

A large, abstract watercolor splash in shades of pink, red, and yellow, serving as a background for the title text.

# COOKING OILS VIDEO TRANSCRIPT



MODULE 2 EVIL #4



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## COOKING OILS VIDEO TRANSCRIPT

*Please note: This is the best compilation of researched information I have on the subject of Oils at this time. Please also refer to the Webinar/ Masterclass Videos for more information.*

### **INTRO Section:**

Welcome back, beautiful Fresh Lifer, thanks so much for joining me, I'm so glad you are here!

I just know you are going to love this first video of the series which is all about the oils we cook with.

Oils are a part of our every day lives, but there is always so much conflicting information surrounding which ones are good for you.

Did you know that the bad ones can cause inflammation, weight gain and other damaging health effects?

But, which ones are they?

You make the healthiest choices you can, but could you be unwittingly cooking with the secretly evil ones without even knowing it?

Could even those oils that are touted as healthy, also be a cause for concern?

And if so... why?

In today's video I'll be clarifying all of this and more.

I've done the research, implemented the alternatives and experienced the health benefits for myself. You will learn everything you need to know to





make the most informed decisions when it comes to shopping for and choosing the best oils to cook with, and why!

### **SAM INTRO Section:**

Hi, I'm Sam, your Clean Eating Lifestyle Inspirer, and as you probably already know by now, it is my passion to help empower women to better understand the benefits of and research behind living the Clean Eating Lifestyle which is proven to improve overall health, help with healthy, permanent weight loss and helps women give themselves and their families, their quality of life back.

My injury back in 2012 was the catalyst for my complete lifestyle transformation.

I used the many hours I lay bedridden, to research the best foods to help my body to heal. I was able to heal from that injury, lose 24 pounds which is 12kg of unhealthy weight, and got rid of most of my poor health symptoms, all within 10 and a half months of being injured! I was able to deal with the skin candida conditions, foggy brain, fatigue and depression symptoms I had been suffering from, as well as reduce my high resting insulin levels, all without medical intervention.

Now I am passionate about sharing with others, the truly simple principles I learnt that totally changed my life and health plus all the incredible insights these past 4 years of research and investigation have given me.

It's my mission to help women empower themselves with real credible knowledge and the tools they need to create their healthiest Selves.

### **INFO SECTION: GOLD NUGGETS!**

Learning the real truth behind oils and fats, what's good for us and what's not so good for us, has been some of the most interesting and empowering knowledge I have had the pleasure of researching and finding out more about.







It makes me so happy to be able to share this kind of info with women, just like yourself, who want to know, but may not necessarily have the time to research and find the answers for yourself.

So let's get started chatting about these insights of what's best and worst when it comes to cooking with oils...

There are **2 main reasons why an oil you cook with might be bad** for you:

1. The 1st is: How heat affects an oil. **Heat changes everything.** Knowing how heat changes an oil is key, and it's one of those things most of us just don't know enough about.

I certainly didn't until I started diving into the research... We will be discussing this in a bit more detail.

2. But before I do, I want to chat about the 2nd reason, which I feel is actually the most important reason to consider, and that is the fact that **certain vegetable oils are genetically modified** (also known as **GMO's**).

The 2 oils we use most frequently when cooking, are:

1. Olive Oil and,
2. Canola Oil.

Out of these 2 oils, thankfully, **Olive Oil** is not genetically modified, however in the case of **Canola Oil**, in most instances, unless you buy *certified organic Canola Oil*, it is probably genetically modified.

**Canola Oil** is also one of the 4 main vegetable oils most commonly used in commercial food production and processing, as well as in fast food, takeout and restaurant foods. **The other 3 GMO oils** used in commercial food production are: **Soy, Corn & Cottonseed Oil.**







These GMO oils are the oils we need to be avoiding. I personally believe it's better to stick to non-GMO foods, especially seeing as there are now more and more studies, questioning whether GMO foods are safe, especially from a long term health point of view.

I have included some references below this video.

A gentleman by the name of Jeffrey Smith is really doing some incredible work, peeling back the layers of the GMO story. His most recent book is called Genetic Roulette, and was also made into a documentary - both are excellent resources to find out more about GMOs, and the health risks associated with them.

But to prevent today's video from being too long, I won't go into too much detail here, however, I find the fact that the DNA of our food is being tampered with at all, is definitely a big cause for concern.

With mounting evidence stacking against the safety of such foods I prefer to stay well away from them. In the interest of having better health, I always take the safest option by choosing the *'lesser of two evils'*, which is why I prefer to avoid genetically modified foods whenever possible.

I have seen and experienced the difference this has made in my and my family's health.

Please do use the references and resources below, to do your own research - becoming empowered with credible knowledge helps us to make our own, well-informed decisions well into the future. So important.

So, let's get back to the 1st point we chatted about: **Heat!**

Oils undergo changes when they are heated. Some more than others.

The more delicate an oil is, the more 'unstable' it is, therefore making it more susceptible to the changes and damage that heat causes.







Delicate oils have a low-smoke point, meaning the temperature at which an oil starts to smoke when it is heated is very low!

Having a low smoke point causes these oils to start producing toxic fumes and harmful free radicals at low temperatures.

So which are the most delicate?

Unfortunately, they include many that are considered to be healthy.

Let me explain this further.

Let's take **Flaxseed Oil** (also known as **Linseed Oil**), as an example. This is one of the most healthy oils we can eat - *but ONLY* if you consume it in its raw, cold-pressed state... because it is a delicate oil, it should never be heated.

**Other delicate oils** include: **Walnut Oil**, and **Sunflower Oil**, and yes, you guessed it: **Olive Oil** too!

Delicate healthy oils are therefore *thee* **WORST** oils to cook with.

So what can we cook with?

The opposite of 'unstable' delicate oils would be high-smoke point, 'stable' oils.

These are the best kinds of oils to cook with.

High smoke point, stable oils have a high tolerance to heat, which means they produce fewer free radicals.

**Coconut Oil** is a good example, and is my personal favourite. There are so many reasons why **Coconut Oil** is good for us. I could literally talk about coconut oil, all day long. Which is why I have included a special bonus video for you, packed with awesome facts about the benefits of **Coconut Oil!**  
[Transcript of video included below]







It is an ingredient I always mention when I speak to anyone about healing and optimal health, and it features as a vital ingredient in my 6 week Clean Eating Program, called **The Fresh Life Internal Makeover**.

This Program traces the steps I took on my own journey to better health and I'm pretty excited about it - I love inspiring others to experience the amazing benefits of living a clean eating lifestyle.

**Coconut Oil** is just one of the many beautiful ingredients that have really helped me transform my health and life which is why I shared a little more about it in your bonus video.

A couple practical notes on coconut oil:

- **Coconut Oil** turns solid in cold weather and melts in warmer weather. I always get asked if this indicates that it has expired or gone rancid, but that's not the case - that's just how coconut oil behaves!
- And if your family likes 'crispy' potatoes (as Jay does, he *loves* crispy baked potatoes), you will have to bake them for a lot longer if you are using **Coconut Oil**.

You can use Grapeseed Oil instead - it's what we use when we make roast veggies and it works a treat. I also always recommend baking over deep frying anything - deep fry heat will turn all oils into bad, health-damaging nasties.

Before we finish up, I'll give you a few **other stable oil options** you can use.

These include: **Avocado Oil, Rice Bran Oil, Almond Oil, Grapeseed Oil, Sesame Seed Oil, and Macadamia Nut Oil** - so really, we have an incredible variety of healthier oils to choose from for cooking.

Now that you know which ones are better, and why, you can forever make the best choices when it comes to oils you cook with.







## SUMMARY SECTION:

So let's recap what we have learnt today:

- Oils to avoid *all together* include: **Canola, Soy, Cottonseed and Corn** - all of which are **GMO** oils, unless you can get *certified organic* versions of these.
- Oils to avoid *cooking with* - meaning, oils I recommend you avoid applying any heat to, include: *extra virgin / Olive Oil*, and other delicate oils like: **Flaxseed Oil, Safflower Oil, Sunflower Oil, Walnut Oil, and Hemp Seed Oil.**

Make sure you still include these very healthy oils in other raw ways.

I use mine in smoothies and also to make delicious salad-dressings.

I also keep all my delicate oils in the fridge to help make them last a little longer, and prevent them from going rancid. Olive oil tends to harden in the fridge so I keep it in the cupboard, and just buy small bottles so I can use it quickly before it can go rancid.

- **And lastly**, here are the **best oils I recommend you cook with.** They include: **Coconut oil, Avocado Oil, Rice Bran Oil, Almond Oil, Grapeseed Oil, Sesame Seed Oil, and Macadamia Nut Oil.**

I keep all these oils in the fridge , except **Grapeseed Oil** and **Coconut Oil** - these will last ages on your bench top.





### **HOMEWORK SECTION:**

Now I have a little homework for you. Pick one healthier oil to cook with and cook your next meal with it - don't tell your family.. and tell me if they even notice the difference!

This is what us Superwomen do behind the scenes, we nurture and look after our loved ones, even when they don't know it!

Then get back over here, and share your experiences with us in our Fresh Life Community (Private Facebook Group).

Or, if you are already doing some of what we've chatted about today, tell us, what is YOUR favourite oils to cook with, and why.

We would all love to hear your experiences.







## WHAT'S NEXT? SECTION:

So our next video is another exciting, information packed little video coming your way, and its all about SUGAR!

I know, the dreaded sugar topic. Don't worry. I am all for having sweetness in one's life and I don't believe in cutting out ANY food groups... especially the foods we love.

You will get the low down on all the most common used sugars, plus you will learn which 4 sweeteners are the worst ones, even though they are touted as healthy sugar alternatives and why.

Plus, you WILL have some real healthy alternatives and options... I wouldn't leave you high and dry without some sweet solutions!

*Until then, keep gently moving towards your healthiest you. Keep questioning and experimenting with this amazing thing we call food, this thing that sustains us, and nourishes us... and keep loving yourself, on this, 'Your journey to heal-Thy Self'.*

# THANK YOU!

Thank you so much for watching, and I look forward to seeing you tomorrow.



## BONUS VIDEO - COCONUT OIL BENEFITS TRANSCRIPT

I couldn't resist adding this little bonus here for you which are some great facts you should know about **Coconut Oil**, which proves why I love it so much plus a few tips on how I use it in multiple ways in your home...

I want to point out the fact that you may come across differing opinions when it comes to whether **Coconut Oil** is good for you.

Much of the bad wrap **Coconut Oil** has gotten stems from the fact that **Coconut Oil** in the past was highly processed and was made from Copra.

Instead of extracting oil from high quality, fresh, young coconuts as they do now, as with the raw (& organic), *extra virgin/ cold-pressed* **Coconut Oil** that is more widely available now, the dried, whole coconut, called the Copra, was used.

All range of quality and freshness of coconuts would be gathered and used.

They would crack them open, and dry them with the sun or sometimes with ovens. These coconuts would be exposed to the elements, bacteria and mold.

Then, during the refining process, the oil would be sterilised and extracted, using heat and chemicals...

The result?

A refined, bleached, and deodorised coconut oil - YUK!

This version of **Coconut Oil** is very, very, very bad for you.

It's mostly not available to buy, however I have seen questionably coloured **Coconut Oil** being sold in supermarkets which indicates processing and refining - I'm sure we'll see poorer quality, cheaper-to-produce varieties of







**Coconut Oil** come onto the market as everyone scrambles to jump on the bandwagon of the gaining popularity of **Coconut Oil**.

The heat used to make refined **Coconut Oil** is extreme, well beyond it's high smoke-point temperature of course, amongst other things!

Lucky for us, these days, that kind of **Coconut Oil** is still not really widely sold anywhere anymore, and it's the pure white, widely available raw, virgin, cold-pressed good kind of **Coconut Oil** that is all the rage and selling like hot cakes around the world, which is the right one to be buying.

I would have to say personally that *raw / virgin cold-pressed* **Coconut Oil** was one of the most dramatically beneficial changes I made in my diet which had a noticeable impact on my health and healing journey.

You see, **Coconut Oil** is composed of a special group of fats called medium chain fatty acids, and the small size of this fat molecule is what makes all the difference.

These medium chain fatty acid's are also found in mother's milk. These oils are what helps develop a baby's immune-system while breastfeeding.

They also have potent antibacterial, antiviral and antimicrobial properties.

Unlike long chain fatty acids, which most other fats and oils are made up of, when you eat **Coconut Oil**, the body immediately burns it for energy. It is *never* stored as fat!

I would like to repeat this lovely fact seeing as I know that this was a contributing factor to my own dramatic weight loss results.

*Raw, cold-pressed* **Coconut Oil** can never be stored as fat... Tadah! You're welcome.

It also stimulates the metabolism, aids digestion and even helps balance blood sugar levels which is amazing.





Dr Bruce Fife has written some incredible books on the health benefits of **Coconut Oil** - I've included all references below.

There is much evidence and more studies proving the many benefits of **Coconut Oil**.

I use it for everything!

I use it in all my cooking.

I use it instead of butter or other spreads on bread/toast.

It's fantastic on baked potatoes, again, instead of butter.

I put it in smoothies, and I usually almost always use it as an ingredient in the delicious raw vegan desserts I make which feature in many of my recipes.

I use it in my hair and on my skin and so much more.

It's water soluble too, so it doesn't stain and stick like other oils do.

I hope you enjoyed this bonus little fact filled video on **Coconut Oil**.

I look forward to sharing more in tomorrow's video on Sugar!

Bye for now.

XX







## REFERENCES AND RESOURCES

Jeffrey M. Smith - The Institute of Responsible Technology - [responsibletechnology.org](http://responsibletechnology.org)

Jeffrey M. Smith - *Seeds of Deception, and Genetic Roulette*

Dr Bruce Fife - *Virgin Coconut Oil: Nature's Miracle Medicine*

David Wolfe - *Superfoods*

