

# FAT LOSS 101



**BENCHMARK**  
Medical Group Inc.

- **Cholesterol:**

Molecule essential for all animal life - a necessary precursor for steroid hormones and bile salts in the body. Its texture is often compared to soft candle wax.

## Framingham Heart Study 1948

- 75% of people who suffer from a heart attack have normal cholesterol levels
- Cholesterol has NEVER been clinically demonstrated to cause a heart attack
- Low levels of cholesterol are a risk factor for several types of cancer
- Research has show a correlation between high LDL and better memory in elderly patients

## Benefits

- Vital for cell wall formation
- Insulates nerve cells
- Used to make bile to digest fats
- Precursor to Vitamin D from sunlight
- Needed for creation of vital hormones
- Supports the immune system
- Fights inflammation
- Necessary for absorption of fats and Vitamins A, D, E, and K
- Precursor for making steroid hormones

- **Saturated Fat:**

Solid at room temperature. Sourced mainly from animal product such as meats, dairy, some cheeses, and coconut oil.

- **Unsaturated Fat:**

Liquid at room temperature. Easier for the body to metabolize. Sourced from veggies, olives, nuts, and seeds.

**Improve Health with Fat**