



Chirothots

By Tim Wood, D.C.

FAT MADE SIMPLE



History tells me that just suggesting what people do without them understanding why doesn't really work. That is why we have advanced workshops so you can change your understanding of WHY, and your actions then change. BUT I can't help myself from passing on these easy steps to choose fats that will improve your health and avoid toxic fats that are deadly and related to 85% of causes of death in our culture. What you do about it is up to you! Prove me wrong and make awesome change even if you weren't at our recipe night!

EAT MORE OF THESE (HEALTH PROMOTING):

- WILD MEAT, GRASS FED BEEF OR BISON
- NUTRASEA FISH OIL EVERY DAY (SEE CHART FOR QUANTITY) & ANTIOXIDANT
- WILD SOCKEYE, PINK OR CHUM SALMON
- WALNUTS AND MACADAMIA NUTS
- COLD PRESSED EXTRA VIRGIN COCONUT OIL
- COLD PRESSED EXTRA VIRGIN OLIVE OIL (RAW OR COOKED BELOW MEDIUM HEAT)
- BREAST MILK (JUST KIDDING!)
- FLAX SEEDS AND COLD PRESSED EXTRA VIRGIN FLAX SEED OIL (GREAT IN DRESSINGS)
- HEMP SEEDS AND COLD PRESSED EXTRA VIRGIN HEMP SEED OIL
- WHOLE ORGANIC OATS REPLACING OTHER GRAINS AND CEREALS
- POULTRY EATING GREENS AND INSECTS
- EGGS FROM CHICKENS RAISED AS ABOVE
- AVOCADO AND AVOCADO OIL
- POMEGRANATE JUICE

EAT OCCASIONALLY (NEUTRAL IN MODERATION):

- GRASS FED COW DAIRY, RAW UNPASTEURIZED COW DAIRY, OR GOAT DAIRY
- WILD RICE OR QUINOA REPLACING OTHER GRAINS WITH MEALS
- WILD COLD WATER FISH THAT ARE LARGE SUCH AS TUNA, HALIBUT, COD
- CASHEWS, ALMONDS, BRASIL NUTS, CORN ON THE COB, POPCORN
- HIGH OMEGA 6 FOODS IN THEIR WHOLE FORM (CORN, SOYA, NUTS, SEEDS, ETC.)
- ORGANIC COLD PRESSED EXTRA VIRGIN CANOLA OIL IF MUST USE VEGETABLE OIL
- PUMPKIN AND SUNFLOWER SEEDS

AVOID THESE (HEALTH DESTROYING):

- PROCESSED AND NON-FIBER CARBS (FLOUR, PASTA, BREAD, ETC.)
- COMMERCIALLY RAISED MEATS LIKE GRAIN FED BEEF, ANIMALS FED UNNATURALLY
- FARMED FISH LIKE ATLANTIC SALMON, TILAPIA, STEELHEAD TROUT, CHAR, ETC.
- BOTTOM FEEDER FISH AND CRUSTACEANS
- ANIMALS FED FOOD DIFFERENT THAN WHAT THEY NATURALLY WOULD EAT
- ANY VEGETABLE OIL, PERIOD, ESPECIALLY IF HYDROGENATED
- PASTEURIZED NORMAL COW DAIRY
- ANYTHING DEEP FRIED, ESPECIALLY IF THE OIL USED IS NOT FRESH (1 DAY OLD MAX)
 - DONUTS, CHIPS, TORTILLA CHIPS, FRENCH FRIES, DORITOS, TEMPURA, ETC...
- ANYTHING WITH TRANS FATS (READ LABELS!)
- CORN AND SOYA BASED PRODUCTS (ALL FAST FOOD AND MOST PROCESSED FOOD)
- PEANUTS
- SOYA (SOME FERMENTED TEMPEH – MISO IS OKAY)
- SMOKED MEATS
- ALL PROCESSED FOOD IN BOXES UNLESS IT COMES FROM A HEALTH FOOD STORE AND DOESN'T CONTAIN ANYTHING ON THIS LIST!

DETERMINE WHAT YOU CAN'T LIVE WITHOUT! MAKE A DEAL TO HAVE SOMETHING REALLY HEALTHY EVERYTIME BEFORE YOU EAT YOUR TREAT!