

Fitness fats : energy, stamina, performance, recovery and health / Savant Distribution Ltd.

Contributors

Savant Distribution.

Publication/Creation

Leeds : Savant Distribution, [2007?]

Persistent URL


<https://wellcomecollection.org/works/ptbvfd9>

License and attribution


Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>




Fitness Fats - Energy, Stamina, Performance, Recovery and Health



Fats Information Sheet 1

Introduction




Working with animals and people, I have found that certain fats improve energy level, performance, and fitness. I have seen footballers, cyclists, runners, body builders, tri-athletes, and weight lifters - strength as well as endurance athletes - consistently improve performance.

People who begin to use fitness fats correctly report dramatic improvement in energy levels within days of getting them into their diet.



by Dr Udo Erasmus



The information in this leaflet is for educational purposes only. It is not intended to replace the services of healing professionals for conditions that require them.

What are fitness fats?

The **Fitness Fats** are the omega 3 and omega 6 Essential Fatty Acids (EFAs). They are fat molecules that our body cannot make, which we must have to be able to function, and must therefore get from foods. That is why a no-fat diet will eventually kill you and a low-fat diet can make you very sick. Fat avoidance deprives us of the fitness fats that our body must have to survive and to thrive.

The Benefits of Fitness Fats

✓ **Fitness Fats keep you slim.** They are anabolic. They increase the body's ability to metabolise oxygen and therefore increase oxidation rate, metabolic rate, energy levels, stamina, and performance. You can do more reps and muscles grow faster. They speed recovery after fatigue because they increase oxygen metabolism.

✓ **Fitness fats are anti-catabolic.** They are part of protein metabolism, and prevent muscle breakdown. Without fitness fats, protein can become toxic (a warning for those who eat lots of protein to build muscles and avoid fats because they have been misinformed by rampant fat phobia). Protein toxicity on a fat-less diet was shown around the turn of the century in studies done with starved dogs.

✓ **Fitness fats** improve performance by improving **calmness** under pressure and improving our ability to **concentrate**. Further, they help us sleep better, and help us get more rested with less sleep requirement. Lack of fitness fats causes weakness and clumsiness (motor incoordination).

✓ **Fitness fats** are required for testosterone production and **insulin** function, both of which are important for muscular development



✓ **Fitness fats** improve performance in yet another important way. They make red blood cell membranes more flexible, which makes them slide through our capillaries more easily, which in turn means better delivery of **nutrients and oxygen** to our cells, tissues, organs, glands and muscles.

✓ **Fitness fats** improve performance because they improve the capacity of our liver and kidneys for **detoxification**. Every inner organ requires them for optimum function. Fitness fats also enhance the ability of glands such as the thyroid to do their jobs. Every gland needs its supply of fitness fats.

✓ **Fitness fats** improve performance by improving **gut integrity**. They help us get better digestion and better absorption of nutrients, providing more fuel for performance. They help prevent us from getting energy-robbing allergic reactions secondary to poor digestion. Fitness fats also help maintain a healthy **gut flora** promoting the growth of friendly micro-organisms in our intestines and keeping the unfriendly ones from thriving.

✓ **Fitness fats** regulate the production of several important **enzymes** with vital functions in our cell membranes. They also improve ATP production.

✓ **Fitness fats** improve **immune function** and prevent infections from eating our tissues. They also protect us from the toxic influences of oil-soluble pollutants such as pesticides, PCBs and chlorinated hydrocarbons. These oil-soluble poisons exit our body with the oil, for example through sweat.

✓ **Fitness fats** have **anti-inflammatory** properties. They help to minimise joint, tendon and ligament strain, and help heal those after performance.

✓ **Fitness fats** elevate mood and **lift depression**. We are less likely to overeat because of being depressed.

✓ **Fitness fats** help us to lose fat by increasing the rate at which we burn **calories**. They make us feel more **energetic** so we feel more like being physically active. The number one reason why people refuse to exercise is that they haven't got the energy. Fitness fats provide the needed energy.





✓ **Fitness fats** help curb cravings for sugar, junk foods and the wrong sort of fats.

✓ **Fitness fats** help our kidneys dump excess water which constitutes much of some people's extra weight. Without the fitness fats, our kidneys cannot do their job properly and we retain water in our tissues.

✓ **Finally fitness fats** make us healthier. Anything that makes us healthier improves our ability to perform.

Care of Fitness Fats

Fitness fats are sensitive to spoilage. Light, air, and high heat destroy them quite rapidly. Great care must be taken in their production, packaging, storage and use.

I make them with specially designed machinery that excludes light and oxygen completely, and runs at low temperatures. I package fitness fats in brown bottles, and put a box around the bottle to exclude all light.

I recommend frozen storage for long-term keeping. Oils shrink on freezing therefore glass bottles won't break. Refrigeration is essential for short term keeping (6 months). I suggest using the oil within 6 to 8 weeks of opening a bottle.

How to use Fitness Fats

Use enough fitness fats to make skin smooth. Dry skin is the most easily recognisable sign of fitness fat deficiency. I use the skin to measure optimum requirement, because our skin gets the fitness fats only after the rest of the body has what it needs.

Fitness fat optimums range from one dessertspoon for a little person to 7-8 dessertspoons for some of our world class body builders, the really big guys.





Mix **fitness fats** into protein and power shakes, or use them with all foods, salads, salad dressing, steamed vegetables, yoghurt, mashed potatoes, cereals, bananas, juices, soups, mixed into egg yolks, mixed with extra virgin olive oil and more. They make foods taste better.

Fitness fats lower the glycaemic index of sweet and starchy foods, thereby dampening the negative response to high glycaemic foods.

Take anti-oxidants with fitness fats. Fitness fats give you energy by building a strong fire in your body. But a strong fire throws sparks (free radicals) that can damage tissues. Anti-oxidants give the spark-control that picks off the free radicals, preventing random tissue damage. Vitamins A, C, and E, and the minerals zinc and selenium are the most common anti-oxidants used, but coenzyme Q10, lipoic acid, and others are also good. In addition, all whole foods, especially vegetables, contain hundreds of different kinds of powerful anti-oxidants. So be sure you eat your veggies.

When athletes and body builders use fitness fats in the right amounts (3 dessertspoons per day is a good place to start), they notice results within as little as a week.

Summary

Fitness fats play a key role in improving energy level, stamina, performance, recovery, healing and fat loss. They may also improve brain function, skin condition, digestion, cardiovascular health, immune function, joint function and general good health. They can also prevent many health problems.

Make sure you get them!

Udo Erasmus

Udo Erasmus received his B.Sc Honours Degree in Zoology with a major in Psychology from the University of British Columbia. In addition, he took two years of post-graduate studies in Genetics and Biochemistry. He also earned an MA in Counselling Psychology from the Alfred Adler School of Professional Psychology in Chicago

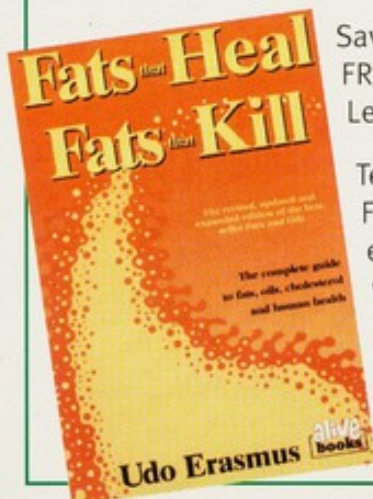
Poisoned by pesticides, he turned his attention to the field of nutrition, and began a personal odyssey back to health. Since the publication of his landmark book, *Fats and Oils*, in 1986, which earned him a Ph.D. in Nutrition, he has become an internationally recognised authority on fats, cholesterol and health, and a sought-after media personality.

He has travelled extensively throughout North America and Europe as a public educator, known for his clarity of style and his sense of humour. He excels in translating technical and research language from scientific literature into understandable English. He makes the important practical discoveries of science accessible to consumers and industry.

In addition, he runs a consulting service from his home base in Vancouver, Canada. Topics have included fats and oils, health, anti-oxidants, flax, cholesterol and cardiovascular health, water and air quality, early family dynamics, social issues, goal setting, and personal fulfillment.

His current passions include turning the field of human health and the field of human nature into systematically teachable disciplines. Lack of ambitious projects has never been his problem!

For a more detailed discussion on the role of fats and oils in diet, read the book 'Fats that Heal, Fats that Kill' by Dr Udo Erasmus, available from any good book store or from:



Savant Distribution Ltd
FREEPOST NEA 12027
Leeds, LS16 6YY

Tel: 08450 60 60 70 (LoCall)
Fax: 0113 274 5777
email: info@savant-health.com
web site: www.savant-health.com

Savant