

The top 4 Oils that should be included in your diet.

By: Laura Belew I F B B Pro-Figure

1. **Coconut Oil:** Organic virgin coconut oil is one of the best choices of good fat you can add to your diet. Coconut oil contains 90% saturated fat and is made up of medium-chain fatty acids (MCFAs) which are easily digestible and can drastically improve your health. MCFAs are not stored as fat because they are immediately converted to energy once in the body. This oil is also very good to cook with because it remains stable even under high temperatures. Coconut oil contains lauric acid (a known immune stimulant), is rich in fiber, and contains essential vitamins and minerals. Organic raw unrefined extra virgin coconut oil is the best to use and should be solid at room temperature.

Benefits of consuming coconut oil include: Weight loss, immune system support, cardiovascular health, increased energy, thyroid support, healthy skin, hair and nails, improved cell regeneration, disables fungus, bacteria and viruses, improves insulin secretions and protection against free radicals, reduces inflammation throughout the body.

2. **Hemp-seed Oil:** Hemp Seed oil is derived from the seeds of the plant *cannabis sativa*. It provides all the essential fatty acids (EFA's) and essential amino acids, structured in an easily digestible form to maintain human life. The oil is composed of 80% essential fatty acids, the highest in the plant kingdom. It contains the Omega 3,6 and 9 fatty acids. No other plant oil has a perfect 3:1 ratio of Omega 6 to Omega 3 EFA's. Hemp seed oil is also great for vegetarians because it provides them with healthy fatty acids without having to consume fish oil. Hemp-seed oil is also rich in vitamin E and is the only plant which provides a source of Vitamin D.

Benefits of consuming Hemp Seed oil include: Cardiovascular support, natural sunblock agent, helps high blood pressure, reduces PMS, reduces inflammation, lowers high cholesterol, calms arthritis, soothes eczema, assists the brain and nervous system, produces healthy cell membranes, healthy skin, nails and hair, and can be used as skin moisturizer without clogging pores.

3. **Flax-seed Oil:** Flax-seed oil is extracted from the seeds of the flax plant. This oil contains 55% of Omega 3 fatty acid by weight. Omega-3 refers to three types of fatty acids, alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Once consumed, the human body converts ALA to EPA and DHA. This oil is also high in fiber and potassium. Flax-seed oil requires special packaging because it is easily destroyed by oxygen, heat and light. It is best to purchase organic flax-seed oil and keep it refrigerated to preserve freshness.

Benefits of consuming Flax-seed oil include: Helps Crohns disease, colitis, soothes intestinal walls, natural laxative, reduces high cholesterol, promotes healthy hair, nails and skin, reduces symptoms of menopause and helps burn body fat.

4. **Olive Oil:** Olive oil has been used as a medicine and health aid since it was first cultivated around 5000BC. It is a monounsaturated fat and contains vital vitamins, nutrients and antioxidants. Olive oil has a large amount of vitamins A, D, and K, as well as vitamin E, which are key sources needed to prevent free radical damage. When purchasing make sure the olive oil is organic, cold pressed and extra virgin.

Benefits of consuming olive oil include: Promotes healthy digestion, protects against heart disease, eases symptoms of gastritis and ulcers, lowers gallstone formation and reduces high cholesterol.