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Newsletter

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Which Came First?

What comes first, compromised function or the obvious symptom?

Because our bodies are so adaptable, we often manage in spite of a growing problem that keeps nagging us. We may not yet have obvious symptoms, but our capacity to adapt is diminished. Then, all it takes is a sneeze, tying our shoes or the stress of a deadline to put us over the edge and symptoms appear.

You might say, “But I didn’t do anything!”

Actually, there were probably subtle signs that something was amiss. We all have a different threshold of “body awareness.” Become more aware of your body. Take note of even small changes in your energy level, sleep habits and elimination. Take action while your body is still whispering, rather than waiting until it’s shouting for help!

Cooking Oils

You’ve taken the time to buy really fresh vegetables, to dice them up into a delicious mix so that you and your family can eat healthier and feel better. However, the decision of what oil to cook them in is equally important. The wrong cooking oil can turn a healthy mix of fresh vegetables into an unhealthy mix of mush.

All About Oils

There are several different choices of oils depending upon whether you’re baking, cooking, marinating, flavoring or garnishing. The right choice is going to depend on the purpose: i.e. the food you are preparing and how it’s being prepared.

When baking, your healthiest choices include coconut, palm and canola, but high oleic safflower and sunflower oil are the best for this purpose. When frying choose avocado, palm and sesame oil because they stand up so well to high temperatures. When sautéing your oil choices are almost unlimited as all of the afore-mentioned will work great.

Dips, dressings, marinades and garnishes are slightly limited in that you’re looking for a terrific stand-alone flavor. In this case consider flax, olive, toasted sesame or walnut oil.

Creating Cooking Oils

There are several different types of cooking oils and they are generally extracted from the following:

Seeds – safflower, sunflower, sesame, etc.

Fruits – avocado, olive, palm, coconut, etc.

Adaptability

The pause between heartbeats constantly changes, and this “heart rate variability” is one indicator of overall health. Now look at blood pressure: 120/80 is considered normal. But “normal” changes throughout the day. If it didn’t, you might pass out just by standing up!

These and many other aspects of our bodies are dynamic. Fortunately, we have an intelligence within us that makes these adaptations for us. In fact, the ability to adapt to the environment is one of the definitions of intelligence.

Your car, with limited intelligence, requires that you do the adapting for it. Driving uphill requires you to press the accelerator. Stop sign? You have to adjust! To safely operate your car, you have to supply most of the intelligence.

Not true with your body. Your nervous system, which controls the whole show, does the work for you—if it isn’t impaired. Thus, regular chiropractic checkups are not only intelligent, but also smart!

Nuts – almond, hazelnut, peanut, walnut, etc.

Vegetables – corn, soybean, etc.

The most common basic method for extraction is to clean, grind and then press the oil from the source (plant, seed or fruit), but there are a few special cases that involve squeezing the oil straight from the flesh of the fruit of the plant. For example, coconut oil comes from the coconut’s white meat, palm oil from the pulp of palm fruit, and olive oil from the flesh of fresh olives.

Olive Oil

Produced by pressing the flesh of olives, this oil has become known as the “healthy cooking oil” and it is, certainly. If the alternative is the standard grocery store fodder, vegetable oil, then olive oil is definitely a vast dietary improvement.

This particular plant oil is one of the few cooking oils that contains about 75% of its fat as oleic acid (a monounsaturated, omega-9 fatty acid). If you have typically been using corn oil or vegetable oil, research has shown that altering your diet by replacing that choice with olive oil may lead to a significant decrease in your total blood cholesterol and an improved LDL:HDL ratio.

Olive oil does have one downside and that is its tendency to degrade in a very short amount of time, especially if stored in a warm place (like a kitchen). In just a month or so, stored olive oil will begin to breakdown and eventually go rancid. Food cooked with rancid olive oil will have a bad aftertaste. Although it’s not necessarily harmful, the taste of the food prepared will be poor and the oil itself will have lost most of its important nutrients.

To tell if your olive oil has gone rancid, smell it. If it has a stale smell like old peanuts or putty, then discard it. To avoid this problem, purchase olive oil in small amounts, especially if it’s not something you use a lot.

This oil is one of your best choices to use as a salad dressing and a great sauté option, but not a good choice for frying or baking.

Coconut Oil

Coconut oil is an edible plant oil pressed from the fruit of the palm

Cruising Altitude

“United 475 Heavy, you’re cleared for take off on 32 left.”

Soon after your pilot receives a message like this, you’ll start down the runway. In moments, you’ll be going fast enough to cause the low pressure above the wing, created by its unique shape, to lift the plane into the air.

To create the speed necessary to produce lift requires an enormous expenditure of energy. Large quantities of fuel are burned during the first twenty minutes of your flight, when your pilot is guiding the plane in its initial ascent. Once the proper “cruising” altitude is reached, it takes hardly any fuel at all to maintain the appropriate cruising speed.

Just like chiropractic care.

At the beginning, lots of energy is used. The visits are frequent. The goal is to create sufficient momentum to reverse the unhealthy spinal pattern that has prompted a visit to a chiropractic office. Then, as symptoms subside, it usually takes fewer visits to maintain the progress and start retraining the spine for more lasting change.

Now that they are feeling better, this is when many chiropractic patients disappear. And since they’re on the ground, not cruising along in the stratosphere, it’s easy to do. Which, of course, predisposes them to a relapse. Which again, requires massive amounts of fuel... Which again, gets them to a comfortable cruising altitude... Which prompts them to discontinue their care... Which, well, you get the idea.

Conserve your energy. Stay well with regular chiropractic checkups so you don’t have to keep burning lots of energy getting well.

tree and is ideal for light fair and subtly flavored dishes. While olive oil is pretty well known as the “healthy oil” this choice can give it a run for its money. Once considered a “fatty and unhealthy” choice, Bruce Fife, ND, has spent many years researching and studying coconut oil and has found it’s actually quite the opposite.

While coconut oil does in fact have a high fat content, the fatty acids are classified as medium-chain fatty acids (MCFAs), while most of the fats in our diet come from long-chain fatty acids. Why does this matter? Medium-chain fatty acids are more easily digested, preferentially used by the liver to produce energy and the kinds of fats found in breast milk.

A typical concern for those unfamiliar with using this oil is whether or not it will affect the flavor of the food. The oil itself is a very light oil and does not have a strong or clingy flavor so there is no concern that it will overpower or affect the taste of the food items being prepared.

A further benefit of this antioxidant containing cooking oil is that it has an impressive shelf-life, especially when compared to olive oil. Oil left in a cupboard for a year showed no signs of degradation or rancidity.

Of course, coconut oil doesn’t just have amazing health benefits when used for cooking; patients have even reported an improvement in eczema symptoms when this oil has been applied to a break out.

As a side note, while coconut oil is beneficial there isn’t enough research at this time to determine whether having a coconut allergy means that you will have a coconut oil allergy. If you are one of the rare few that has a coconut allergy, please carefully consider whether or not to use this oil.

Canola Oil

Surprisingly, canola is a cousin to cabbage and brussel sprouts. Low in saturated fats and rich in monounsaturated fats, canola oil contains many important nutrients including an essential omega-3 fat that tends to be deficient in most diets. This makes canola oil one of, if not the best choice, for sautéing, light cooking and baking. Canola oil should be purchased in quantities close to what you expect to be using as it stores for about 4 to 6 months in a dark cupboard and 9 months in the refrigerator before beginning to degrade.

What's the Big Deal?

A sore throat is a small thing. It could be a sign that you've exhausted your immune system.

An upset stomach is a small thing. It may be a symptom of producing too much (or too little) stomach acid. Or eating foods that you know aren't going to "agree" with you.

Back pain is a small thing. It might be how your body reminds you that change is needed. A change in the way you move or think. Or perhaps a change in how you deal with stress.

Subluxation is a big thing. When your brain loses touch with part of your body and can't regulate it, that's big. Impaired nerve communication is a big problem. Even if the symptom you notice is small, the fact that your brain's communications to your body are getting misdirected is a serious issue.

An adjustment is a big thing. A precisely applied energy that helps restore nervous system integrity is big. Really big. Knowing where and how to apply this energy takes a big commitment of education, expertise and experience.

Chiropractic is a BIG thing. Maybe one of the biggest secrets in health care! After all, it can restore nervous system function, which is what controls every other aspect of your body's ability to function. Chiropractic has faced big opposition by those who don't understand it, and by those who would like to keep it a secret, like the mainstream medical community. You could play a big role by sharing your experience with others. That would be a big help!

Other Oils

There are many other oils to consider when cooking; in fact, your choices are quite abundant. Avocado oil is pressed from avocados and, as it's more than 50% monounsaturated, a heart-healthy choice to be used in salad dressings and sautéing.

While this oil is also one that has been suggested as a great option for frying, fried foods are generally un-healthy due to that choice of preparation.

Grapeseed oil is extracted from the seeds of grapes, and is actually a byproduct of the wine-making industry. This oil is fantastic on salads or served with raw veggies in dips, sauces and salsas.

In Summary

When you consider the number of cooking oil options that are beneficial to your health, there are plenty of reasons to avoid those that aren't. For instance, vegetable oil is pretty much made up of various plant parts and isn't going to be a refined cooking oil with measurable beneficial nutrients. Then there's corn oil, typically made from the kernel. Corn is a grain, not a fruit or vegetable, and as an oil is not a healthy source of grains.

When deciding to prepare healthy, living foods for your family remember this important fact: the oil you choose when cooking your food is just as important as the food you're cooking.