



How To Purchase Healthy Oils and Better Butter Recipe

By Dr. Donna F. Smith

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**To Order Healthy Oils and Lecithin
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Column #1 Date of your Auto-Ship Schedule.



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ARTICLE REFERENCES - READ FIRST

Healthy Fats and Oils - For most new clients, the definition for “healthy” oils, which is clearly defined in this article, is quite different from their current knowledge of what distinguishes healthy from unhealthy oils. This may also include their current definition of a “good” and “bad” fat.

Web Page References - Throughout this PEP Article, when I refer to web pages on our website for you to obtain additional information, I will:

1. Provide a direct link to that web page, which you can access by holding down the **Ctrl** key, while clicking on the [blue font, underlined title](#).
2. The title of the web page will be as written in the website’s **Table of Contents** in case you are unable to open the direct link. This way you can find the web page by scrolling down the Table of Contents until you find the title of that web page.
3. If the referenced-web page is a pop-out web page linked to the Table of Contents Title, I will write this as follows: **Table of Contents Title / Pop Out Web Page Title**. For example: **Specialized Programs/Dietary Program**, means you scroll down the Table of Contents until you get to the title “Specialized Programs,” then with the mouse cursor over the words “Specialized Programs,” click on the “Dietary Program” Pop Out Web page. Then type in your client passodes to open web page.
4. If a specific article has been referenced on our website, I will
 - a. Use the blue font and underline the name of the referenced-article, and
 - b. Provide a link to the **Articles By Dr. Smith / Library of Articles** web page. When this web page opens, scroll down to the title of the article.

A **Personal Education Program (PEP) Article** is any document or article that coaches clients on specific dietary or therapeutic education for health improvement. PEP Articles are fee-based articles. Some PEP Articles provide supportive educational or instructional information that accompany a Telephone Consultations on a specific subject. These PEP Articles may be included in the telephone consultation fee at no additional charge or charged separately, depending upon the contents of the PEP Article.



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CRITERIA FOR PURCHASING HEALTHY OILS

Six Criteria to Determine If Oil is Healthy or Unhealthy!

BEFORE PURCHASING ANY OIL, READ and ADHERE TO THIS IMPORTANT INFORMATION

Purchase oils only if they meet these six criteria. In other words to be healthy for the human body, oils must be:

1. ***cold-pressed,***
2. ***organic,***
3. ***stored in dark bottles or nitrogen-packed,***
4. ***stored in the refrigerator, before and after purchasing,***
5. ***chemical preservative and additive free,***
6. ***expiration date or number of days for recommended use is visible. (optional)***

Additional Criteria Instructions:

1. For brevity's sake, the definition of an Oil that is stable means that it does not require refrigeration to keep it from spoiling (i.e., becoming rancid) before the oil can be consumed. In other words, the properties of oil itself do not spoil quickly. Also, though most preservatives are toxic and made from chemicals, there are some plants that provide are natural preservatives and are non-toxic. If the oil you purchase is stable or contains a natural preservative that preserves the oil well enough without refrigeration; you may ignore criteria #4.
2. Of the six criteria, the expiration date may be optional.
 - a. If the oil is stable, it may not have an expiration date.
 - b. Some oils may not have an expiration date, but may indicate a specific number of days to consume the oil after opening the container or bottle.
 - c. Most healthy oils that require refrigeration have expiration dates.
3. How much Fats/Oils your body needs is provided on the **“Food Group – Daily Servings”** PEP Article, which is posted on the **“Specialized Program/Dietary Program”** web page. This and other dietary education on this webpage are provided for those who are enrolled in my **Personal Education Program (PEP) for Dietary Education Series** to and receiving Dietary Consultations.



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4. In this Personal Education Program (PEP) Article, when I refer to “**healthy oils**,” I mean oils that adhere to the information in this section of the article.

Adhering To Criteria Is Vital To Healthy Body Function

I cannot stress too highly the importance of purchasing only Oils that adhere to the above instructions. :

1. One of the most important is that fats/oils are **nature’s pain killers**. When you do not receive sufficient intake of fats/oils, your body cannot manage pain and you are more sensitive to pain. Even a minor injury can feel like a major one when you are deficient in healthy fats/oils.
2. Also, hormone balance is dependent on fats/oil. For example, people with too low of a fat percentage in their body can experience a myriad of hormonal symptoms. You may have even heard of female professional athletes, who have such low body fat, that they cannot have a menstrual cycle. This is very dangerous.
3. **Google or Wikipedia these key words for additional health benefits:**
 - a. Essential Fatty Acids
 - b. Fats and Oils
 - c. Mono-unsaturated Fats
 - d. Poloy-unsaturated Fats
 - e. Saturated Fats
4. And if you want to know more about bad fats, Google or Wikipedia, these key words:
 - a. Trans-Fats
 - b. Hydrogenated Oils

UNHEALTHY OILS

As a rule, today oils purchased online or from grocery and healthy food stores, do not meet the above criterion except for Flax Oil. Oils that do not adhere to the above information are rancid oils.

Rancid oils are spoiled (rotten), deficient in Essential Fatty Acids (EFA) and toxic to the human body, i.e., poisonous to the human body. Ingesting EFA-deficient, rancid oils also adversely affects nutritional biochemistry, contributes to obesity, causes fat metabolism dysfunction, increases sensitivity to pain, and leads to cancer and other fat/oil-related diseases and health challenges.



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Let's review each of the above Criteria for Healthy Oils from its opposite perspective, i.e., what makes potentially healthy oil, unhealthy.

1. Heat-pressing destroys nutrients in the oils and makes them rancid.
2. Oils in clear, light-colored bottles allow the light to come through the container and oxidize the oil, which makes them rancid. Most stores stock their oils on shelves directly under ceiling lights.
3. Unrefrigerated Oils are sitting on store shelves which, also, expose the oils to heat from artificial lighting and sunlight. This **constant exposure to heat** makes the oils turn rancid sooner. Additionally, some oils do not remain stable when heated, thus are not recommended for cooking, but for use as salad dressing oils or adding to food after removing from heated oven or stove top. Heating these oils cause them to become immediately rancid.
4. Chemical preservatives, food additives, like colorings, etc. are added to the above unhealthy oils to disguise the rancid smell and appearance, so you will not know they are rancid and thus purchased them.

BETTER BUTTER RECIPE

My family and clients love this **Better Butter Recipe** because of its taste, healthy benefits and because it makes a great butter spread. The Oil you choose to use in this recipe determines whether the spread must be used after removing the food from heat or can be included with the food to be heated.

Ingredients

1. **One (1) Pound Organic, Unsalted Butter.**
 - a. **Health Valley** is the brand of Unsalted Organic Butter we use.
 - b. You can also Health Valley Organic Unsalted Butter online by clicking here to go to our **["Special Website Links/Food – Organic/Free Range"](#)** web page and order from "Whole Foods Store."
 - c. If your community does not provide any organic, unsalted butter, in a pinch until your online Healthy Valley butter arrives, if you are eager to make this Recipe, you can use Land O' Lakes butter. It is not organic, but it is pure butter. However, just use Land O' Lakes for this purpose because you want organic, unsalted butter for the healthiest Better Butter Recipe.



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d. For more information on butter, refer to your **Eating Guidelines Addendum**, which is provided for those who have purchased one or more Dietary Plan. Dietary Plans are designed based upon biochemical test results (i.e., results from blood, hair, urine, etc.).

2. Two (2) Cups Oil – Because of its complete Essential Fatty Acid content and because it can be heated, EFA Oil Blend Liquid is the ideal oil to use in your Better Butter Recipe. Two 8 oz bottles (16 ounces) of EFA Oil Blend Liquid is required for 2 cups of oil in this recipe.

For variety, you may use any one or more of our healthy oils. For examples, you can use:

- a. Two cups of any other healthy oil or
- b. One cup of one type of oil and another cup of another type of oil.
- c. One-fourth cup of four different types of oils.
- d. Note: if you choose any oil that is not good for heating, you can make two batches of this recipe, i.e., the one you made with Oil that is not good for heating and another batch or recipe using with Oil for heating. I generally keep it simple and just use EFA Oil Blend Liquid for our Better Butter Recipe.

3. Two (2) Tablespoons EFA Oil Blend Liquid – for its complete Essential Fatty Acid (EFA) content, unless EFA Oil Blend Liquid is the two (2) cups of Oil being used above. In other words, include two tablespoons of EFA Oil Blend Liquid, when using any other oil for the two cups above. In this case, you can reduce the above two (2) cups of oil by two (2) tablespoons of the oil being used.

4. Two (2) Tablespoons Lecithin Granules – helps in the metabolism of saturated fat and cholesterol. Purchase from **Advanced Clinical Nutrition** or your local health food stores.

Mixing Ingredients

1. Let the butter come to room temperature in blender overnight.
2. Add oils and lecithin.
3. Blend until smooth.
4. Pour into glass or ceramic container with lid and refrigerate. Small mason jars are excellent for this purpose, because they are not tall jars and they have sealed lids, though you will need several small mason jars to store the entire amount of the recipe. However, this works very well because you can assign specific jars for the family to use for a butter spread, and assign other jars for cooking purposes only. This recipe is so good that the family may consume all that you made for a spread and you find yourself without any for cooking and have to stop to make more.



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Additional Ingredients

1. After tasting Better Butter, you may never want to go back to plain butter again.
2. You can reduce quantity of all the ingredients by one-half or one-fourth for each item to make less Better Butter at one time. This is ideal for someone living alone or for those who prefer to use the recipe for cooking, rather for a butter spread and cooking.
3. **Tips For Different Types of Better Butter:**
 - a. Add one or more clove of garlic to the recipe to make **Garlic Better Butter**.
 - b. Add honey and grated orange rinds for **Honey Orange Butter**.
 - c. Add one or more culinary herb, such as Basil for **Basil Better Butter**.
 - d. To know how much of the above to add to the Better Butter Recipe, scoop out a Tablespoon of the Better Butter from the blender, mix a portion of the above additional ingredients you want to use to the Tablespoon amount, taste and
 - i. if you like the taste, then calculate the amount of additional ingredients to add to the rest of the recipe.
 - ii. If you don't like the taste, adjust the amount of the additional ingredients until you find the amount that tastes best.
 - iii. Using a Tablespoon (or less) is helpful, in case you don't like any amounts of the additional ingredients you used, you will have only one tablespoon (or less) to discard vs. the entire recipe.



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ORDER OILS FROM ADVANCED CLINICAL NUTRITION

At the time of this writing, we have yet to find oils sold locally that meet the below criteria, except for Flax Oil, which is why we have healthy oils for our clients and personal use. If this is the same for your community, here is a list of Healthy Oils you may order through **Advanced Clinical Nutrition (ACN)**: **They are listed in the order that I recommend:**

1. EFA Oil Blend Liquid (8 oz.),
2. Coconut Oil (32 oz.),
3. Sesame Oil (8.5 oz.),
4. Flax Oil (8 or 17 oz.),
5. Olive (8 or 17 oz.),
6. Safflower (8.5 oz.),
7. Almond (8.5 oz.),
8. Sunflower (8.5 oz.).

Additional Information About Our Oils

EFA Oil Blend Liquid (8 oz.)

This oil is listed first because it contains all three Omegas (3, 6, and 9). It is a blend of a variety of oils. Singles, like the others listed above, contain only one Omega. Therefore, this is recommended first because it provides complete Essential Fatty Acids (EFA) and thus I recommend it for both therapeutic and maintenance purposes.

The selection or blend of oils in our EFA Oil Blend Liquid makes this oil good for cooking (heating), whereas some of the oils in the blend, if used singularly, are not stable when heated. It can also be consumed straight from the bottle, added in salad dressings and soups, as well as added after food has been cooked and removed from heat; thus, making our EFA Oil Blend Liquid the best all-purpose oil, too.



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Because a **Product Education Sheet** is available on EFA Liquid Blend Oil, either upon request or posted on the web page where you obtained this PEP Article, which provides a long list of health benefits and information on how EFA Liquid Blend Oil is made, I will not be providing this information here.

To get your complete Essential Fatty Acids (EFA), you may also order our EFA Oil Blend in capsules and take these capsules on days when you are using other oils for variety in taste in food preparation.

Coconut Oil (32 oz.)

Not all Coconut Oils are the same, so be sure to order from **A.C.N.** Our Coconut Oil is hand-pressed, stable, thus does not require refrigeration, and can be used in cooking (heated) without going rancid. Though the company we use does store their Coconut Oil in clear bottles, the bottles are sent directly to us and we do not store our Coconut oil where it is exposed to light. So after purchasing from us, keep them in a dark cupboard. They can also be refrigerated, though not required.

Coconut oil provides energy, builds muscle mass, boosts the metabolism, raises body temperatures, maintains healthy intestinal flora, promotes healthy thyroid balance and normal digestion, assists absorption of nutrients, supports the immune system, kills bacteria and yeast, and promotes overall health.

Therefore, I may recommend our Coconut Oil for therapeutic as well as maintenance purposes.

We also have a Coconut Crème that is out of this world. I have to admit our Coconut Crème tastes soooooo good that the first container I ordered to determine if I wanted to provide it for our clients, I consumed the entire bottle in a few days, after this, I had more restraint (LOL). So you can receive all of the Coconut health benefits by using this Coconut Crème when cooking meals to enhance flavor, with other ingredients when baking, as a topping on healthy baked goods and other healthy disserts, or a scoop is a great snack.

Sesame Seed Oil (8.5 oz.)

Sesame Seed Oil does not turn rancid when heated, like other single oils. Therefore, the three oils best to use for cooking (heating) are our EFA Oil Blend Liquid, Coconut oil and Sesame Seed Oil, i.e., for baking, broiling, boiling, stir-frying or grilling.

Other Healthy Oils (Olive, Safflower, Almond, Flax, and Sunflower)

Therefore, other healthy oils, such as Olive Oil, Safflower Oil, Almond Oil, Flax Oil and Sunflower Oil are best used:



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1. In salad dressings,
2. Added to food after they have been removed from heat (oven or stove top).
3. Or consumed straight, for example Flax Oil. Note: Our EFA Oil Blend Liquid and Coconut oil are also great straight.

You may be surprised:

1. To learn that Olive Oil used alone is not stable for heating, when most restaurants and many family kitchens have been using Olive Oil for cooking for years. This is just another example to add to your list of how far off base food preparations and other dietetic practices are today.
2. To be introduced to other oils vs. commercialized Vegetable or Corn Oil, which are not recommended, such as Almond Oil or Sunflower Oil.
3. Safflower Oil is also good for after workouts as it reduces lactic acid. Lactic Acid build-up from exercise is what cause muscle pain.

GOOD AND BAD FATS/OILS

The healthy function of the stomach, liver, gall bladder and bile duct are required to metabolize all fats and oils. Most people think that only “saturated” fats are the “bad” fats. However, they do not realize is that:

1. All natural oils contain some saturated fat because saturated fat is important to your biochemistry.
2. Any oil can become bad based upon how it is manufactured, stored, stocked, or used in meal preparation, i.e., when it does not adhere to the instructions in the “**Criteria For Purchasing Healthy Oils**” on page 3.

In respect to saturated fats, it is the amount of saturated fat in the fat or oil product and the person’s lifestyle that determines whether a client is consuming too much saturated fat for their biochemistry. There are also some organs/glands of the body, when dysfunctional or diseased, become worse, depending upon the amount of saturated or unsaturated fat, until these conditions are healed. In other words, the energy expended in the process of fat metabolism, puts too much stress on these organs/glands and they become worse.

A few examples of the above are people with sedentary lifestyles, liver/gall bladder dysfunction or who have had their gall bladder surgically removed, and those who have dysfunctional fat metabolism.



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Most people function and manage weight better, as well as avoid clogging their arteries, when using oils that are highest in Mono-unsaturated Fat and the lowest in saturated fats.

Second best are those higher in Poly-unsaturated fats with lower saturated fats..

Our Personal Education Program (PEP) Session #20 provides a chart of oils, which rates the highest to lowest in saturated fats, mono-unsaturated fats and poly-unsaturated fats.

What Can Make a Good Oil “Bad”

What can make a “Bad Fat or Oil” is when the fat or oil is manufactured (do not adhere to the six criteria) or cooked in a way that results in trans-fats. Trans-fats/oils lead to cancer and a myriad of other health problems, including cardio-vascular diseases. Examples of trans-fats are:

1. Margarine – a man-made product.
2. Any butter substitute, also man, not nature, made.
3. Fried food - Frying any food, which is putting the food in oil heated at extremely high temperatures, turns the oil rancid and changes the healthy fat/oil to a trans-fat. Now add to this oil that is allowed to stay hot for long periods of time like the way commercialized French fries, this is like eating cancer.
4. Hydrogenated oils – read labels as Hydrogenated oils are found in many packaged food products. For example, in potato or tortilla chips.

In 1994, it was estimated that trans-fats caused 30,000 deaths annually in the U.S. from heart disease.

Willett WC, Ascherio A (1995). "Trans fatty acids: are the effects only marginal?" *American Journal of Public Health* **85** (3): 411–412. [PMID 8179036](https://pubmed.ncbi.nlm.nih.gov/8179036/).

Bad Fats/Oils are also any that do not mean the above Criteria for purchasing “healthy oils.”

CHOLESTEROL CONTROVERSY

Cholesterol is required by the human body for a myriad of biochemical functions. For example, the general public is not being informed that cholesterol is required to produce all hormones in the body, i.e., adrenal hormones, thyroid hormones, and male/female sex hormones. Thus, many are suffering from symptoms of these hormone imbalances and do not realize they are promoting their hormone imbalances by Cholesterol-deficient diets and taking drugs, like Lipitor. Drugs that suppress Cholesterol production also destroy liver function.



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PEP Session #20 - Fats/Oils and #21 – Cholesterol Controversy:

ACN's PEP Session #20 on Fats/Oils and PEP Session #21 on the Cholesterol Controversy provides:

- the latest research in Fats/Oils,
- an excellent understanding of why Low Fat & Fat Free foods are harmful
- An impressive Graph of 20 different oils, indicating how much of the oil is Mono-unsaturated, Polyunsaturated and Saturated fats. For example, the graph shows you how much of Mono-, Poly- and Saturated Fats are in Olive Oil. This equips you with the knowledge you need to make informed choices about which type of oils to purchase when you need a specific oil because it contains the highest, least or moderate amounts of each. For example, when to choose Safflower over Olive or another oil, for example, because of the amount of Mono-unsaturated Fats or Poly-unsaturated Fats and/or Saturated Fats in Safflower, when compared to Olive Oil, or any other oil.
- Dispels misinformation about Cholesterol and the Cholesterol Controversy. Also, you may click [here](#) to read a FREE article by Dr. Smith titled, [“High Cholesterol, The Myth.- Heart Disease or Liver Dysfunction.”](#)
- **And much more!**



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CONCLUSION

Again, I cannot emphasize the importance of purchasing healthy oils according to the instructions in the “**Criteria for Purchasing Healthy Oils**” on page 3. Over the years, I have observed many clients who do not take these instructions seriously and continue to purchase oils off store shelves or online that do not adhere to the Criteria. They may think that because they do not immediately notice symptoms from the oils’ adverse rancid effects, no harm is being done. They could not be further from the truth because they do not associate symptoms they currently have to years of consuming:

- Rancid oils
- Trans-Fats and Hydrogenated oils and
- A diet deficient in Essential Fatty Acids

Because my survey among clients has also revealed that many of their communities do not market “healthy oils” and then I learn that the client is not purchasing oils from us, I am aware that they are consuming unhealthy oils or just using butter instead of oil. These are also the clients who are in Clinical Nutrition Therapy longer and have to take more therapeutic supplements than they would have required originally, i.e., to assist in healing areas of the body suffering from the adverse effects of their unhealthy oil consumption. .

The **Better Butter Recipe** replaces one of the most toxic fats/oils consumed by the public and that is Margarine or other butter substitutes that spread easily. This is one of the reasons, besides its taste, that makes the Better Butter Recipe so popular among my clients.

Our Personal Education Program (PEP) Session #20 on Fats/Oils and PEP Session #21 on the Cholesterol Controversy provides the additional education you need to complete this article on fats and oils. PEP Sessions can be purchased without Telephone Consultation, i.e., for the educational material alone.

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Or

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Column #1 Date of your Auto-Ship Schedule.