



Helping You Achieve Health . . . Naturally!

February 2018



Demystifying Fats in Heart Health

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(Reprinted from February 2016)

Let's set the record straight. True: heart disease is one of the leading causes of death in our society. However, the long-held notion that all fats are bad for you has been recanted. Not all fats are created equal. Nor is their effect on our bodies. Healthy fats are necessary for hormone production, optimal cell membrane form and function, and proper brain and neural development, just to name an important few. Read on for a better understanding of which fats to avoid and which to consume to protect our heart and arteries and to minimize our cardiovascular disease risk.

1. Avoid Trans-fats – an overwhelming amount of research is pointing the finger at trans fats as a true villain. In fact, in 2006, Health Canada's Trans Fat Task Force recommended that trans fats be eliminated from all foods owing to their role in obesity, atherosclerosis, heart disease and metabolic syndrome. In 2010, the Centre for Science in Public Health estimated that since that recommendation in 2006, and Health Canada's subsequent failure to apply firm regulatory restrictions on the food industry, 12,000 Canadians have died due to the continued inclusion of trans-fat in our food supply(1). So, how can one avoid trans fats? This means avoiding processed foods (donuts, cakes, crackers, muffins, pies, frozen pizza, microwave popcorn, cake mixes and frosting), commercially deep fried foods, baked goods made with

(partially) hydrogenated vegetable oils and stick margarine.

2. Low-fat or no-fat products...If you were told to do yourself a favour and opt for no fat or low fat foods, think again. Many foods, these days (15,000 reported by www.WHFFoods.org) such as yogurt come in low fat or no-fat versions. However, if you turn the label around you will notice that the sugar content or trans fat content has been markedly increased to improve its taste. Refined sugar contributes more to heart disease because of its role in blood sugar regulation and diabetes than moderate consumption of saturated fats.

3. Cholesterol and saturated fats – the recommendation to limit saturated fat intake stems from the conclusions of outdated studies asserting that eating saturated fats and cholesterol raises cholesterol levels and increases one's cardiovascular risk. The significance of cholesterol as a predictor of heart disease has come into question but that is another article. When it comes to saturated fats, the quality of the fat source really does matter. For example, choose butter made from organic, grass-fed milk which is more nutrient dense. Eggs? If you are not sensitive, eating 1-6 eggs per week was shown repeatedly to not significantly raise the risk of heart attack or stroke, calling into question recommendations

*For more information or to make an appointment please call:
(613) 798-1000 or email: info@oihc.ca or visit our website at: www.oihc.ca*

Recipe Corner

Chocolate and Heart Health In The News:

Looking for a treat that is healthy for your heart and delicious during Valentine's season?

Harvard Health published news on its blog reviewing a study out of Norfolk England that showed adults who ate chocolate daily were more than 5% less likely to develop or die from Cardiovascular disease!

(<https://www.health.harvard.edu/blog/sweet-dreams-eating-chocolate-prevents-heart-disease-201506168087>).

Best options for a health-conscious family?

Stick to organic, dark chocolate.

Planning to celebrate Valentine's with your loved one(s)?

Why not try a paleo-inspired chocolate fondue for dessert:

I love cocoa camino's bittersweet chocolate chips for baking and desserts in our home.

Mix 1 bag (225 grams) of bittersweet chocolate chips in a double boiler with 1 can of full fat coconut milk.

Stir over low heat until well mixed.

Pour into a fondue pot and leave over a low flame.

Enjoy dipping any chopped fresh fruit you and your family love!

Try bananas, strawberries, kiwi, clementine sections, blueberries, raspberries, pineapple - all of which are also heart healthy!

to avoid the cholesterol in eggs by those with elevated cholesterol. Coconut oil is another source of saturated fat but contains primarily the medium chain fatty acid lauric acid which is actually beneficial for heart health. Solid at room temperature, it is very stable and an excellent oil for high heat cooking.

4. Olive oil, which is high in oleic acid, is primarily a monounsaturated fatty acid. It is the main reason why the Mediterranean diet is thought to be so heart healthy. Monounsaturated fatty acids such as olive oil actually raise HDL, the happy, healthy cholesterol markers that protect against cardiovascular disease. In addition to olive oil, other food sources for monounsaturated fatty acids include avocados, almonds, and cashews.

5. Omega-3 fatty acids are the health promoting polyunsaturated fats that should be included in every person's diet because of their cardiovascular protective effects. Two fish servings a week or a fish oil supplement can help get you there. Check out www.ewg.org for their Consumers' Guide to Seafood to learn which fish have the greatest omega-3 content without raising our toxic body burden. Walnuts and flaxseeds are other sources though not as good as fish.

6. Omega-6 polyunsaturated fatty acids, such as those found in meat, seed and vegetable oils are beneficial in moderate amounts. The problem is that with the standard western diet, the ratio of omega-6 fats in our bodies is so elevated that it leaves little room for and outcompetes with omega-3s. Thus, I recommend keeping our meat intake to moderate, replacing with fish at least 2x/week and then looking for and avoiding foods with highly refined and processed seed or vegetable oils such as soybean oil, corn oil, sunflower, safflower oil, cottonseed oil.

Overall, when it comes to cardiovascular protection, eating a well-balanced whole foods diet that includes a colourful variety

UpComing

Thank you to everyone who came out for the December and January Menopause Workshops.

In case you missed it, here's the details for our February Session:

Join our Certified Anti-aging Practitioner, Rekha Ishwanthlal (Rph.) in her interactive Menopause Workshop as she clarifies the confusion surrounding Menopause Therapies and helps you understand the root cause of your symptoms- weight gain? fatigue? night sweats? hot flashes? no sleep? mood swings?

When: Saturday, February 10th 2018

Time: 12 - 1:30pm

Fee: \$20

Pre-registration required.

Contact 613-798-1000 or info@OIHC.ca

of foods including the healthy fats listed above is a fantastic start. Contact your naturopathic doctor to learn more.

Helpful Food Resources:

www.weightmatters.ca

www.whfoods.org

www.wholelifefoodnutrition.net

www.ewg.org/research/ewgs-good-seafood-guide

Natural Flu "Shot" in a cup



Available Now at the OIHC

Drop ins welcome, no appointments necessary. Cost \$20 per person, or \$15 for current patients

For more information or to make an appointment please call:

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