The Amazing Benefits of Avocado Oil

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The amazing benefits of avocado oil are going to surprise you. We all know that getting healthy fats in our diet is essential with liver disease. However, many people, especially those with fatty liver disease, think that cutting fat out is the key. In fact, good fats help our body in many ways. Of course, on the outside, it's part of what gives our skin a healthy glow and is an important ingredient in cosmetics. But let's take a peek into the benefits of getting fat from the inside, using a Liver Loving Diet.

The Amazing Benefits of Avocado Oil

Go Power — Fat is the most dense food you can fuel your body with. It provides concentrated energy, and also helps activate stored energy by releasing fatty acids right when you need them.

Building Blocks — Fat both protects, and provides movement, for cells. It is a foundational part of the growth and communication in our body. In fact, our brain is made up of more than 50% fat.

Carry Vitamins — Vitamins, A, D, E, and K are fat soluble and our gut absorb them with, well you know — fat. When I took hepatitis C treatment, I was required to eat 12 grams of fat with every single protease inhibitor pill that I took. It's what helped metabolize it to do the job of killing the virus!

Insulation — Just saying, fat protects our vital organs like the liver, and heart, and protects us. It insulates our whole body, and can look pretty nice too when it's creating curves in the right places.

Really Important Stuff — Before we dive in to the amazing benefits of avocado oil, let me just say that there is a lot of evidence regarding the need for fat in your diet. If you look at hormones, fatty acids, and other scientific research, you'll understand why you need healthy fat in your diet.

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