



# FATS THAT HEAL

## 治病脂肪

Many people think that fats should be avoided because they are associated with an unhealthy diet and many believe that “eating fat will make you fat”. This could not be further from the truth. In this article, we will show you how including healthy fats in your diet can make a huge difference in your health!

Our body uses the 3 major macronutrients: proteins, carbohydrates and fats for fuel and for different important functions within the body. It is important that we do not exclude any whole macronutrient group from our diet, but rather learn how to select healthier options as each of them have both healthy and unhealthy choices.

Looking specifically at fats, most of us would be consuming a combination of different kinds of fats depending on our lifestyle and diet. Fats are classified based on their molecular structures and here are the major dietary fats that we consume:

### Saturated Fat

Saturated fat is solid at room temperature and is mostly found from animal sources such as butter, cheese and meat. Tropical oils such as coconut oil, palm oil and cocoa butter are also forms of saturated fat.

### Monounsaturated Fat

Found in avocados, nuts and vegetable oils such as olive oil, monounsaturated fat is generally recommended as a healthy form of dietary fat. Monounsaturated fat is liquid at room temperature.

### Polyunsaturated Fat

Polyunsaturated fat is found in both plant and animal foods such as vegetable oils, nuts, seeds and salmon. They are also the kind of fat that include essential fatty acids Omega 3 and Omega 6. Polyunsaturated fat is also liquid at room temperature.

### Trans Fat

Trans fats are unsaturated fats that have undergone the process of hydrogenation, which turns liquid oil into solid fat. Shortening and margarine are both trans fats that are commonly found in fried, baked, packaged, and processed foods. Trans fats are less likely to spoil, so foods made with them have a longer shelf life. Some restaurants use partially hydrogenated vegetable oil in their deep fryers because it doesn't have to be changed as often as do other oils.

Out of the four different types of fats above, trans fats are the worst fats that we should try to totally exclude from our diet because they are hazardous to our health. Trans fats increase LDL cholesterol levels and reduce HDL cholesterol, while promoting chronic inflammation in the body, which has been linked to heart disease, stroke, diabetes and other chronic diseases. In addition to this lethal combination, trans fats also reduce the normal, healthy responsiveness of the cells that line all of our blood vessels (endothelial cells). Besides, trans fats do not offer any nutritional benefits to the body.

Many studies on both humans and animals have demonstrated the harmful effects of trans fats. In one study, researchers found that replacing trans fats with healthy fats would decrease the risk of coronary heart disease by about one-third.

Another bad news is that it takes longer for our body to metabolize trans fats than it does other fats.

许多人都认为我们的饮食中应该避免脂肪，因为吃脂肪会使人发胖，还有它很容易让人把它与不健康的饮食联想在一起。这与事实相去甚远。在这篇文章中，我们将向您解释在饮食中加入健康脂肪是如何显著影响您的健康！

我们的身体使用三种主要的常量营养素：蛋白质、碳水化合物和脂肪，作为燃料和在体内发挥不同的重要作用。重要的是，我们不能从我们的饮食中排除任何一组的常量营养素，而是要学习如何从各组中做出更健康的选择，因为在每组都有健康和 unhealthy 的选择。

我们将重点讨论脂肪。根据我们的生活方式和饮食，大多数人会摄入不同种类的脂肪。脂肪是根据它们的分子结构分类的。我们摄入的主要脂肪有：

#### 饱和脂肪

饱和脂肪在室温下是固体，主要来自动物，如牛油、奶酪和肉类。椰子油、棕榈油和可可脂等热带油也是饱和脂肪的形式。

#### 单不饱和脂肪

单不饱和脂肪存在于牛油果、坚果和植物油（如橄榄油）中，它通常被推荐为一种健康的饮食脂肪。单不饱和脂肪在室温下为液态。

#### 多不饱和脂肪

多不饱和脂肪存在于植物和动物食品中，如植物油、坚果、种子和鲑鱼。它们也是包括必需脂肪酸3和6的一种脂肪。多不饱和脂肪在室温下也是液态的。

#### 反式脂肪

反式脂肪是经过氢化过程的不饱和脂肪，它将液体油变成固体脂肪。起酥油和人造黄油都是反式脂肪，通常存在于油炸、烘焙、包装和加工食品中。反式脂肪不容易变质，所以被广泛用于食品中以延长保质期。一些餐馆在炸锅里使用部分氢化的植物油，因为它不需要像其他油那样经常更换。

在上述四种不同类型的脂肪中，反式脂肪是最糟糕的脂肪，我们应该尽量从我们的饮食中完全排除，因为它们会对我们的健康造成严重破坏。反式脂肪会增加低密度脂蛋白胆固醇水平，降低高密度脂蛋白胆固醇水平，同时引发体内的慢性炎症，这种炎症与心脏病、中风、糖尿病和其他慢性疾病有关。除了这种致命的组合，反式脂肪还会降低我们所有血管中的细胞（内皮细胞）正常、健康的反应能力。再说，反式脂肪也不会给身体带来任何营养益处。

许多针对人类和动物的研究都证明了反式脂肪的有害影响。在一项研究中，研究人员发现，用健康脂肪替代反式脂肪将使患冠心病的风险降低约三分之一。

另一个坏消息是，我们的身体代谢反式脂肪的时间比其他脂肪要长。

## Omega 3 & Omega 6

Known as essential fatty acids, Omega 3 and Omega 6 cannot be made in the body and need to be consumed through our diet. They are found in polyunsaturated fats such as vegetable, nut, seed and fish oils.

Although we need both Omega 3 and Omega 6 in our diet, there is some general misconception when it comes to how to supplement with essential fatty acids properly. One thing to remember is that Omega 3 is anti-inflammatory and Omega 6 is pro-inflammatory. This is part of the balance of nature.

Inflammation is a natural immune response in the body and it is important for wound healing and for when the body needs an increase in immunity. This does not mean that we should be adding Omega 6 to our diet. Why? Two reasons: (1) Almost all of us should be trying to reduce chronic inflammation caused by factors such as our diet, stress, and pollution; (2) Most of us are already consuming a lot more Omega 6 than Omega 3 in our diet because of the vegetable oils that are commonly used in cooking and food preparation.

Our naturally high consumption of Omega 6 could also be one of the contributors towards the low-grade, long-term inflammation that most of us suffer from. Omega 3, on the other hand, is known for its ability to promote heart health, reduce inflammation, improve skin and joint health, and lower both blood pressure and triglyceride levels.

Understanding this, it then becomes clear that we should be supplementing with oils that are rich in Omega 3 instead of Omega 6. There are some oils in the market that have Omega 6 oils combined with Omega 3. These would be less beneficial for the reasons above, as most of us should be reducing our consumption of Omega 6 oils.

## 奥美加3和奥美加6

奥美加3和奥美加6被称为必需脂肪酸，它们不能在体内生成，需要通过饮食摄入。它们存在于蔬菜、坚果、种子和鱼油等多不饱和脂肪中。

虽然我们的饮食中都需要奥美加3和奥美加6，但在如何适当补充必需脂肪酸方面，人们存在一些普遍的误解。要记住，奥美加3是抗炎的，而奥美加6是促炎的。这是自然平衡的一部分。

炎症是人体的一种自然免疫反应，它对伤口愈合和身体需要和增强免疫力都很重要。然而，这并不意味着我们应该在饮食中加入奥美加6。为什么？原因有二：(1) 几乎所有人都应该努力减少由饮食、压力和污染等因素造成的慢性炎症；(2) 由于烹饪和食物制备中常用的植物油，大多数人在饮食中摄入的奥美加6已经远远超过奥美加3。

一般来说，我们的奥美加6摄入量都很高，这也可能是导致我们大多数人患上的低度、长期炎症的原因之一。另一方面，奥美加3以促进心脏健康、减少炎症、改善皮肤和关节健康、降低血压和甘油三酯水平而备受追捧。

了解了这一点，我们就清楚了，我们应该多补充奥美加3而不是奥美加6的油。市场上有一些油同时含有奥美加6和3。由于上述原因，这些都是不太有益的，因为我们大多数人都应该尽可能地减少奥美加6油的摄取。

## The Healing Power of NewLife™ Oils 新生命油的治愈力量

Flaxseed Oil is our recommended source for Omega 3. Flaxseed oil is so rich in Omega 3 that just 1 tablespoon (15ml) contains an impressive 7,196 mg of Omega 3 fatty acids. Flaxseed oil is also a rich source of alpha linolenic acid (ALA), which has been used to help prevent heart attacks, lower high blood pressure, lower cholesterol, and reverse "hardening of the blood vessels" (atherosclerosis).

Omega 3 is also useful for reducing symptoms of inflammatory conditions of all kinds such as rheumatoid arthritis, hepatitis, pancreatitis, etc.

Flaxseed oil has also been researched for its ability to prevent cancer, with some studies demonstrating its remarkable ability to slow the proliferation of cancer cells.

Like other unsaturated oils, flaxseed oil oxidizes quickly when exposed to light, air, or heat. Care should be taken when storing flaxseed oil and it should not be used for cooking.

**NewLife™ Omega Gold Flaxseed Oil** is certified organic, sourced from New Zealand, cold pressed in the absence of light and heat, and packed in a dark bottle with an inert gas blanket in order to deliver the highest quality of flaxseed oil. We pack our flaxseed oil with dry ice and ship them by air from New Zealand directly to Malaysia and Singapore. Upon reaching our stores, they are immediately stored in a refrigerator to keep the oil freshest possible.

亚麻籽油是我们推荐的奥美加3的来源。亚麻籽油富含奥美加3，一汤匙(15毫升)就含有令人难以置信的7196毫克奥美加3脂肪酸。亚麻籽油也是丰富的 $\alpha$ -亚麻酸(ALA)的来源，它已被用于预防心脏病，降低高血压，降低胆固醇，并逆转“血管硬化”(动脉粥样硬化)。

奥美加3还有助于减轻各种炎症症状，如风湿性关节炎、肝炎、胰腺炎等。

亚麻籽油也被研究其预防癌症的能力，一些研究表明它有显著的减缓癌细胞增殖的能力。

像其他不饱和油一样，光、空气或热量会令亚麻籽油迅速氧化。储存亚麻籽油时应小心，不应用于烹饪。

**新生命奥美加黄金亚麻籽油**是经过认证的有机亚麻籽油，来自新西兰，在没有光和热量的情况下冷压，并在惰性气体覆盖层下装入深色瓶中，以提供最高质量的亚麻籽油。我们用干冰包装亚麻籽油，从新西兰直接空运到马来西亚和新加坡。当它们到达我们的经营场址时，它们就会被立即储存在冰箱里，以保持亚麻籽油的新鲜程度。



Extra Virgin Coconut Oil was considered an “unhealthy fat” for decades due to misconceptions on saturated fats, however, new research has shown that the high amount of lauric acid found in coconut oil actually helps to reduce total cholesterol and increase “good” HDL cholesterol levels—contributing to better cardiovascular health.

Additional benefits from coconut oil include its antimicrobial and antioxidant properties and its ability to improve skin and oral health. It is also useful for promoting weight loss when used in combination with a healthy diet and exercise. Other benefits include stronger immunity as well as better focus and memory.

Coconut oil is a rich source of medium-chain triglycerides, also known as “MCTs” for short. MCTs provide the body with a quick supply of energy and actually help to promote fat burning in the body. Instead of being stored in the body, MCTs go straight to the liver to be used as energy.

Coconut oil can be taken directly, mixed in salads or other dishes, or used for cooking as it is very stable and has a high smoke point.

**NewLife™ Extra Virgin Coconut Oil** is cold-pressed, certified organic, Halal and Kosher, and has no added chemicals or preservatives.



几十年来，特级初榨椰子油一直被认为是一种不健康的脂肪，这是由于对饱和脂肪的误解，但新的研究表明，椰子油中发现的大量月桂酸实际上有助于降低总胆固醇，提高有益的高密度脂蛋白胆固醇水平，有助于心血管健康。

椰子油的其他好处还包括它的抗菌和抗氧化特性，以及改善皮肤和口腔健康的能力。当与健康饮食和锻炼配合使用时，它也有助于促进减肥。其他好处还包括促进更强的免疫力以及更好的注意力和记忆力。

椰子油中含有丰富的中链甘油三酯（简称MCT）。MCT为身体提供快速的能量供应，实际上有助于促进体内脂肪的燃烧。MCT不储存在体内，而是直接进入肝脏作为能量使用。

椰子油非常稳定，烟点高，可以直接食用，混合在沙拉或其他菜肴中，也适用于烹饪。

**新生命有机特级初榨纯椰子油**是冷榨的，通过了有机、清真和犹太认证，不添加任何化学物质或防腐剂。

Castor Oil is a vegetable oil pressed from castor seeds, used for a wide range of cosmetic, medicinal and pharmaceutical purposes. It is rich in vitamin E, linoleic and oleic acids.

Castor oil has dozens of therapeutic uses that range from skin, hair, nails, arthritic pain relief and lymphatic drainage. In fact, it is also very useful for improving the health of your household plants! Castor oil can be used to treat a variety of skin conditions and improve hair growth. Check out our Lifeline September & October 2021 issue for a complete article on the many things you can do with castor oil.

In terms of consumption, castor oil can be used as a stimulant laxative—it increases the movement of muscles that push material through the intestines. Castor oil can be used in small doses to provide a short-term solution to constipation. However, caution should be taken not to consume it in large doses or for long periods of time.

**NewLife™ Organic Castor Oil** is USDA Certified Organic and of British Pharmacopoeia quality. It is cold-pressed, unrefined and not solvent extracted, providing maximum nutritional and therapeutic benefits.

蓖麻油是一种从蓖麻种子压榨而成的植物油，广泛用于化妆品、医药和制药用途。它富含维生素E、亚油酸和油酸。

蓖麻油有几十种治疗用途，从皮肤，头发，指甲，关节炎疼痛缓解，淋巴排水等等。事实上，它对改善您的家庭植物的健康也非常有用！蓖麻油可以用于治疗各种皮肤状况，并促进头发生长。参考生命线2021年9月和10月期的完整文章，了解更多关于如何使用蓖麻油的好主意。

在口服方面，蓖麻油可以作为一种刺激性泻药，它增加肠道肌肉的运动，推动物质通过肠道。以小剂量使用，蓖麻油可为便秘提供短期解决方案。但是，应注意不要大剂量或长时间食用。

**新生命有机蓖麻油**是美国农业部认证的有机，也符合英国药典质量要求。冷压提取，未经提炼和非溶剂提取，新生命有机蓖麻油提供您最大的营养和治疗效益。



You are strongly encouraged to read Dr. Lynn's latest book **Cholesterol: Guilty or Innocent?** to understand more about fats and how they affect your body and health. If you would like to order a copy of Dr. Lynn's book, head over to [www.newlife.my/cholesterol-guilty-or-innocent/](http://www.newlife.my/cholesterol-guilty-or-innocent/) or contact us at [info@newlife.com.my](mailto:info@newlife.com.my) or [info@newlife.com.sg](mailto:info@newlife.com.sg)!

我们强烈建议您读读陈林希珠博士的新书《**胆固醇：有罪或无辜？**》，以了解更多关于脂肪以及它们如何影响您的身体和健康。想要这本新书吗？请登录[www.newlife.my/cholesterol-guilty-or-innocent/](http://www.newlife.my/cholesterol-guilty-or-innocent/)或与我们联系[info@newlife.com.my](mailto:info@newlife.com.my)或[info@newlife.com.sg](mailto:info@newlife.com.sg)！