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## Do you need an oil change?

Technically, oils are liquid and fats are solid, but medically, they are both termed fats. Some fats can kill, but others heal. Too little of the correct fat or too much of the bad fat, such as the twisted trans-fat, is contrary to our natural biochemistry.

The successful blueprint for health is found in our genes. Otherwise, there would be no grandparents, parents and you. Given our genetically built engine, we not only need the right fuel, but the correct oil. There are many elements our body can make, but a few it can't. These are referred to as essential nutrients.

We need 11 amino acids, 13 vitamins and 2 essential fatty acids. These are referred to as the Omega 3's and the Omega 6's. The former are found in seaweed such as wakame and cold water fatty fish such as salmon. The Omega 6's are in the tree nuts, soybeans, safflower and sesame seeds. However, these oils must be prepared and stored with care. They should be cold pressed only once (virgin), or better, frozen and never over-heated in cooking.

Included within the oils are micronutrients that are also important for our health. Most fresh unrefined oils contain these minor ingredients such as the antioxidants, lignans, chlorophyll, phytosterols, policosanol and carotene that benefit our health in many other ways. They slow cho-

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lesterol absorption, enhance the immune function, stimulate bile production, block damaging free radicle reaction and are anti-inflammatory virgin olive oil is a good example.

The ratio of Omega 6 to 3 should be 4 to 1. The oils are compatible with all foods, cold, warm and hot (once off the heat source,) and not to be used for frying or baking. Favorite uses are in protein shakes, applesauce, fruits and on vegetables and salads.

They can be used to make a wonderful dip with added herbs for your vegetables. The Essential Fatty Acids (EFA) compose all of cell membranes (skin of our cells) and make up our enzymes, our hormones, as well as the majority of our nervous system.

In our society, where we have been fat-phobic because of the possibility of weight gain, we have markedly damaged our health. If we do not want to be fat, we must eat fat, but the right kind.