

PARASITES & PLANTS

Let's keep learning about macro-nutrients, focusing on fats...

Fat is not bad – it is absolutely necessary for your body to function properly. Did you know that your brain is 60% fat by dry weight? Without adequate fat your neural pathways communication will suffer, resulting in poor learning ability and memory problems. That said, it matters what types of fats that are consumed. In addition, there are essential fatty acids – ones that the body cannot make and must come from the food we eat. These include Omega-3 (AKA $n-3$ or $\omega-3$) and Omega-6 (AKA $n-6$ or $\omega-6$) fatty acids, which are polyunsaturated fatty acids (PUFAs). It is important to keep in mind that for optimal health, the balance of Omega-6 and Omega-3 fatty acids should be less than 4:1. If one regularly consumes seed oils like soybean, corn, sunflower, Canola, cottonseed, etc. this ratio is nearly impossible to achieve and poor health will follow. Keep in mind that these oils are found in many processed foods and these seed oils are absolutely detrimental to one's health. We need to consume fats, but we do not need to consume oils. OILS and FATS are not synonymous. It is always better to eat the whole food from which the oil are extracted rather any oil. *Continued below, on page 3, and on my website.*

Please see my website for info on macro-nutrients & micro-nutrients at <http://www.iloveiodine.com/nutrients>

TIP OF THE MONTH: 😊
Trust yourself!

Reciprocity – Acts of Giving & Receiving to Create Unity

Parasite [noun]: an organism that lives in (or on) another organism (its host) and benefits by deriving nutrients at the host's expense.



Omega-3 Fatty Acids (Anti-inflammatory)

- Final carbon-carbon double bond is in the $n-3$ position, that is, the third bond, counting from the methyl end.
- Three types of Omega-3 fatty acids involved in human physiology: (1) α -linolenic acid (ALA), found in plant seeds like flax, chia, hemp, walnuts, and hemp seeds; (2) eicosapentaenoic acid (EPA) and (3) docosahexaenoic acid (DHA) – both commonly found in cold-water marine animals like salmon, sardines, anchovies, mackerel, and algae.

Omega-6 Fatty Acids (Inflammatory)

- Final carbon-carbon double bond is in the $n-6$ position, that is, the sixth bond, counting from the methyl end.
- Food sources: Sesame seeds, sunflower seeds, almonds, cashews, pecans, acorns, pistachios, pine nuts, hemp seeds.

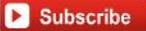
CURRENTLY SCHEDULING TALKS FOR WINTER 2018. HOPE TO SEE YOU THEN!

Please send inquiries using the contact form at <http://www.iloveiodine.com/contact.html>

DISCLAIMER: The information provided in this newsletter, on my website (www.iloveiodine.com), and in my YouTube videos is intended for educational purposes only. I (Tanya L. Bucci) am not a medical doctor. I do not treat or diagnose any disease and make no claims that the foods, herbs, supplements, and/or products that I discuss will treat, cure, or remedy any disease or health condition. Please consult your healthcare provider for medical advice.

YouTube UPDATES: Newly Uploaded & Upcoming

Please see my website for a list of all videos at <http://www.iloveiodine.com/youtube.html>.

Please  at <https://www.youtube.com/channel/UCJpZg5NMsQHMX15HaO8I-0Q> Thanks!

BLOG UPDATES: Newly Posted

Main Page of BLOG

- Updates to list new [BLOGs](#)

Nutrients: Macro-nutrients & Micro-nutrients BLOG

- FATS [5/31/18]

Risk Factors BLOG

- MOSQUITOES AND TICKS [5/25/18]

Nuts and Seeds BLOG

- HOW TO MAKE HOMEMADE NUT & SEED MILKS [5/16/18]

Please see my website for what future blog posts that I will be writing:

<https://www.iloveiodine.com/blogindex.html>

GENERAL UPDATES:

Also please go to <https://www.iloveiodine.com/privacy-policy.html> to read my Privacy Policy to meet GDPR requirements.

Next Month's [June 2018] Newsletter will be discussing vitamins and featuring Elderberries including a recipe for Elderberry Syrup.



Recipe of the Month:

Insect Repellent

<https://www.iloveiodine.com/homemade-products/homemade-bug-spray>

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Volume I of my eBook (46 pages) "Wild Edible Plants in the Washington, D. C. Metro Area" featuring over a dozen wild edible plants is available for a minimum donation of \$1 through PayPal at www.PayPal.Me/iloveiodine

Please see the excerpt at www.iloveiodine.com/eBook – Volume II is scheduled to be released soon!

Thanks for reading! Peace & Love! Tanya



FATS

Fats are made of long chains of carbon (C) atoms.

Some carbon atoms are linked by single bonds (-C-C-) and others are linked by double bonds (-C=C-). Saturated fats are comprised of fatty acid chains having all or predominantly single bonds. Monounsaturated fats (found in avocados, olives, peanuts, macadamia nuts) have one double bond. Polyunsaturated fats have two or more double bonds (*see page 1*). All fats (monounsaturated, polyunsaturated, and saturated) provide nine calories per gram.

Double bonds can react with hydrogen to form single bonds and is known as hydrogenation. Hydrogenation is where vegetable oils are reacted with hydrogen gas at about 140°F (60°C). Double bonds are converted to single bonds in the reaction. The process of hydrogenation turns unsaturated fats into saturated fats & “hardens” liquid fats, thereby creating artificial *trans* fats (or *trans*-fatty acids) AKA partially hydrogenated oils. Saturated fats are typically solid or “hard” at room temperature. [Mono- and poly-] unsaturated fats are liquid at room temperature.

The fear of saturated fat mounted in the 1950s when Ancel Keys published a paper that he claimed linked saturated fat and cholesterol with the rising rates of heart disease. It is now known that Dr. Keys used anecdotal and cherry picked data, while also ignoring confounding factors like the introduction of *trans* fats post World War II. *Trans* fats have been shown to be increase your risk of heart disease. *Trans* fat have no known health benefit.

Saturated Fats

Food sources: whole milk, cheese, butter, fatty meats, lard (pork fat), tallow (beef fat), poultry with skin, coconuts, palm (kernel) oil, etc.

Animal sources of saturated fats contains cholesterol and plant sources do not, but the dangers of cholesterol in food are unfounded².

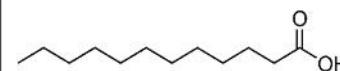
Avoid shortening (e.g., Crisco) and other partially hydrogenated oils, as well as the processed foods made with them (e.g., many baked goods; crackers; chips (potato, corn, tortilla, etc.); fried foods like French fries, doughnuts, etc.; non-dairy coffee creamer; margarine; etc. These all contain *trans* fats. Food companies can claim that their products are “*trans* fat free,” if the amount of *trans* fats is less than 0.5 grams per serving. This is not truly free of *trans* fats and is manipulative labeling, in my opinion. *Trans* fats raise the level of LDL (“bad”) cholesterol & lower HDL (“good”) cholesterol, plus increase inflammation.

¹Feinman, R. D. (2010). Saturated Fat and Health: Recent Advances in Research. *Lipids*, 45(10), 891–892. <http://doi.org/10.1007/s11745-010-3446-8>

²DuBroff, R., & de Lorgeril, M. (2015). Cholesterol confusion and statin controversy. *World Journal of Cardiology*, 7(7), 404–409. <http://doi.org/10.4330/wjc.v7.i7.404>

³Trans Fat <https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm292278.htm>

“IN 2015, FDA RELEASED ITS FINAL DETERMINATION THAT PARTIALLY HYDROGENATED OILS [AKA ARTIFICIAL *TRANS* FATS] ARE NOT “GENERALLY RECOGNIZED AS SAFE” (GRAS) IN HUMAN FOOD.”³



Saturated Fat:
Lauric Acid

WILD PLANTS

Plant of the Month: Purslane AKA Red Root, or Pursley

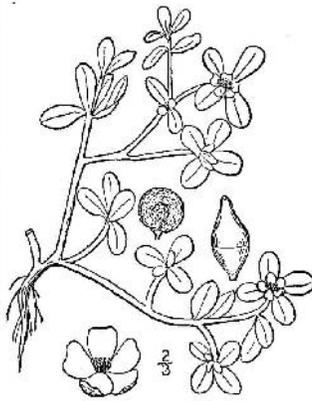
Family: Portulacaceae

Purslane (*Portulaca oleracea* L.) is a flowering annual, succulent plant. Purslane is a delicious, refreshing plant to eat raw by adding to salads or to smoothies. I prefer not to juice this plant, as it is mucilaginous. This plant is highly nutritious. While it is purported to be a great source of Omega-3 fatty acids, it is not really. Firstly, it is VERY low in fat (1 cup has about 0.2 grams of fat); thus, one would have to eat **a lot** of it to get an adequate amount needed by the body. Secondly, the Omega-3 fatty acids are in the form of ALA and must be metabolized (i.e., broken down) into DHA and EPA – the forms needed by the body. This conversion is not very efficient, further reducing the Omega-3 content.

Anti-Parasitic Benefits: Shown to be effective against the *Leishmania* parasite – transmitted through a sandfly bite.

Uddin, M. K., Juraimi, A. S., Hossain, M. S., Nahar, M. A. U., Ali, M. E., & Rahman, M. M. (2014). Purslane Weed (*Portulaca oleracea*): A Prospective Plant Source of Nutrition, Omega-3 Fatty Acid, and Antioxidant Attributes. *The Scientific World Journal*, 2014, 951019. <http://doi.org/10.1155/2014/951019>

Eskandari, E.G., Doudi, M., Shoaie, P., Ghaffari, S., & Yaran, M. (2017). The study of synergistic antileishmanial effect of *Portulaca oleracea* herb leaves and stems and *Medicago lupulina* leaves essence and alcoholic extract on a number of clinical strain of *Leishmania major* in vitro. <https://pdfs.semanticscholar.org/fd4b/704bceb75caba8b4200af4a5909e765181f4.pdf>



This information is intended for educational purposes only. **Please do your own research and do not eat or use any wild plants based solely on this information or any one source.**

Please see my website for photographs of over 80 wild plants that have edible and/or medicinal benefits.



USDA-NRCS PLANTS Database / Britton, N.L., and A. Brown. 1913. *An illustrated flora of the northern United States, Canada and the British Possessions*. 3 vols. Charles Scribner's Sons, New York. Vol. 2: 40. All photos by Tanya L. Bucci. All rights reserved.