

# Complete Health Truths

*Exploring natural health by getting back to the basics.*

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## **Do you need an oil change?**

By Christina Mroz, Weight Loss/Health Coach

### **Hydrogenated Fats (Trans Fats): AVOID THEM!**

The real culprits behind modern diseases are the hydrogenated / partially hydrogenated / trans-fatty acids; trans fats are artificially processed fats and oils. The processing they undergo makes them more stable – enabling them to sit on a shelf for weeks or even years at a time, but this artificial processing also makes them a foreign and indigestible substance in our bodies. **Refined carbs and grains, cookies, cakes, pastries, crackers, chips, chocolate, other junk food, deep fried foods, margarine, and vegetable shortening all contain hydrogenated or trans fats and should be avoided.** Instead, select healthy saturated fats.

### **Don't be Deceived by Trans Fat FREE Labels:**

The FDA guidelines say that trans fat content needs to be listed on the label if the food contains 0.5 grams or more per serving. Note “per serving”. If a food contains anywhere from 0.01 to 0.49 grams they can label the product trans fat FREE. The company producing the food source could adjust their serving size so that they reach the less than 0.5 grams per serving requirement and label their product trans fat free. Many people eat more than the serving size, so you could be eating several grams of trans fat without even knowing it.

Trans fats are so harmful that they are illegal in much of Europe.

### **Olive Oil:**

- Most digestible of all fats
- Associated with longevity and reduces the aging process of body tissues, organs, and the brain
- Reduces the risk of heart disease and cancer
- Protects against stomach ulcers
- Italians consume 100 times more olive oil than Americans consume. Physicians often recommend olive oil to patients who have suffered a heart attack.
- In biblical times, olive oil was used as butter on breads.
- Helps relieve constipation, when a person consumes 1-2 tablespoons before bedtime.

(Use high-quality extra-virgin olive oil, try to avoid using it in cooking-some nutrients in olive oil become less effective when heated, instead use once food has cooled)

Click [here](#) for some great salad dressing recipes that use olive oil.

### **Coconut Oil:**

- Tolerant to extremely high heat, unlike vegetable oils
- Healthy saturated fat that does not elevate undesirable (LDL) cholesterol
- Reduces symptoms of digestive disorders, supports immune functions, helps prevent bacterial, viral, and fungal infections
- Helps balance the thyroid and improve metabolic function, which may help with weight management and weight loss
- Great to use in cooking and baking

(Use extra-virgin coconut oil)

### **Cod Liver/Fish Oil:**

- Helps thin blood, protects the arteries, inhibits blood clots, lowers LDL cholesterol, lowers blood pressure, reduces the risk of heart attack and stroke, eases symptoms of rheumatoid arthritis, relieves migraine headaches, fights inflammation, and helps regulate the immune system
- Rich source of omega-3 essential fatty acids-these help to fight the effects of hydrogenated fats (bad fats) in our diets

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- In the April 2005 Archives of Internal Medicine, there was a study done that found that patients treated with fish oil supplements had a 32% lower risk in death compared to the 22% death rate patients had who were taking a cholesterol lowering statin drug.

Check out Christina's recommendation for [cod liver oil](#).

## **Flaxseed Oil:**

- Rich source of omega-3 essential fatty acids-these help to fight the effects of hydrogenated fats in our diets
- One to two tablespoons daily can help with dry skin, losing hair, or feeling cold which is often associated with a deficient in essential fatty acids
- Great in smoothies or can take in capsule form

(Mix flaxseed or olive oil with some apple cider vinegar or balsamic vinegar for a tasty salad dressing)

## **Resources and Further Reading:**

**(Decide for yourself if you need an oil change.)**

The Maker's Diet by Jordan Rubin

Restoring Your Digestive Health by Jordan Rubin & Joseph Brasco

What Would Jesus Eat by Don Colbert

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