body rashes
- Calming and cleansing effects
- Relieves dry and itchy skin
- Delays aging process
- Moisturizes deeply

ALMOND OIL FOR THE HAIR

Pour a few drops of almond oil in your palm. Dip your fingertips and apply gently on your scalp. Massage slowly in small circular motions and feel the comfort. Due to cosmetic benefits of sweet almond oil, it is used in many beauty treatments.

- Makes hair long, strong and thick
- Adds luster to the hair
- Diminishes hair loss

ALMOND OIL FOR HEALTH

Eating raw almonds can give you innumerable health benefits. Regular consumption of almond oil:

- Helps reduce cholesterol
- Nourishes the brain and nervous system
- Enhances intellectuality and endurance
- Beneficial to digestive system
- Relief for strained muscles
- Effective painkiller

GRAPESEED OIL

Be sure not to confuse Grapeseed oil with Rapeseed (which is Canola oil)!

Grapeseed oil is extracted from grape seeds after being pressed for wine. One ton of grapes are needed to make one 8 ounce bottle of grape seed oil. Cold-pressed grapeseed oils are rare and hard to find because the seeds are very hard and difficult to press without heat and solvents.

Because of its ability to withstand heat, the high temperatures needed to process does not affect the quality of the oil as much as it does with other oils that are not as heat resistant, possible due to its very high percentage of Vitamin E. Grapeseed oil has a smoke point of 485 F degrees, much higher than other edible cooking oils. This quality makes it as good for baking and sautéing as it is for salad dressing.

Vitamin E is a natural preservative in polyunsaturated vegetable oils and keeps them from going rancid on the shelf as well as in our bodies. Grapeseed oil is one of the richest natural sources of Vitamin E, especially among the edible oils, therefore, making it a very good choice for rehabilitating a body ravaged by free radical damage and also for general Vitamin E depletion. Both of these conditions are rampant in the general population, with an estimated twenty to forty percent being Vitamin E deficient.

There are several reasons for this deficiency. Eighty-six percent of Vitamin E is lost through typical food processing. Much of it is also used up in frying and deep-frying where it helps protect polyunsaturated oils. The refining process of vegetable oils also removes Vitamin E altogether and replaces it with BHT, an artificial preservative associated with an increased risk for cancer. Cancer rates go up by themselves when Vitamin E is removed from polyunsaturated oils. This rate only increases when these artificial preservatives are added.

High dietary levels of Vitamin E are known to protect against abnormal blood clotting, heart attacks, strokes, and cancer, which arise from the abnormal oxidation of cholesterol and fatty acids. This type of fatty degeneration can also be observed externally in the brown spots seen on the exposed skin of the elderly.

Low in saturated fats and rich in vitamins and minerals, grapeseed oil is used in cosmetics, soaps and as a salad and cooking oil. Because the Omega 6 level of Grape Seed is so high (72-76%), an additional source of Omega 3 such as Fish oil, Flaxseed oil (4:1), or Chia Seeds (3:1) should be taken in compensation.

Due to the high linoleic acid content, grape seed oil has good nourishing properties when used as a moisturizer. It contains essential fatty acids, vitamins, minerals and protein which promote healthy skin. Grape seed oil is light green in color, is slightly astringent and good for massages, leaving the skin smooth without feeling oily. When possible, purchase grapeseed oil that is packaged in UV protective dark glass bottles or stainless steel because light quickly degrades the oil.

DANGERS OF CANOLA OIL

by Dr. Mercola

Regular rapeseed and canola oils are extracted from the seeds of several of the brassica plants, the same family of plants from which we get vegetables such as Brussels sprouts, broccoli, cabbage, kale, mustard greens, and several other vegetables.

One problem with canola oil is that it has to be partially hydrogenated or refined before it is used commercially and consequently is a source of trans fatty acids; sometimes at very high levels.

Another problem is that it is too unsaturated to be used exclusively in the diet; some of the undesirable effects caused by feeding canola can be rectified if the diet is made higher in saturated fatty acids.

<http://articles.mercola.com/sites/articles/archive/2000/01/16/dangers-canola-oil.aspx>