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Slimming is not for Auriel and me, we are both trying to add to our 55 kg weights that I dropped to 50 during an intestine repairing operation, and Auriel while in bed for months and in a wheel chair for a month and then using a walker for months. I am now 64 kg, thanks to eating a lot, including yams and kumaras (sweet potatoes) and biscuits and fruit between meals. Auriel still needs to gain more.

I don't eat animal fat because most fats hold mercury, to which I'm highly allergic, and no one needs. I cut all the animal fat off most which is easy in pasture fed animals, but impossible in the typical grain-fed northern hemisphere fat-marbled meat.

You'll all be interested to know that our New Zealand pasture fed beef fat had no heavy metals or toxins, which I believe can't be said in all countries. It pleased me no end, because some vegans make all sorts of claims about bad points of animal fat. Fat in some older animals in some countries has accumulated toxins such as manganese.

You may have heard of the enormously popular fat reducer Vimax Detox in the news. It's a very powerful colon cleanser that allows you to lose weight by removing the toxins in your body. Raspberry Ketones have been called a "miracle fat burner in a bottle pair". If you don't know anything about Raspberry Ketones, you can watch the video at 'Raspberry Ketones NZ - [ultraherbals.co.nz](http://ultraherbals.co.nz)' explaining how Raspberry Ketones help you burn fat. The key to this diet is using BOTH products together for maximum weight loss. There is some saturated fat in eggs, chocolate and nuts.

It is claimed that bananas make us fat and mangoes make us thin. Too much of either is bad.

The words 'oils' and 'lipids' can be used to refer to fats. 'Oils' is usually used to refer to fats that are liquids at room temperature, while 'fats' is usually used to refer to fats that are solid at room temperature.

Edible animal fats include lard, krill oil, butter/ghee and whale blubber. They are obtained from fats in milk and meat, as well as from under the skin, of some. Examples of edible plant fats include sunflower seeds, sesames, coconut and olive oils, and cocoa butter. Peanuts and soya beans can be toxic to some and need special treatment, so are not worth the trouble.

We now drink Lewis Road Creamery organic milk (read about it in Milk). It is way ahead of other organic milks, some of which are not organic. Friends I've told about it love its compatibility, flavour and digestibility.

Margarine and vegetable oils are two of the absolute worst fats to eat. Both contain heart-harming trans fats. Your best alternative for cooking is coconut oil, as it's less susceptible to heat damage. That and from Phillipines if the best we can get and is high in selenium boron and I like Sanitarium So Good, Almond milk with vanilla flavouring.

Google for Almonds - The World's Healthiest Foods.

Most now know and recommend toxin-free krill oil capsules, and not 'fish' oils, which are polluted from today's heavy metals from the worlds sewer, especially mercury, unless from surface feeding fish like sardines, John Dory and krill oil.

Cooking and baking with organic coconut oil can actually lower your risk of heart disease and help you burn fat by improving your metabolism. The organic one from Phillipines is best and has high levels of the essential and deficient in New Zealand, boron and selenium.

Tired of that spare tyre? You can increase your body's fat-burning power by eating more foods that strengthen your liver (your body's main fat-metabolising organ) to burn fat better. The result? A leaner you! There are many great liver boosting foods. Google for 'liver boosting foods'.

It's hard to believe that 'low-fat' is still a dietary recommendation by some because science has proven that fat is not the cause of weight gain or heart disease. In fact, since the introduction of the fat-free diet, the world has got more fat and sick than it has ever been before.

Fat is not the enemy. Fat does NOT make you fat. In fact, fat is an absolute must if you want your body to look and feel younger because healthy fats are an essential source of good cholesterol, which is key to producing the hormones that enhance your youthful qualities.

Not all cholesterol is bad, by the way, good cholesterol is a crucial component of healthy skin tissue, making your skin more supple, glowing, and youthful. If you're following a low-fat diet, you're depriving your body of the nutrients it needs to slow aging and keep your youth.

## **Thinning Foods**

Fruits and vegetables that help prevent fat forming and help lose fat include mangoes, apples, berries, broccoli, mushrooms, papaya, pineapple and spinach.

The hormone Leptin helps lose weight.

## **Saturated (bad) and Unsaturated (good) fats'**

Extra virgin olive oil, vegetable oils, So Good Almond milk 1.2% unsaturated fat.

Fats differ in their energy content, melting point and health benefits. Saturated fats can freeze easily and are typically solid at room temperature. Examples are the animal fats tallow and lard that are high in saturated fatty acids and are solids. Saturated fats, which are found mostly in animal products and some plant oils, can raise blood cholesterol levels, and ultimately increase the risk of both heart disease and strokes, according to the American Heart Association.

Some fats have different proportions of saturated and unsaturated fat. Foods containing a high proportion of saturated fats include animal fat products such as cream, cheese, butter, ghee, suet, tallow, lard, and fatty meats. Some vegetable products have high saturated fat content, such as coconut oil, cottonseed oil, palm kernel oil and chocolate. Many prepared foods such as pizzas, dairy desserts, bacon and sausages, have a high saturated fat content.

There is some saturated fat in eggs, chocolate and nuts.

Decreasing consumption of the bad saturated fats and increasing consumption of the good unsaturated can help you lower cholesterol levels, however they must occur together. Cutting out saturated fats and replacing them with refined carbohydrates won't help or improve health.

Olive and linseed oils are highly unsaturated. Olive oils have no problems I know of, while some of the linseeds that are damaged when harvesting go rancid, so become bad for us, unless kept in a fridge from when first damaged. Muscle test ground flax seed and you'll see how bad it is. It gets worse with age.

Too much unsaturated fat can be bad for health. People vary in amounts. I need some fat and some protein with all meals.

Some carbohydrates without some fat and protein, cause me to suffer slight diarrhoea. We are all different.

Saturated fats are in some animal-based foods such as confinement grain-fed beef called marbling, but are not in pasture-fed beef and lamb, that usually have no marbling and have no fat in the meat, but can have it around the meat. It can be cut off and discarded.

A well known USA doctor recommends organic butter and NZ Lewis butter is free of toxins and using Muscle Testing, is extremely good for me shown by lifting 4 kg very high.