

The Scientific Foundations

Part 3

Lipids and Fats

Today we will talk about **fats**, or more correctly named, **lipids**.

There are many myths around lipids. First of all, they put the “poor” **cholesterol** under fire, dividing it into “bad” and “good,” building an entire industry around it in the health and nutrition fields.

Where there are **financial investments** and profits for industries, the truth is drowned by aggressive **advertising garbage**.

Independent researchers of the time showed that cholesterol, besides being a fundamental **substrate** for our body, is produced by the body itself in the necessary amounts.

If a person with a very strong **liver** and **stomach** managed to eat every day twelve eggs, a kilo of fatty meat, pasta drowned in butter, and coffee with homemade cream pastries, they still would not reach even 30% of the essential daily cholesterol needs for our body.

They are blaming the “innocent” cholesterol for plaques in the **blood vessels**.

They set numbers for cholesterol concentration in the blood and sell pills to lower those numbers.

Blood Vessels and Lifestyle

Very often the problem of a disease lies elsewhere.

The dirty walls of blood vessels are a consequence of a **sedentary lifestyle**.

If a person goes at least three times a week to the **weight room**, the **arteries**, **arterioles**, **veins**, and **capillaries** increase in diameter and undergo **vasodilation**.

In this case, it is impossible for anything to stick to the vessel walls.

Veganism and Animal Lipids

Another movement that demonizes **animal-derived lipids** is **veganism**.

Followers of that sect do not eat anything that comes from **animals**.

However, our **brain** is composed of over 60% dry weight of **lipids**.

Vegetable oil does not contain **saturated fatty acids**, which are essential for **brain function**.

If we do not eat **butter**, **fatty meat**, **cheeses**, etc., we will lack the essential **quality of fatty acids**.

This can cause intellectual difficulties and even **dementia** or other **central nervous system (CNS)** diseases.

Proteins and Amino Acids

Speaking of veganism, the topic of **proteins** arises.

Proteins are complex molecules formed by chains of **amino acids**.

The amino acids essential for our body come from **animal sources**:

plant proteins alone do not contain all the necessary types of amino acids.

Large and muscular animals like **cattle**, **wild boars**, or **gorillas** have in their digestive tract a **microflora** capable of producing amino acids and peptides useful for the development and maintenance of the body.

Humans, instead, do not possess this microflora significantly.

Many vegans and vegetarians appear **malnourished** or, on the contrary, **obese**: the body demands proteins, they feel continuous hunger, eat more, drink beer, consume too many sweets.

Which Proteins to Choose

Nutrition must be balanced and based on essential protein sources:

- **meat**
- **fish**
- **dairy**
- **eggs**
- **mushrooms**

Meat, fish, and mushrooms contain sufficient **fiber** to form stools and allow natural intestinal transit.

We do not need **bread** or **whole wheat pasta** “**rich in fiber**”:

Type 0 flour is preferable to type 2 flour.

The “whole grain fiber-rich” stuff is **marketing**: our stomach is not like a cow’s, and excessive fiber overloads the digestive system.

Carbohydrates and Micronutrients

Besides proteins, **carbohydrates** are needed.

Useful sources are:

- **rice**
- **bread**
- **potatoes**
- **oats**
- **buckwheat**
- various **cereals**

These are carbohydrates that do not raise blood sugar too much.

We must not forget **honey** and **sweet fruits**.

Fruits and vegetables, besides carbohydrates, contain **vitamins** and **minerals**, which we will discuss in the next article.

Essential Fats

Fats are essential substances:

both **animal fats**, despite their bad reputation, and **vegetable fats**.

Cheese, fatty meat, butter, and whole milk should always be present at the table.

I don't need to talk about **olive oil**: everyone knows it is an excellent product.

Conclusion

We must consume the full variety of products our civilization offers, avoiding:

- fad diets
- advice from **quack nutritionists** who, after a 60-hour course, feel like gurus of nutrition.