

SPECIAL
POINTS OF
INTEREST:

- Enhance your love life with herbs
- Whole or Juiced fruit?
- Learn the effects of Magnesium
- How do Good and Bad Fats affect us?
- Get rid of pests and insects naturally

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The Fats of Life

By Morning: Spirit: Wolf-Doctor of Raphaology Medicine

Fat is the most important part of every cell in the human body, making fatty acids necessary for life itself. Our bodies can produce all the fats they require, but certain fats, called essential fatty acids (EFA's), cannot be made by the body and must be supplied every day. The two foods that supply every EFA the human body requires are extra virgin olive oil and avocados. Eating them every day; 2 tablespoons of olive oil and 1/2 an avocado, will lower bad cholesterol, fight chronic inflammation, nourish the brain and eyes, support cellular health, and protect the heart and nerves.

Fats have been given a bad reputation because marketed science has failed to make a distinction between good fats and bad fats. Good fats are healthy and necessary, called High Density Lipoproteins (HDL's), while bad fats are unhealthy and damaging, called Low Density Lipoproteins (LDL's). Good fats allow metabolism of minerals, the very function of life, while bad fats prevent their utilization and cause cellular oxidation, arterial damage, cancer, inflammation, and premature aging.

Marketing has lead us to believe that a diet rich in fats will make us fat. Yet Mediterranean diets consist of nearly 40% fat from plants, like olives and flowers, producing less disease, longer life, and lean bodies, while the practice of reduced fat/fat-free diets in western cultures have led to obesity, disease, and poor quality of life.

Fats are the longest lasting foods in our body, and rightfully so. A good fat that is full of enzymes, EFA's, and nutrients, is used for every function inside the human body. Fatty acids regulate gastric secretions, pancreatic functions, and combine with glycerol to form triglycerides; carriers of vitamins A, D, E, and help to convert beta carotene into vitamin A.



Avocados and Extra Virgin Olive Oil,
the keys to life.

Extra virgin olive oil takes up to 60 days to perform all its functions in the body, without putrefying. Poor quality oils, such as canola or peanut, are damaging to every organ and can stay in the body for 18 months, poisoning along the way. Canola oil is a "tinkered" fat, along with margarine, shortening, and other vegetable oils they are unnatural and classified as food "artifacts" containing peroxidized fats, trans-fatty acids and other modified fats that have been made toxic and solid by hydrogenation.



Choose Good Fats

Good fats come from high enzyme plants such as olives, avocados, sunflowers, flax, grape, and sesame seeds, coconuts, corn, and organic soybeans.

Good fats are cold pressed by stone, hydraulic, or mechanical presses; are unrefined by heat or chemical treatment; are not hydrogenated and rendered solid or indigestible with hydrogen atoms bonded to the fat molecules; and are not purified to stabilize and extend shelf life.

Good olive oil contains no cholesterol, removes damaging LDL's from the body and comes from the Mediterranean region.

All good oils are best used cold, with little to no cooking, such as in salad dressings, and need storing in the refrigerator.

What's on the Label

Extra virgin oil has the best aroma, flavor, and contains no more than 0.8% free acidity, and the higher priced ones have as little as 0.1%

Virgin oil is slightly lower in quality with as high as 3% free acidity.

Pure oil is from subsequent pressings, subjected to extensive heat and chemicals, then re-purified or refined to be potable - before that it's a lamp oil. A little other oil is added back to enhance color and flavor.

Light oil is not reduced calories or fat, but rather has been "tinkered" producing a lighter color and more neutral flavor.

Because our bodies cannot use minerals without fat, sustain your life with only the best.

Herbs Spice Up Your Love Life



Flower, fruit, leaf, stem, and root each contain stimulating properties

Pharaohs of Egypt knew how to stimulate passion, energy, fire, and desire using extracts from plants, over 5,000 years ago.

If you could use a little spicing up for your love life, let mother nature tickle your fancy with herbs like American ginseng for increased blood flow and stamina, Angelica for boosting sexual hormones, Kava-Kava to reduce stress and increase libido, and Cacao for affecting chemical changes in neurotransmitters and hormones.

Chasteberry restores

vaginal secretions and boosts sexual interest in perimenopausal and menopausal women.

Broccoli, Asparagus, and Pine nuts are all natural aphrodisiacs, stimulating sexual potency and desire.

Mangoes stimulate both testes and ovaries to increase the shared sexual hormone progesterone, the “togetherness” booster.

Natural “Viagra” from herbal sources, such as Catuaba and Muirapuama; leaves from common trees in the Amazon, provide great

results for impotence, flaccid muscle, and added sexual fire (also available in capsules). And the “Super Sex Drink” of Brazil is Guarana, the super caffeine-bearing plant, with a heaping teaspoon of powdered catuaba and muirapuama combined, available in Brazilian guarana bars.

Chinese Medicine uses Epimedium or Yin Yang Huo, commonly called Horny Goat Weed containing *icariin*, used for restoring sexual fire, erectile dysfunction, allaying fatigue, and alleviating menopausal discomfort.

Gluten Is Not Glue

“Gluten carries extremely high amounts of vitamins and minerals”



The latest craze of gluten intolerance has spawned a plethora of idioms such as “gluten causes everything you don’t want to stick in your colon” and “gluten is not good for you”. Nothing could be further from the truth. Gluten is the grayish, sticky component in wheat and other grain flours, composed of valuable proteins. These high quality proteins are more complex and harder to digest than other proteins, requiring more B-

Complex vitamins to do so. Those who are deficient in B-vitamins cannot digest these proteins and are said to be allergic, or intolerant

Gluten carries extremely high amounts of vitamins and minerals deep into the digestive tract for a stronger, more prolonged delivery of nutrients, but require more vitamins to already be present for the release of those contained in the gluten.

Due to the high nutrition of gluten it contains the most flavorful aspect of the grain. One of those flavorful agents is glutamic acid, a crystalline amino acid, which is often synthetically replicated and used as a flavor enhancer in commercial foods.

If you think you are gluten intolerant, try a healthy dose of B-Complex vitamins for 3 weeks then confidently enjoy a slice of wheat toast.

Inside Scoop on Fruit

Whole Fruits Vs. Juice



Did you know that most of the nutrients and healing properties of fruits and other medicinal plants is in the outermost layers?

Juices generally retain less than 50% of the bioactive compounds found in the whole

fruit. Juices rely on fiber to carry their nutrients through

digestion for maximum delivery, while fiber cleans it goes.

Juices from concentrate act just like refined sugar inside the body. For a healthier choice, make sure that your juice is not from concentrated, heat treated, fruits and vegetables.

Essential oils, which are the most concentrated healing

substances of plants, come primarily from the skin, bulky peels, leaves, and petals of whole plants.

That makes whole, fresh, peak enzyme fruits the best choice for nutrients, with dried and frozen as the second and third best options for whole nutrition. Stay away from canned foods whenever possible.

Magnesium; the Heart and Muscle Mineral

All of our muscle organs need magnesium to maintain function. The colon uses magnesium for peristalsis to eliminate waste. The uterus uses it to expel its lining every month, and to have good contractions during birth. Pre-gestational magnesium supplements can prevent cerebral palsy. Blood vessels use it for pulsing serum along its walls lowering blood pressure. The heart uses magnesium both to keep its muscle tissues strong and to prevent spasms of the coronary arteries.

Magnesium, along with vitamin K (found in pineapple), prevents calcium build-up of the plaque that would otherwise collect in arteries.

Magnesium prevents heart attack and stroke. Magnesium works with nerves to prevent tremors, seizures, paralysis, irritability, and Parkinson's disease. For bone growth, density and strength combine it with Potassium and B-Complex vitamins and marshmallow root.

Eating foods rich in magnesium will supply the body with the daily amount it requires. Magnesium is largely found in kelp, kale, barley, broccoli, figs, wheat, almonds, cashews, brewers yeast, apricots, lemons, Swiss chard, and arugula.

Before harmful or life threatening symptoms occur you can detect magnesium deficiency if you



feel lethargic, weak in the bones and muscles, depressed, or easily irritable.

Heart and muscle tissues stay strong with magnesium

Magnesium is easily lost in food processing, and is missing in foods grown in mineral depleted soil. Eat organic, home grown, locally raised, chemical-free produce, and conscientiously farmed foods for best sources of food minerals.

And don't forget to always pay attention to your heart.

The Best Oils



Extra Virgin Olive Oil,

(about 10-14% saturated fat) is the oil of kings. It has an extremely low smoke point, so do not use it for cooking. Its properties are consumed through the skin acting as nature's sun screen. Olive oil is best from Mediterranean regions in its cold pressed, extra-virgin state. The more toxic your environment use more of olive oil's anti-oxidant properties. It's ideally cloudy, congeals when cold, liquefies at room temperature.

Safflower and Sunflower oils

(about 10% saturated fat) have high smoke points and are best used for baking, frying, and sautéing. Rich in vitamin E, zinc, anti-oxidants, and EPA's both of these flower seed oils are high in unsaturated fat and are neutral in flavor and color, leaving the flavor of each food to speak for itself.



Grape seed oil (about 10% saturated fat) is best used un-cooked in salad dressings and for skin care. High in pycnogenols, a brain enhancing fatty acid, grape seed oil is enhancing to neurological function and nerve activities.



Flaxseed oil

(about 10% saturated fat) is not suggested for cooking. It is naturally high in omega -3 and 6 fatty acids, anti-oxidants, and helps lubricate joints, and fights cancer.

Coconut oil

(about 87% saturated fat) is not recommended for cooking. Cold use properties remove excess fluids from a weakened heart and builds friendly bacteria in the colon. It's an Indian favorite to cool the body and improve weakness and malnutrition. Coconut oil is easily absorbed through the skin and makes a great emollient in dry weather.



Butter (about 60% saturated fat) is best used for quick cooking projects like cookies and on toast. It is high in CLA, a good cholesterol, and studied at Medical Schools was found to and reduce bad cholesterol. Butter needs to be unsalted and used 1-4 in ratio with good vegetable oils.

Corn oil

(about 13% saturated fat) is good when organic and cold presses only, and can be used for short duration cooking at high temperatures. Its oil is taken from the germ of corn and is a



good source of omega-3 and omega-6 fatty acids. Because it is more readily available and relatively inexpensive, in commercial use it is refined and toxic, often hydrogenated into pure vegetable margarine and used for deep-frying in restaurant and fast food cooking.

Sesame oil

(about 30% saturated fat) has a relatively high smoke point and can be used for deep-frying, stir frying, sautéing, and grilling. A great oriental standard sesame oil, both from the white and black seeds, is high in one of the lignins known as sesamin containing powerful cholesterol lowering and anti-oxidant properties.

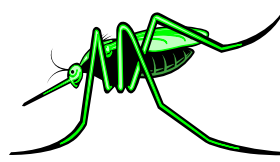


Soy bean oil

(about 15% saturated fat) is only healthy if it comes from organic, non-GMO plants, or else it has as many toxic properties as canola oil. It has a moderately high smoke point and can be used for quick, moderate high heat cooking. Soy oil is a good source of vitamin E and omega fatty acids. Because inorganic soy oils are inexpensive they are widely used commercially in toxic, filtered and hydrogenated states and labeled as pure vegetable oil.



Winning the Insect Wars



Picnics, camping, beaches, bar-b-ques, and sporting events all have more than summer, relaxing, and fun in common, they all share outdoor pests.

Mosquitoes, ticks, black flies, and other annoying insects can all be deterred the natural way.

First, wear light colored clothing, dark colors attract black flies and mosquitoes, and ticks are easier to see against light backgrounds. Avoid fragrances, even fabric softeners, when outdoors. Don't be mistaken for a delectable.

And be aware that insects hone in on the carbon dioxide exuded when you exercise.

Second, wear aloe vera gel on skin to neutralize human odors that attract bugs and bone-up on B-Complex vitamins, especially B-2; that repels bugs.

Third, put diluted essential oils on the skin, such as Eucalyptus to repel fleas and ants; Penny Royal to protect against chiggers, fleas, ants, gnats, mosquitoes, and ticks.

Neem is a natural pesticide and anti-malarial herb which fights off pests but won't hurt honeybees or vertebrates. Catnip oil's pungent scent is as effective against mosquitoes as

commercially sold DEET.

Lemon Verbena deters mites and mosquitoes, and Walnut leaf repels red bugs and flies.

Citronella combined with other essential oils makes another effective natural pest repellent.

Should bites appear, despite all this protection, dab on a little white vinegar, or use lavender, tea tree, or chamomile essential oils. Stop pests, bites, itch, and irritation

In 1 ounce jojoba oil carrier mix:

3 drops lavender oil

3 drops tea tree oil

3 drops German chamomile oil

3 drops helichrysm

30 drops citronella



Fats to Avoid

Rancid fats are the most deadly food for the human body. By avoiding altered, partially or fully hydrogenated, refined, purified, and enriched oil you can avoid all the ills that come with them; atherosclerotic plaque, fatty lipomas, colon impaction, and cancer.

Canola oil is widely touted as "healthy" due to its low saturated fat level of about 7%. However it is the most deadly toxin of all plant-oils. Its source is from the weed known as rape seed, part of the mustard family, and (it's where deadly mustard gas comes from), not even insects will eat it. Canola oil contains large amounts of cyanide-containing compounds. Cyanide binds to metabolic enzymes and inhibits mitochondria (DNA patterns), therefore distorting it. Oil from rape seed goes rancid quickly, and is therefore refined, which causes emphysema, respiratory distress, anemia, constipation, irritability, and blindness in animals and humans. Used in England as part of animal feed in the 1980's it was thrown out when cows, pigs, and sheep went blind, lost their minds, attacked everyone, and had to be shot (Mad Cow disease). Think "going postal" or "road rage".

Palm oil (about 50% saturated fat) is made from the fruit of the palm tree, while palm kernel oil, made from the fruit's kernel, is about 82% saturated fat. The unrefined oil of this plant is not digestible to humans, and refined it is highly toxic. Commercial use of palm and palm kernel oil are mostly hydrogenated and found in cookies, crackers, pastries, and microwave popcorn. This oil is dangerous to every digestive organ, primarily the colon and liver, will remain in the body as one of the most difficult fats to expel, and will elevate harmful cholesterol levels quickly.

Margarine (about 18% saturated fat and about 30% trans fat) is made from a variety of vegetable oils (primarily corn and soy), and is a pure hydrogenated product. Like other toxic and rancid oils, hydrogenation, salting, and artificial flavoring are used to cover up the taste and smell of rancidity, rendering it an indigestible and toxic product. Originally an inexpensive substitute for butter, stick margarines are primarily saturated trans-fat, but many tub margarines have now been reformulated to contain mostly unsaturated fats, but do not label their

toxicity levels. It's artificially flavored body of synthesized, toxic elements can take many years to leave the body's metabolic process, if it ever does.

Peanut oil (about 17% saturated fat) has a high smoke point, but only after it is refined. Peanut oil naturally goes rancid very quickly, and in its refined state rancid peanut oil is even more toxic. Its toxic fat cannot be contained in the liver without producing cancer and therefore accumulates in the tissues of the body, causing systemic malnutrition and slow poisoning. It is possibly the most allergy producing oil due to its causation of systemic build-up of histamines and rancid conditions in the liver and colon.

Lard (about 40% saturated fat) is made from pig fat that has been completely hydrogenated, both for the sake of shelf life and to cover the taste of rancidity.

Trans fats are a metabolic poison. They are particularly harmful because they drastically lower levels of good cholesterol and raise levels of bad cholesterol. One of the most widely consumed trans fats is margarine, along with other I-can't-believe-its-not-butter substitutes.