

Concentrated Extracted Fats

There are very few extracted concentrated fats that are not harmful. The only ones that are not immediately devastating are butter, olive oil, coconut oil, and macadamia nut oil. Of course, all these concentrated fats will contribute immediately and significantly to obesity, since they contain 100 calories per spoonful. So --- they should be used in moderation. Another way to look at this is when we advocate the use of butter, coconut oil, olive oil, and macadamia oil we are not saying they are “good for you.” We are merely saying that if you are going to eat a concentrated chunk of extracted fat at least eat one that does not contain HOHUM PUFAs that accelerate the aging process and distort immune system function.

Butter is very low in polyunsaturates of any kind. Its composition is almost entirely saturated fat, and it is very high in sterol fats. With a high sterol content it can be beneficial to a degree for a Dysaerobic patient and harmful to a degree for an Anaerobic patient. For everyone else it is okay in moderation.

Coconut oil also is very low in polyunsaturates. It has some monounsaturated fat, but most of the fat is entirely saturated. In particular, the saturated fat is largely short and medium chain saturated fatty acids --- which do have some metabolic benefits and immune system benefits.

Olive oil and macadamia nut oil are very similar in composition. They are low in saturated fat and not too high in polyunsaturated fats. They are mostly comprised of the monounsaturated fat oleic acid. Macadamia nut oil could probably be considered slightly superior to olive oil in that it is actually a bit lower in the omega 6 fatty acid linoleic acid. However, macadamia nut oil is outrageously pricey, and not superior enough to olive oil to justify the high cost.

A note on lard: Theoretically, lard should be a reasonable option. Theoretically, lard, since it comes from pork bellies, should be very high in saturated fat relative to polyunsaturates. But the concern is that most commercial lard comes from pork bellies from hogs that were fed a diet high in soy and corn. That means that their body fat would be very high in linoleic acid, the omega 6 fatty acid found in soy and corn oil.