



Chiropractic Applied Kinesiology Vitamins Herbs
Homeopathy Health Education Classes

BOZEMAN WELLNESS CENTER

Partially Hydrogenated Oils

Read Your Labels

- Partially hydrogenated oils are found in margarine, vegetable shortenings, most chips, cookies, candies, cakes, popcorn and similar snack foods and are used in food preparation by most fast food companies.
- Also many peanut butters, canned soups, and some so called “health food” products are made with trans fats
- Typical ingredients sections include such names as “partially hydrogenated soybean oil”, “hydrogenated vegetable oil”, “partially hydrogenated cottonseed oil”, and so on

Why avoid Partially Hydrogenated Oils

- They do not exist in nature, they are processed versions of naturally occurring fats and oils
- When eaten, fats and oils are incorporated into your cell membranes and alter the configuration of these delicate structures
- Trans fats interfere with important, normal functions by inhibiting enzymes which are necessary for your body’s normal metabolism of fats and they do so for a long time
- Healthy fats – your body metabolizes half of them in 18 days
- Trans Fats – your body requires 51 days to metabolize half of them. This means that half of the trans fats you eat today will still be inhibiting essential enzyme systems in your body 51 days from now.

A Major Source of Chronic Disease

- Many essential functions depend on hormones called prostaglandins (PG), which are produced from fats in our diets
- In our society most of the ill effects of chronic disease are promoted or aggravated by bad PG (the PG2 family)
- These chronic diseases include: heart attacks and stroke, cardiovascular disease, cancer, inflammatory and autoimmune diseases
- The good PG families counteract the effects of bad PG2 family. The good PG families decreased blood pressure, cholesterol, inflammation, and increase natural killer cell activity, which is necessary to fight tumors
- Trans fats block good PG production and by default the bad PG 2 substances are produced unopposed
- The PG2 imbalance created by the consumption of partially hydrogenated fats contributes to the production of chronic disease

Other Symptoms Related to Consuming Trans Fats

- Headaches
- Joint Pain and Back Pain
- Arthritis
- Asthma
- Skin Problems
- Hot Flashes
- PMS and Menstrual Cramps
- Many more
- Often people take aspirin, acetaminophen, ibuprofen, naproxen and other NSAIDs to relieve these symptoms.
- Avoidance of partially hydrogenated trans fats and consumption of natural fats and oils can often turn around these common, nagging symptoms in as little as a few weeks or a couple of months. Due to the prolonged life of trans fatty acids you must both be diligent in avoiding them and patient for the changes to take place, but the results are usually noticeable and
- Supplementation with essential fatty acids can also be beneficial in reducing symptoms

Live Healthy

Live Naturally

Live Optimally

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