



Good and Bad Fat

By Cees Hekelaar

FAT = BAD. FATTY ACIDS = GOOD.



There's a lot of talk about good and bad fat. We now know that it is important to avoid animal fats. Fats that we find primarily in meat and dairy products.

But just as it is important to avoid these fats, it is equally important to consume good fats that come from plants and fish.

We commonly know these as Omega 3 and -6 and -9 fatty acids. They are essential to consume, as we are not able to metabolise them ourselves.

Omega 3, 6 and 9 essential fatty acids (EFAs) are abundantly present in Flaxseed Oil and they are important for maintaining optimum health. EFAs are the main structural components of all cell membranes and are necessary for the production of prostaglandins, hormone-like substances, which are beneficial for you:

Skin condition • Cardiovascular health and cholesterol levels • Circulation • Joint health • Immune system

The presence of plant oils in your diet will transport important fat-soluble vitamins and minerals into your circulation and cells.

It is clear that EFAs are a most important part of our daily diet to maintain the body's ability to defend itself against environmental pollutions and other influences that may lead to serious diseases. Organically grown Waihi Bush flaxseed oil provides a highest quality half litre bottle.

The first week take 1 tablespoon in your daily cereal breakfast and from the 2nd week, 2 tablespoons.

If the taste is not to your liking, it is possible to use capsules.

A German doctor, Dr. Johanna Budwig, has developed a diet based on adding Flaxseed Oil and low fat cottage cheese, containing sulphur-rich protein and calcium, to our daily intake.

This diet showed great results, by improving people's immune system, in preventing development of cancer, coronary heart disease and skin disorders.

Other very important EFAs are:

Evening Primrose Oil (EPO), which gives us the fatty acid GLA, most important for women's hormonal balance, helping with PMS and Menopausal disorders. It will also result in a beautiful skin condition.

Fish Oil. Who has not heard of Omega 3 fatty acids EPA and DHA? They are so well known and well researched for Joint Mobility and Cardiovascular health. But don't underestimate their importance for your eyes and as necessary building blocks and protection of your nervous system.

Due to their instability the EPO and Fish Oil are only available in capsules and not in bottles like flaxseed oil.

This is only a brief explanation about healthy plant oils. If you have any more questions on this subject feel free to call my friendly, experienced and knowledgeable staff, or me on 09 2387806, or see me at the Way of Life Health Shop, 68 Edinburgh Street, Pukekohe. (Did you know that we have our own convenient car park at the back entrance, adjacent to Countdown's car park) ■

NEW ZEALAND STEEL GALLERY

Franklin: The Centre, 12 Massey Ave, Pukekohe

Welcome to my very first column for E-local magazine! We hope to share information about our next exhibitions, other exciting projects at the gallery and just other bits and pieces about the world of art in Franklin.



“pretty much perfect” opens Thursday 4 March at 5:30pm. This exhibition features large scale paintings by Janette Cervin (image) and ceramics by Adella Christianson and Katie McIntire and an unusual installation piece by Su Walker. As the name suggests it is about beauty that is fragile and uneasy and perhaps a little wrong even if it looks so right. Joshua Russell will be playing an interpretive ‘floral’ piece of music on his guitar which I’m certain will be beautifully wrong.

ARTIST DINNER: Over the last few months many new artists have moved to the area (from rather interesting places such as Switzerland, Sydney and France for example) and have asked about avenues for them to meet other artists and perhaps start a regular meeting to share ideas and even learn from each other.

Two artists have suggested we host a special dinner at the gallery where everyone who have wanted to join an ‘artist collective’ come along and brain storm what this regular ‘ART NIGHT’ meeting could look like. At this point there are no clear concepts and that is why a dinner where the comments on what everyone would like can be put into the melting pot. Hopefully in this way we get to start something invigorating and exciting.

I would appreciate if anyone interested in this call me on 09 238 8899. As soon as I have some numbers I will organise something pretty cool. We will have local art brains with some fava beans and a nice Chianti!

At the Artefact shop: The love affair with ceramics continues to burn strongly - New stunningly fired bowls and vases by **Elena Renker** are on the shelves at the moment. These are truly something special.

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