

## THE MILLBROOK GUIDE TO THE HOME USE OF NATURAL OILS

(see [www.millbrook.co.za](http://www.millbrook.co.za) 'Home use of Natural Oils' for an in depth article on the 'No/Low Fat debate')

Oil Type	Name	Home use	Special Properties
Saturated	Butterghee or Clarified Butter	All forms of cooking, baking including frying. Pound for pound, perhaps the best value cooking oil available. Gourmet chefs around the world insist on clarified butter for the finest taste. Butter ghee can be applied to the inner corner of the eye to sooth tired or inflamed eyes. Massaged into the nostrils it creates a barrier against allergens, dust and pollutants.	High in Butyric acid (a short chain fatty acid) which has powerful anti-microbial, anti-inflammatory and anti-tumourgenic properties. Because it is a pure saturated fat, it has excellent keeping properties without refrigeration. Depending on source, may be rich in Conjugated Linoleic Acid (CLA) which promotes weight loss.
Saturated	Butter	The proteins and carbohydrates in butter are liable to burn with high temperature frying. Despite being difficult to spread, it still makes one of the tastiest spreads.	Also rich in Butyric acid, but is liable to go rancid unrefrigerated.
Saturated	Virgin Coconut Oil	One of the safest general cooking oils (high saturation index <i>prevents oxidation</i> ). Delicious flavouring & texture for Thai & Vietnamese cooking. For sportspeople and dieters, the Medium Chain Triglycerides of Coconut oil are absorbed directly to the liver as a source of instant energy. Long term use seems to regulate low thyroid function. Coconut oil is the basis for many soaps and shampoos. Massage about 35 to 50 ml of the warmed oil onto your whole body for a wonderfully cooling and replenishing treatment. Especially good in hot weather for people of a hot/fiery constitution.	Contains a high percentage of medium chain triglycerides, including Lauric acid which is in the presence of adequate metabolism and co-factors is transformed into Monolaurin which has specific anti-microbial properties e.g. HIV, measles, Herpes Simplex virus, Cytomegalovirus etc. Thus clearly indicated as a nutritional adjunctive treatment for HIV/AIDS and Chronic Fatigue Syndrome / ME
Mono-un Saturated-Omega 9	Extra Virgin Olive Oil	A safe cooking oil due its high level of antioxidants. Use as an economical alternative to deep frying: 1) cut potatoes, sweet potatoes, etc. into wedges. 2) Parboil until soft.3) Drain water & then coat with a layer of Extra Virgin Olive Oil. 3) Sprinkle natural sea salt & dried herbs, then bake at 180 deg C. until crisp (+/- 15-20 minutes) Delicious!	The so called 'minor components' vitamins and phytosterols present in unrefined olive oil probably are the major contribution to its renowned 'cardio vascular protective qualities'. Beware POMACE/PURE oils, they contain NO minor components and possible solvent residues.
Poly-Unsaturated Omega 6	Sesame Oil	Due to its natural heat activated antioxidants (sesamin and sesamol) it can take a fair degree of heating. E.g. light stir frying with a little water, as in traditional Chinese cooking. Its highly penetrating, mild heating, relaxant, and moisturizing properties make cold pressed Sesame oil the massage and external treatment oil of choice.	Sesame oil is an excellent source of the Omega 6 Essential Fatty Acids in a <i>non-transfatty acid</i> form! <i>Unrefined</i> Sesame oil is also a source of one of the highest concentrations of immune system modulating phytosterols.
Super Poly-Unsaturated-Omega 3 (plant sources)	Flaxseed Oil-cold pressed – High Omega 3	This oil is very unstable to heat and oxygen. It must be refrigerated and consumed within one month of opening. Not suitable for cooking. Best added as a sauce to cooked food before serving or used to make a salad dressing. Good quality Cold pressed Flaxseed oil has a delicious nutty flavour. If for some reason the oil has oxidized even slightly, it smells bad and tastes rancid. This is an important reason to favour oils that are one can apply the "sensual test" before eating. Swallowing capsules of Omega 3 oils is not recommended on the off chance that the product is rancid.	Flax Oil is one of the highest sources of the Omega-3 Essential Fatty Acids (EFA). The modern diet has 5 times less Omega 3 EFAs than 100 years ago. Very useful in cases of Omega 3 EFA deficiency. Many diseases and conditions benefit from Flax oil supplementation. The balance of Omega 6 and Omega 3 EFAs plays a vital part in the regulation of the body's inflammatory/anti-inflammatory system.
Long chain Omega 3 (marine)	Cod Liver Oil	Usually available in a malted form – it is difficult to add to food due to taste and texture issues – usually used as a supplement taking by the spoonful. – however Dr. Weston Price found that it is more effective when combined with butterghee or butter.	A source of Vit A & D as well as EPA-which important for children who lack the capacity to transform Flax Omega 3 to the long chain form required for good nervous function.
A little of everything!?(plant sources)	A coconut, sesame, pumpkin, grape, flax etc. blend	Millbrook Omega 3-6-9 Superior blend provides the ideal ratio of Omega 3-6-9 viz. 2:1:1. In addition the Medium Chain Triglycerides (from Coconut) provide extra stability and absorption of the sensitive Omega 3s. When refrigerated the blend forms a light spread which is delicious on toast (idea with cottage cheese & black pepper) or on baked vegetables or added to cooked gravies just before serving.	Using a balanced blend obviates the problems of too much Omega 3 in the diet e.g. using Flax only. The Superior blend has all the benefits of its constituent oils – the only drawback vis a vis Virgin Coconut or Extra Virgin Olive oil is that it cannot be used for cooking.