

Are High Saturated Fat Meals Dangerous?

A Classic Example of Mumbo Jumbo Science

"ONE High-Saturated Fat Meal Can Be Bad," – this headline was one among many that appeared last month after the publication of a new study published in the August 15th, 2006 issue of the Journal of the American College of Cardiology.

It created quite a stir around the world. The media reported that the study provided positive proof that saturated fat contributed to the development of heart disease. The saturated fat used in the study was coconut oil. People were frightened. Many of them had been eating coconut oil by the spoonful faithfully for some time.

The purpose of the study was to investigate the influence of saturated fat on the anti-inflammatory status of HDL cholesterol and vascular function. Fourteen subjects were fed two identical meals which were eaten one month apart. One meal was high in saturated fat (coconut oil) while the other was high in

polyunsaturated fat (safflower oil). The first measurements recorded arterial blood flow because any decrease in blood flow would be detrimental as it reduces the transport of oxygen to vital organs such as the heart. The differences were statistically insignificant. However, in their summary they suggested that saturated fat had a less favorable effect on blood flow.

The study also involved the anti-inflammatory properties of HDL cholesterol after each meal. HDL is often referred to the "good" cholesterol because it has anti-inflammatory properties and carries cholesterol to the liver where it reprocessed and flushed out of the body. They found a higher level of pro-inflammatory ICAM-1 and VCAM-1 molecules in the cells incubated with the HDL from the saturated fat diet than from the polyunsaturated fat diet. This difference might indicate that there may be



Anthony Worrell Thomson & Nancy from Essence of Eden

a decrease in anti-inflammatory potential in molecules by the HDL from the saturated fat diet. But nobody really knows for sure. And we don't know, outside of a test tube, if it makes any difference.

What we have here is mumbo jumbo science—questionable or meaningless results interpreted to fit the beliefs of the authors.

One of the sponsors of this study was the pharmaceutical giant Pfizer, the maker of lipitor, the most widely used cholesterol-lowering drug. Hmmm... I wonder if this influenced the authors' research? @

by Dr. Bruce Fife

"We have a choice.....we can continue to ingest hydrogenated oils through our diet, causing obesity, digestive disorders, heart disease, premature ageing, diabetes, etc., ...or...we can use one of the good saturated fats, used in times before 1920, the healthiest oil on earth, Essence of Eden, 100% Organic Coconut Oil".



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