

## “Swimming against the 'medically politically correct' idea that fat is bad”

*The blame lay solely on those medical authorities who, for numerous reasons, including “a misguided attempt to do good, advocate 'preventive' maneuvers that have never been validated in rigorous randomized trials. Not only do they abuse their positions by advocating unproven 'preventives,' they also stifle dissent.”*

*David Sackett*

Dietary cholesterol has an insignificant effect on blood cholesterol. Medical professionals advising people to eat less cholesterol avoiding egg yolks and other foods high in cholesterol is not the right message. They should be telling people to worry about cholesterol in their blood, not in their diet. Since the mid-1950's researchers have known that the total amount of dietary fat has little effect on cholesterol levels. Degree of saturation and chain length of fats are the controlling factor of cholesterol. Saturated fats tend to raise cholesterol and unsaturated fats regardless of animal or vegetable source tend to, by comparison, lower cholesterol. Half of the fat in beef is unsaturated, and most of that fat is the same mono-unsaturated fat as in olive oil.

What the medical community isn't reporting is the studies conducted with people on low fat diets have a higher rate of cancer. The most consistent association was between colon cancer and low cholesterol in men as well as women who ate less fat seemed more likely to get breast cancer. They disregarded these findings because they didn't fit in with their original hypothesis that low fat diets were healthy and that there must have been preexisting conditions in these people that diet wouldn't effect.

Most people have the misconception that eating fat will make you fat. It really doesn't work that way. Fat as a nutrient in food is different from body fat or adipose tissue. So when you eat fats they don't just go and attach themselves to the existing fat on your body (that idea is as retarded as spot reduction where people do lots of situps hoping to lose belly fat). Fat has 9 calories per gram which is more than double protein and carbohydrates 4cal/gram. The reason increasing your fat intake helps you lose weight is because you are replacing carbohydrate calories with fat calories which have very little effect on insulin. So by lowering the amount of carbohydrates in your diet you are lowering the amount of insulin released in the body and returning your insulin sensitivity to normal. This is important because insulin is a storage hormone that tells the body to store fat (adipose tissue) for future energy. Another important part of fat in the diet is vitamin absorption. Vitamins A, D, E and K are fat-soluble, meaning they can only be digested, absorbed, and transported in conjunction with fats. Fats are also sources of essential fatty acids an important dietary requirement.

The essential fatty acids are EPA and DHA which are the long chain omega-3 fatty acids you get from fish oil. These essential fatty acids are important in several human body systems, including the immune system and in blood pressure regulation, since they are used to make compounds such as prostaglandins. As you may recall from another post prostaglandins are an important part of recovery because they are mediators of pain and inflammation. They also produce hormone-like substances that regulate a wide range of functions, including blood clotting, blood lipid levels, the immune response, and the inflammation response to injury and infection.

In conclusion fat the nutrient has gotten a bad rap due to the misunderstanding of the differences between the use of the word. Fat is an important part of a healthy diet, especially EPA and DHA. Just remember when increasing fat intake you must lower carbohydrate intake in order to keep your total caloric intake at the proper level (compared to activity level). By limiting carbohydrate intake your body will enter ketosis. Ketosis merely means that your body is using fat for energy. Ketone's are molecules generated during fat metabolism, whether from the fat you eat or fat (adipose tissue) on your body. At low energy requirements fat provides 80% of the muscles fuel. Free fatty acids in the blood stream supply the major source of fat to fuel metabolism. Once in ketosis your metabolism is at its best and everyday activity will melt away body fat. So ultimately body fat composition has nothing to do with exercise and everything to do with diet. But when you decide to add muscle to that lean body you will need to go to the gym.