

the SKINNY on *fat*

by Scott Laird, ND



Fats are solidified animal or vegetable oil. If it's liquid, it's oil; if it's solid, it's fat — they are the same thing. Fat is a far more concentrated source of energy than protein or carbohydrates. Each gram of fat has 9 calories; protein and carbs each have 4 calories per gram. So there's more than double the amount of energy in fat, but there's a lot to know when it comes to fat, saturated or unsaturated.

First, saturated fats are solid at room temperature, like coconut oil. Unsaturated fats, like olive oil, are liquid at room temperature; they also go rancid faster due to their molecular structure. Here's why: The molecular structure of any fat includes opportunities for hydrogen to bond with carbon. If all of these opportunities are occupied with hydrogen atoms, the fat is said to be "saturated" (i.e. saturated with hydrogen). If there are opportunities within the molecular structure that hydrogen has not occupied, the fat is said to be "unsaturated." A fat with one open opportunity in such a molecular structure is called monounsaturated. A fat with two or more open opportunities for hydrogen in its molecular structure is called polyunsaturated.

*fats can be occupied
by oxygen*

The open opportunities for hydrogen in the molecular structure of unsaturated fats can also be occupied by oxygen. When this happens, the fat is said to have become oxidized or rancid. The greater the number of open opportunities for oxygen to move into the molecular structure, the more susceptible the oil is to rancidity. This is why polyunsaturated fat (the type of fat with two or more open opportunities for hydrogen or oxygen) is at greatest risk for rancidity, followed by monounsaturated fat (having only one open opportunity for hydrogen or oxygen). Saturated fat, with no open opportunities, is the most stable fat and most resistant to rancidity.

Stable, saturated fat is ideal to make manufactured foods last longer, but certain aspects of natural, saturated fats may be undesirable for manufacturing (cost, gumming up machines, etc.). So, manufacturers select a more suitable, unsaturated fat for their purposes and "force" it to behave like a saturated fat. The result of such a process is a "hydrogenated" or "partially hydrogenated" oil. To hydrogenate an oil, manufacturers force hydrogen gas into liquid monounsaturated or polyunsaturated oil. The hydrogen then fills the gaps in the molecular structure, creating a more shelf-stable (artificially saturated) fat — albeit, a molecular structure not found in nature, which confuses and damages the human body when ingested because the natural, human body cannot recognize nor properly utilize unnatural substances.



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Read more in Scott's book, *Escape Root*, available at ARoodAwakening.tv/Escape or watch his Health Awakening Show at ARoodAwakening.tv/Health

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ROOD REVIEW

MY STATEMENT OF FAITH

SEPTEMBER 2020

Dear Torah fan,

It is our flawed human nature to put one another into categorical boxes: "You're a Christian; you're a Jew; you're a Republican; you're a Democrat." It's an unfortunate shortcut we use to determine whether we will accept or dismiss a person on the spot.

For years, I have been asked to put myself in a box — to issue a statement of faith for A Rood Awakening! International. I refused because our message is not a shortcut. I wanted people to be curious and explore the narrow road of what we preach, to realize for themselves the depth of the Gospel of the Kingdom that Yeshua preached, instead of making an ill-informed, instantaneous judgment of what we stood for.

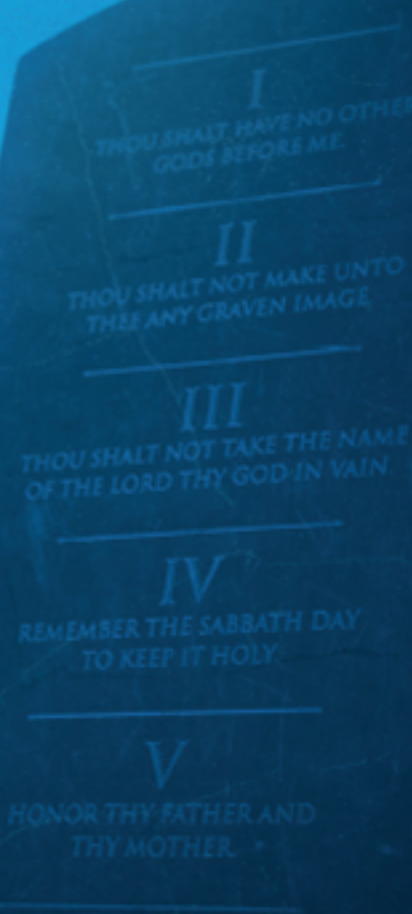
I have, however, always had a statement of faith (of sorts). I'll be sharing it with you throughout September and October in a special series on the MichaelRood.tv app. In a nutshell, it is this: "God is." Yes, that's it. Where it goes from there is up to you because God is a rewarder of those who diligently seek him. You have to put in the work. You have to be the one to "shema" - to hear and obey - and to govern your life according to his plan for you. Whether you realize it or not, you've likely already started on that path.

For me, it started in second grade when I began questioning my pastor about how we got three days and three nights between Good Friday and Easter Sunday. Even as a second-grader, I knew that didn't add up and determined my pastor's explanation to be unacceptable. I couldn't get a reasonable answer from anyone else, either. And no wonder. Even Einstein couldn't get three days and three nights between those two pagan holidays. That question nagged at my young spirit for 10 years. I was in high school before I even began to understand how this impossible algorithm of date counting and pagan sun-god worship became a part of Christianity.

It is not our job as believers to develop a statement of faith. Anything we come up with is inferior to the truth that "God is." Whether you believe in God or not just doesn't matter — whether you like it or not. It makes no difference to him whatsoever — because God is.

*See you
when the smoke clears.*

Michael Rood





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So THANK YOU for giving back, and doing a great job for the Kingdom!

HERE'S HOW YOUR SUPPORT
OF A ROOD AWAKENING! INTERNATIONAL **IS CHANGING LIVES...**

"I really appreciate all that you guys are doing at A Rood Awakening, and you have helped me turn my life around."

"I grew up in a Seventh Day Adventist family, but as I grew up I despised the way that people judged each other and it drove me away. I became an alcoholic, I was a chain smoker and did various drugs. A couple of bad things happened at the bar two weekends in a row, and both on Friday night. I felt like YehovaH was trying to speak to me... I finally let the warnings sink in."

"I reached out to an old friend from church school, and he led me to Michael Rood's videos. All I can say is wow I'm actually excited to be alive again. I'm ready to walk forward into whatever comes at me and I just ask Yeshua to stay by my side, because with him I am finding that all things really are possible."

- Jonathan L.

"I want to say thank you for all of the information from Scott Laird on The Health Awakening Show. Based on the information, my wife and I have started a plant-based diet, which is the one thing I thought I never would."

"It has been 5 days now and most of the pain that we were both were experiencing for years and taking prescription pain medication for has stopped. We also stopped taking our diabetes medication at the same time. In fact, my afternoon blood sugar test came back much lower than when I was taking my medication!"

"I give YehovaH all the praise as he is teaching not only how to follow his commandments, but by following His commandments he heals us and prepares us for what's next."

- Neal W.

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* SHIPS SEPTEMBER 28, 2020

