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**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

**Misconceptions About Dietary Fats**

**By Dr. Robert Osgoodby**

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For decades, the media has been preaching how fats are associated with obesity, cancer, arteriosclerosis, and heart disease. Back in the late 1980's, the U.S. Surgeon General recommended that Americans decrease their consumption of dietary fats. Marketing savvy food manufacturers immediately started coming out with everything from fat free ice cream to fat free cheese. In place of fat, more carbohydrates were added.

With all of the "fat free" marketing, the general public believed that since something was "fat free", they could eat larger portions. Over the next ten years, Americans became fatter than ever! Obesity skyrocketed from 12% of the population to over 20% of the population in just 10 years. Today, research has found that 50% of Americans are overweight and approximately 23% are obese. With the help of the food industry, the public has developed a "fat phobia" and the importance of including healthy fats in our diets has been neglected.

If your goal is to build a stronger, leaner, more muscular body, dietary fats are necessary to maintain and improve your health, and play an essential role in reaching your fitness goals.

There are two types of fats, saturated fats and unsaturated fats. Unsaturated fats are considered healthy fats, they are usually liquid at room temperature. Although there are many sources of unsaturated fat, two great sources of healthy unsaturated fat can be found in cold water fish like salmon, trout and halibut, and flax seed oil.

## Misconceptions About Dietary Fats

Saturated fats are the unhealthy fats that are associated with a myriad of health problems. They contain virtually nothing nutritious or good for your body, it's only role is it can be burned as energy. The fact is, you don't need saturated fats at all, but the typical diet is jam-packed with them. For health reasons, you want to consume as little saturated fats as possible. Saturated fats are generally solid at room temperature and can be found in butter, margarine, dairy, cheese, and meats. I am not recommending you become a vegetarian and eliminate meat from your diet, but make sure when you are at the meat counter you select lean cuts. You do not have to eat meat every day. There are many other good non-animal sources of protein including

beans, soy, and tofu.

The truth is, some fats are health promoting and essential to life itself. I recently read a great book by Dr. Udo Erasmus, one of the world's foremost experts on dietary fats. I highly recommend you read his best selling book "Fats That Heal, Fat's That Kill." Dr. Erasmus believes that eating enough healthy fats is just as important to maintaining health as eliminating unhealthy fats.

Dr. Osgoodby was a finalist in the "EAS Body for Life" Contest. Stop by his web page at [bestbodyever.com](http://bestbodyever.com) to see his before and after pictures and subscribe to his monthly newsletter.

### **Dietary Supplement**

**By Rolf Rasmusson**

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Dietary Supplement - why so important?

Dietary supplement is a term that is familiar to almost everyone now. The examples of dietary supplement products that are sold in the US market nowadays are supplements like bottled herbs, or vitamins and minerals in various doses. Many of these dietary supplements guarantee results like relieving pain, or energizing your body. You can purchase supplements that contain separate vitamins or minerals, or some kind of mix of vitamins and minerals.

Dietary Supplement - what is it?

Dietary supplement term usually indicates products made of one or more of the fundamental nutrients, for example vitamins, minerals, and proteins. According to DSHEA (Dietary Supplement Health and

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Education Act), dietary supplement is, with some exceptions, any product intended for ingestion as a supplement to the diet. Examples are vitamins, minerals, herbs, botanicals, amino acids, metabolites, etc.

Dietary Supplement - the usage.

Many people nowadays use some type of dietary supplement. According to many health organizations, surveys show that more than half of the US adult population uses these products. In 1996 alone, consumers spent more than \$6.5 billion on dietary supplements, according to Packaged Facts Inc., a market research firm in New York City.

Dietary supplement or supplements can be found in many forms. The examples are tablets, soft gels, gel caps, capsules, powders, liquids, etc. A lot of dietary supplements do not require any prescription. You can purchase them in health food stores, grocery stores, drug stores, or through mail or Internet.

Dietary Supplement - be careful.

You always have to be careful when purchasing some type of dietary supplement. Read the label carefully, look at the ingredients. You should also consult with your doctor to check if some dietary supplement is right for you. Try a well designed diet before you turn to dietary supplements.

Additional interesting content at [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)



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