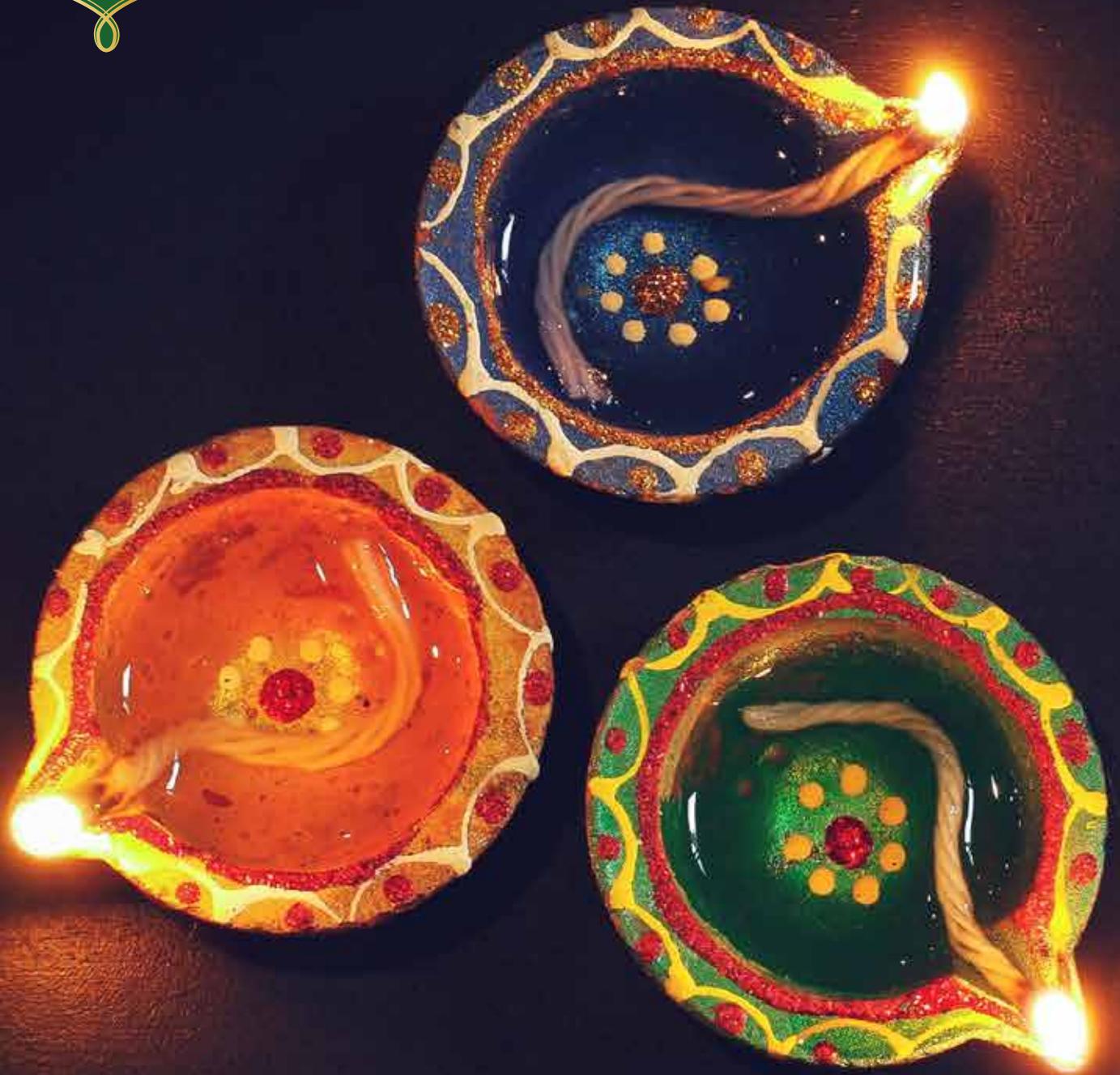


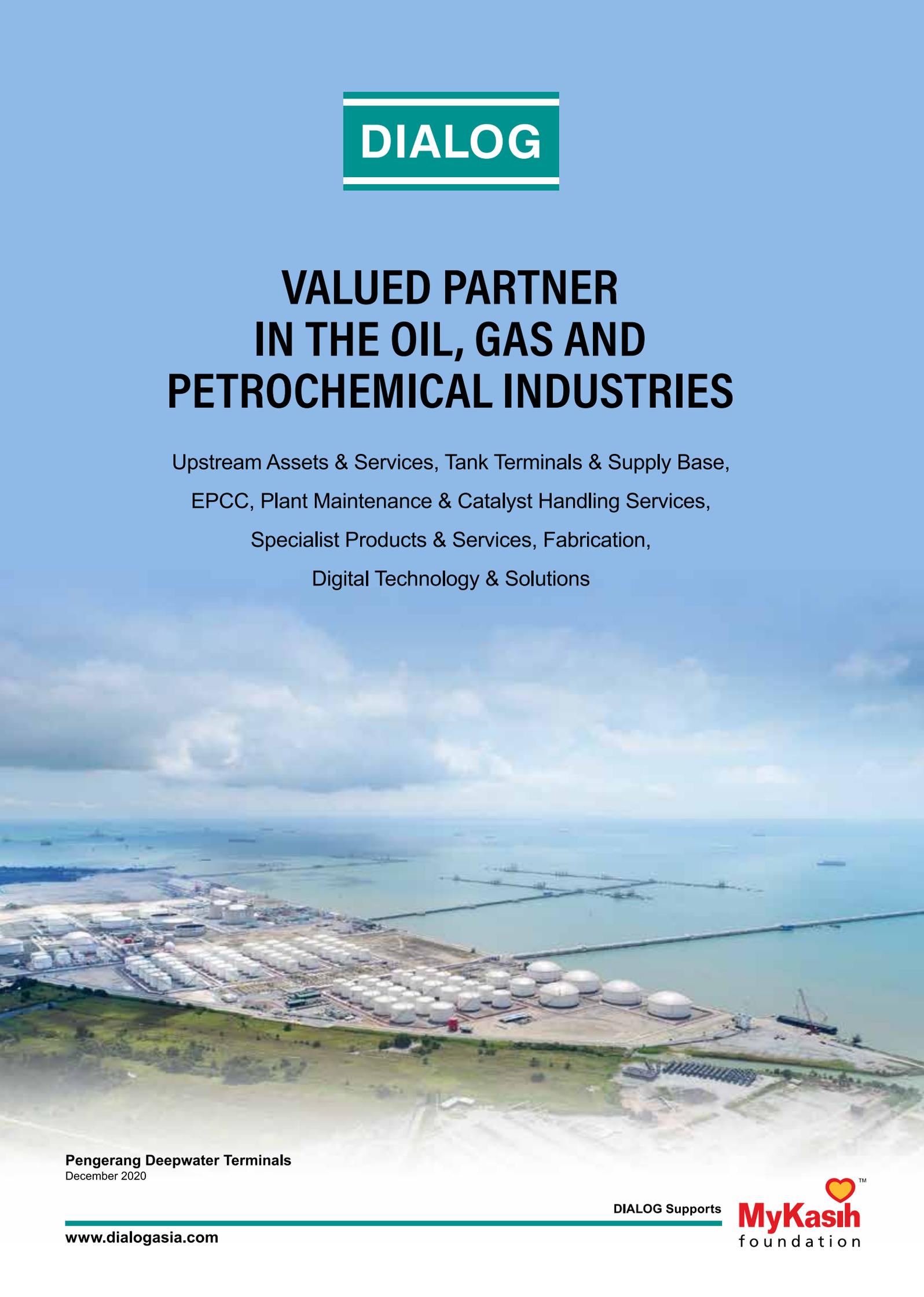


MALAYSIAN PETROLEUM CLUB  
RESOURCE MAGAZINE

VOLUME 29.2 OCT 2021 KDN: PP7878/12/2012 (031611)



HAPPY  
*Diwali*



**DIALOG**

# VALUED PARTNER IN THE OIL, GAS AND PETROCHEMICAL INDUSTRIES

Upstream Assets & Services, Tank Terminals & Supply Base,  
EPCC, Plant Maintenance & Catalyst Handling Services,  
Specialist Products & Services, Fabrication,  
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**Pengerang Deepwater Terminals**  
December 2020

DIALOG Supports

[www.dialogasia.com](http://www.dialogasia.com)

  
**MyKasih**  
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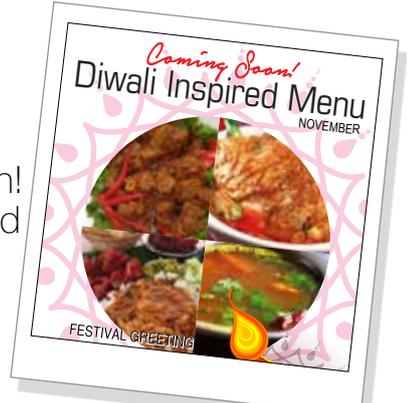
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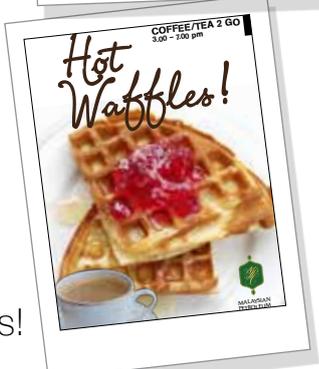
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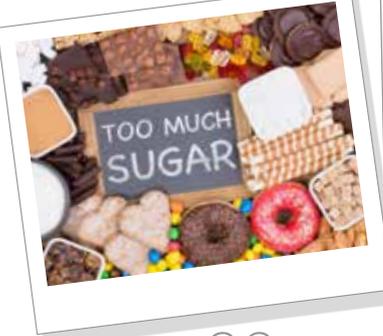
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# MPC Food Delivery Service

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**DELIVERY :**

**Daily except  
Sunday & P.H**

**MEMBERS :**

**20% discount**

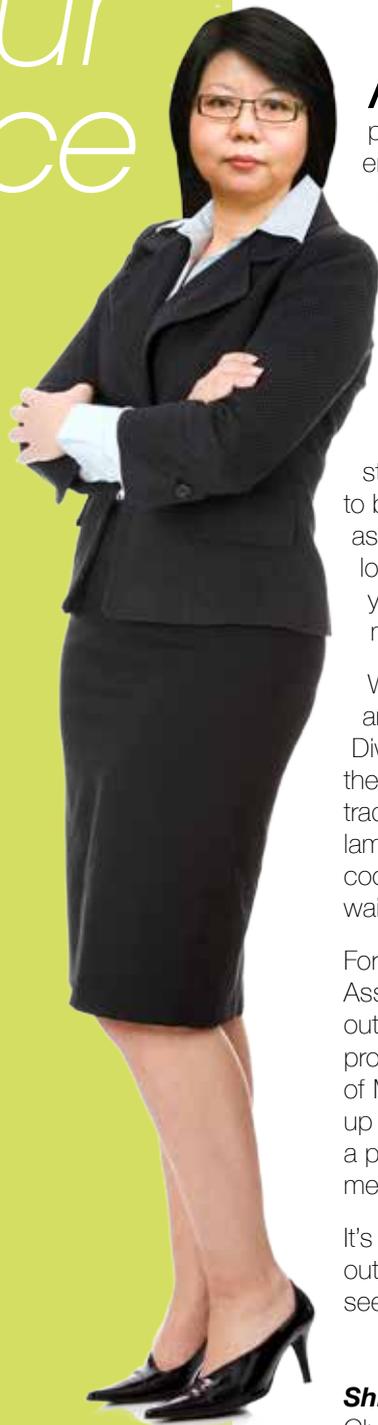


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**DELIVERY  
DURING  
MCO**



# Club Manager @your service



## Goodbye Pandemic, Hello Endemic



As we enter the 4th Quarter of 2021, Malaysia is transitioning from the pandemic stage of Covid-19 to the endemic stage. This is wonderful news for all Malaysians as more sectors of the economy are opening up and we are given more freedom to move around. Of course, we still have to follow health SOPs that will keep us safe and healthy, as well as that of our colleagues, business associates and our families.

The great news is that MPC is now opening its doors again to members who are fully vaccinated with updated status and digital certificate in the MySejahtera app. It's great to be back again to be at your service! We're sure you are just as excited as we are to dine-in at MPC. That's why we have lots of food promotions lined up for you, your guests and your family, to usher in this long-awaited easing of restricted movements.

We have the October Dine-In that features a Taste of Borneo and Delectable Chinese sets. Look out for the November Diwali-Inspired food galore. For December, we have prepared the Christmas Chef's Specialties that include a choice of traditional roasted whole turkey, whole chicken, boneless lamb leg and Australian ribeye, and round it off with cakes and cookies. Isn't it wonderful news? We surely think so and can't wait to serve you again.

For members who have not registered with the International Associate Club (IAC), download their app and check them out. In fact, check our website regularly for news on our food promotions and member benefits. Why not spread the benefits of MPC to your friends and business associates to sign them up as MPC members and be rewarded in cash. There's even a promotion for our septuagenarian members, our golden age members.

It's jam-packed for the next 3 months with food galore. Mark out your calendars to dine-in at MPC. We so look forward to seeing you again.

**Shirley Tan**  
Club Manager

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Tengku Aziz

#### **VICE PRESIDENT**

Datuk Iain Lo

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Malaysian Petroleum Club Resource Magazine is the quarterly magazine of the Malaysian Petroleum Club. The views and opinions expressed or implied are those of the authors and contributors and do not necessarily reflect the views of the Club's management. No article in part or whole should be reprinted without written permission. Editorial correspondence should be addressed to the Club Manager. For more information on the Club, write to the Secretary, Malaysian Petroleum Club.



# OCTOBER

## \*Laksa Sarawak

Accompanied With Condiments (Sliced Chicken Meat, Sliced Fried Egg, Prawn & Vegetables)

## \*Chicken Adobo

## \*Asam Tumis Talapia with 'Dayak' Brinjal

## \*Sautéed Lala with Ginger & Chives

## \*Pekasam 'Pucuk Ubi' Sautéed with Diced Chicken & Garlic

## \*Steamed White Rice

## \*Sarawak Layer Cake

(Kek Lapis Sarawak)

**RM340.00** (5 pax)

Taste  
of  
Borneo

## \*Homemade Chicken 'Loh Bak' with Thai Sauce

## \*Deep Fried Boneless Chicken with Lemon Sauce

## \*Steamed Cod Fish with Superior Sauce & Coriander

## \*Salted Egg Squid

## \*Oatmeal Prawn

## \*Sautéed Siew Pak Choy with Garlic & Anchovies

## \*Crispy Red Bean Pancake

## \*Steam Rice

**RM360.00** (5 pax)

Chinese  
Set



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# Hi Tea Pastries Set

- \* *White Cookies with Chocolate Chips* (400gm)
- \* *Layered Italian Tiramisu* (300gm)
- \* *Vanilla Éclair* (4 pcs)
- \* *Mushroom Quiche* (4pcs)

RM 75



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**20%**  
discount for  
members

**EXPRESS**

# DULANG SET LUNCH

Dulang Suite • 12pm-2.30pm • Members 20% discount



## STARTER

### Oyster Florentine

Baked Oyster with Spinach and Topped with Mozzarella

*Or*

### Crème Du Barry

Creamy Cauliflower Soup, Topped with Prawn Melba toast, Capers, Finished with Chives Oil

## MAIN COURSE

### Grilled Lamb Rack

Mint Risotto, Grill Asparagus Spears & Carrot, Rosemary Sauce

*Or*

### Pan-Seared Salmon

Served with Edamame, Spinach & Onion Confit, Finished with Garlic Lemon Butter Sauce

*Or*

### Pan-Seared Chicken Roulade

Mashed Potato, Cocktail Tomato, Grilled King Trumpet Mushrooms & Natural Chicken Jus

## DESSERT

### Italian Tiramisu

Layered Cream Cheese and Chocolate Cake, Coffee Syrup, Dusted with Coffee Powder Finished with Scoop of Vanilla Ice Cream

*Or*

### Fresh Fruits Platter

Melon, Strawberry and Mango

## Coffee/Tea

**RM 118 per pax**



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CLUB

*Coming Soon!*

# Diwali Inspired Menu

NOVEMBER



FESTIVAL GREETING

# Happy Diwali



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# Christmas

## Chef's Favorite Roast



### TRADITIONAL ROASTED WHOLE TURKEY/ ROASTED WHOLE CHICKEN

Accompanied with  
Cranberry Sauce & Giblet Sauce  
Braised Baby Potato with Beef Bacon  
Roast Sweet Potato, Carrot, Pumpkin,  
Asparagus & Caramelize Onion



### ROASTED BONELESS LAMB LEG

Accompanied with  
Jacked Potato, Asparagus,  
Baby Carrot, Grilled Pumpkins  
Beef Jus / Mustard Sauce /  
Mint Sauce



### ROASTED AUSTRALIAN RIB EYE GREMOLATA

Accompanied with  
Jacked Potato, Asparagus,  
Baby Carrot, Grilled Pumpkins  
Beef Jus / Mustard Sauce /  
Mint Sauce



### CAKE & COOKIES

Fruits Cake  
Chocolate Yule Log  
Chocolate Chip Cookies

# SATURDAY PLATTER

UP TO  
4 PAX  
EVERY SATURDAY

*Back By  
Popular  
Demand!*

## MALAY PLATTER -RM228

Soto Ayam & Bergedil

\*\*\*\*

Chicken & Beef Satay with Condiments  
Kampung Fried Rice/ Steamed White Rice  
Fried Chicken with Local Spice  
Mackerel Asam Pedas with Lady Fingers  
Fried Vegetable with Prawn  
"Ulam-Ulaman & Sambal Belacan"  
Salted Fish  
\*\*\*\*  
2 Type of Malay Kuih



## CHINESE PLATTER -RM228

Deep- Fried Special

Spring Roll & Chicken Lobak served with  
Thai Dip

\*\*\*\*

Buttered Chicken  
Stir Fried Beef with Spring Onion  
Wok Fried Prawn with Dried Chili  
Sauteed Mix Vegetables with Beancurd  
Cantonese Fried Rice  
Laksa Sarawak  
\*\*\*\*  
Assorted Nyonya Kuih



## WESTERN PLATTER -RM228

Mushroom Soup with Garlic Bread

\*\*\*\*

Deep Fried Chicken Chop with Mushroom  
Sauce  
Grilled Lamb Shoulder with Black Pepper  
Sauce  
Spicy Potato Wedges  
Sauteed Seasonal Green Vegetables  
Baked Meatball Carbonara with Mushroom  
Spaghetti Aglio-Olio  
\*\*\*\*  
Hot Waffle



4 DRINKS  
Chilled Juice



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# Happy Birthday

*Free!*  
WHOLE CAKE



We want to make your Birthday really special, as an exclusive member of MPC. We have put together all these treats, just for you to celebrate with your family and friends, at any of our finest restaurants.

**Free** - One Bottle of Wine/Sparkling Juice, when you dine at MPC.

**Free** - One Birthday Cake, when you dine at MPC.

**Free** - Exclusive Sky Deck Viewing Experience.

**50%** - Discount for 4 – 10 people at any one of our restaurants.

*Free!*  
ONE SKY DECK  
ADMISSION



*Free!*  
WINE/  
SPARKLING  
JUICE



### Terms & Conditions :

- \* Physical voucher is not required.
- \* Members are required to provide their membership number for verification upon redemption.
- \* The offer is valid 3 months from your birthday month only.
- \* Redemption can be made in a single transaction or multiple transactions.
- \* Expiry date will not be extended under any circumstances.
- \* The Malaysian Petroleum Club reserves the right of final interpretation of all terms and conditions.
- \* Advance reservation required, subject to availability.
- \* Offers are non-transferable and not exchangeable for cash.
- \* Not valid for promotional events and other promotional vouchers.

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*50%*  
DISCOUNT  
DINE IN

# Good News!



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CLUB

## Birthday treats extended to your spouse\*



*Free!*  
WHOLE CAKE

We want to make your spouse's Birthday really special too. All these treats, just for your spouse to celebrate with family and friends.

**For reservation:**

**Call/Whatsapp MPC Hotline 012 711 8342,  
Joe 016 264 3122 Or Shikin 017 646 6183**

*\*Supplementary card holder only.*



*Free!*  
WINE/  
SPARKLING  
JUICE



*Free!*  
ONE SKY DECK  
ADMISSION



*50%*  
DISCOUNT  
DINE IN



# 10-Minute Biceps Workout



Not everyone has two hours a day to spend pumping weights. That's why a 10-minute biceps workout that can help to cut your training time by a third—by training smarter, instead of just cutting down on sets and reps or rushing your movements.

Breaking your training down into three distinct methods. You'll take a minute of rest between each method, so you'll be done in just 10 minutes.

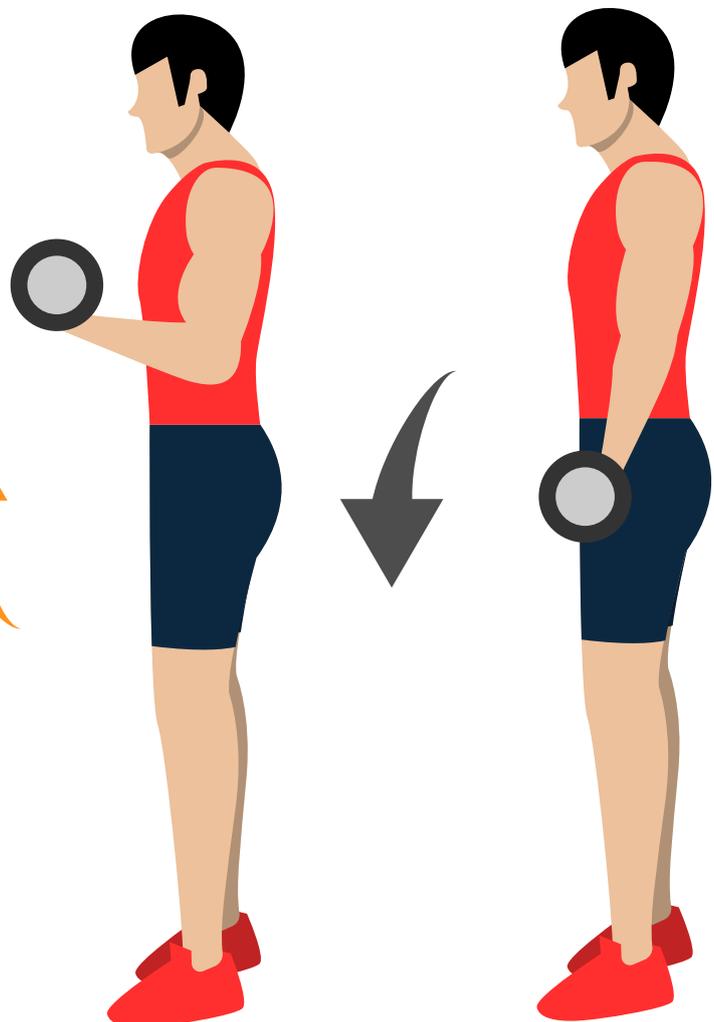
## Method 1: Rest-Pause Set

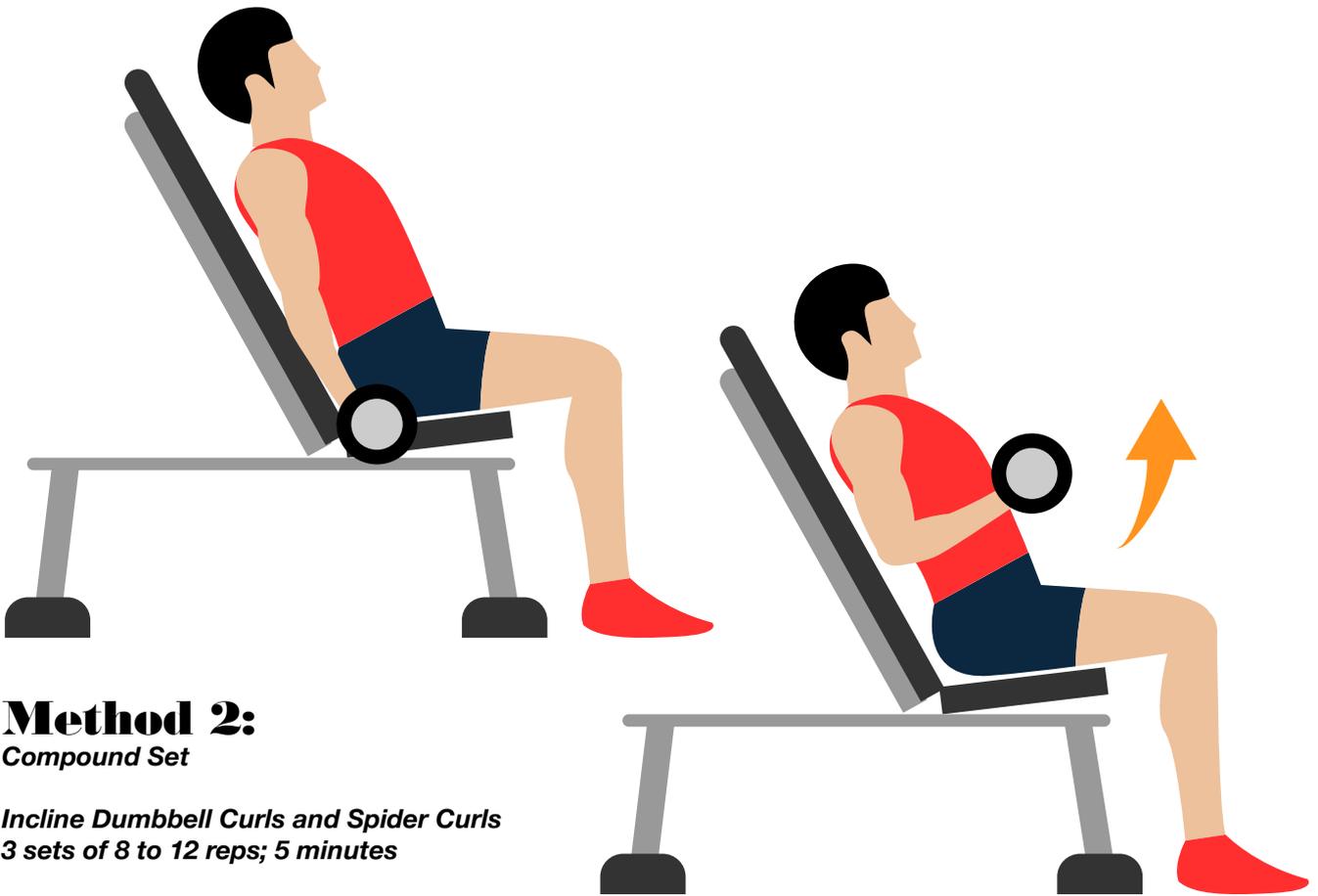
### Dumbbell Curls 1 set of 20 reps total; 2 minutes

Start by finding a weight that you could typically do 6 to 8 reps with. You're going to perform as many reps as you can while maintaining good form.

The key is to be mindful of keeping your elbow locked by your side, and avoid curling your wrist excessively at the top. That way, you'll be able to isolate the biceps.

Start your first set, put the weights down when you can't do anymore reps, rest for just 20 seconds and then perform another set using the same weight again for as many repetitions as you can. Keep repeating this process until you have completed a total of 20 reps.





**Method 2:**  
*Compound Set*

***Incline Dumbbell Curls and Spider Curls***  
***3 sets of 8 to 12 reps; 5 minutes***

This takes two types of biceps exercises that can be performed back to back without rest.

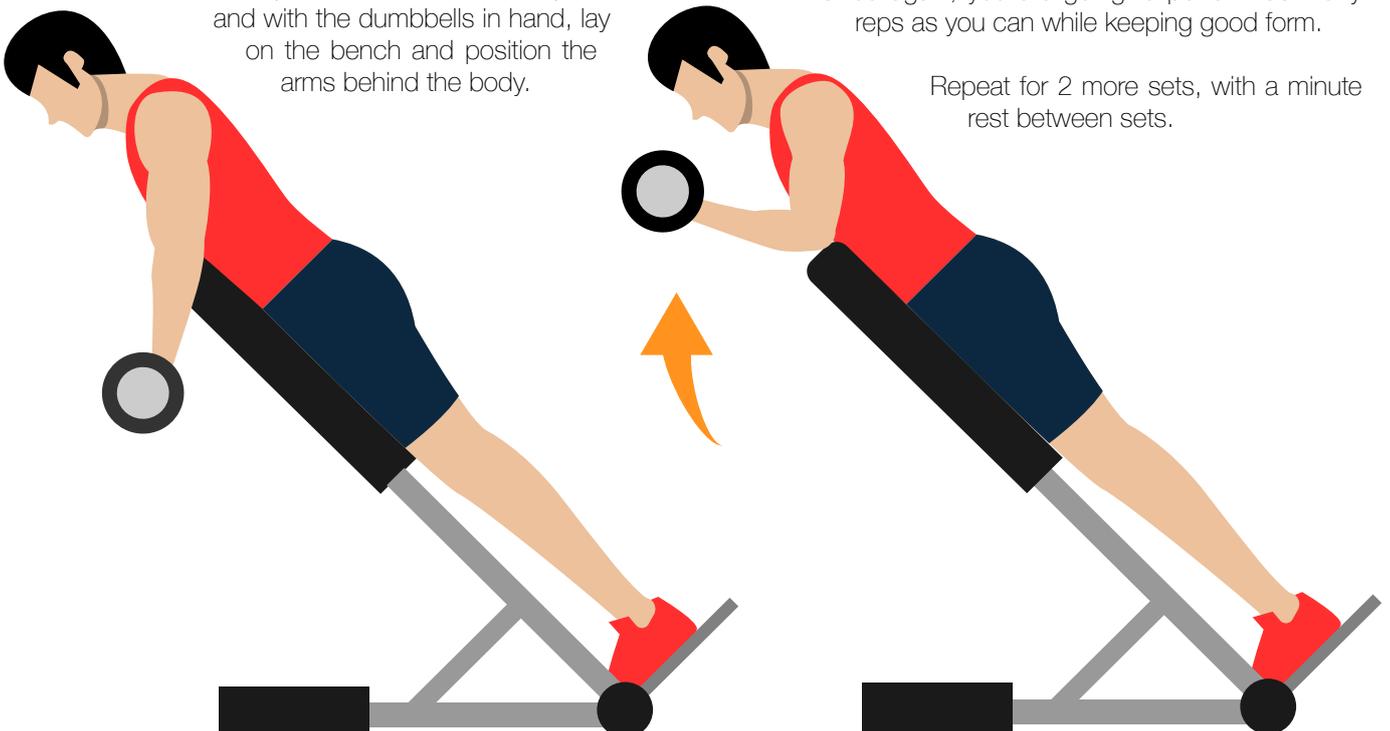
For this one, you will be doing incline dumbbell curls and spider curls. To perform this compound set, start by setting an adjustable bench up to 30 degrees, generally the third or fourth notch on the bench.

Try to do 8 to 12 reps. The focus is on good form, which means you should lock your elbows into that position and then curl the weight up without using your shoulders or back. Then immediately after, flip over on the bench for spider curls using the same weights.

Pick a weight that you could typically do 10 to 12 reps with in a normal biceps curl and with the dumbbells in hand, lay on the bench and position the arms behind the body.

Lock your elbows in place, and then curl the weight up. Once again, you are going to perform as many reps as you can while keeping good form.

Repeat for 2 more sets, with a minute rest between sets.





## **Method 3:**

### ***Drop Set***

#### ***Hammer Curls***

**5 drop-sets total; 1 minute**

This is where you do a bunch of sets without rest, but drop the weight after each set.

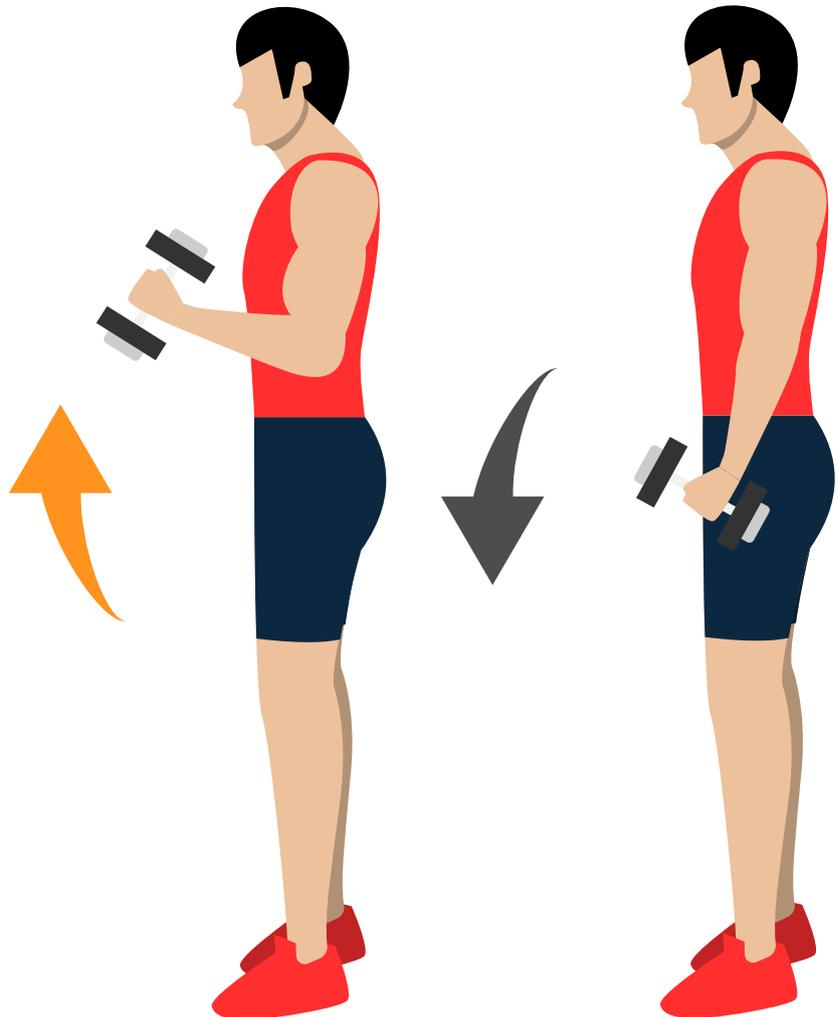
For this one, you will be doing hammer curls, which will target an arm muscle called the brachialis.

When grown, it can help to push up your biceps, creating an illusion of a bigger bicep.

Start by finding a weight with which you can initially do between 15 and 20 reps. Using that weight, perform one set with good form.

Good form is keeping the elbow locked in place with minimal swinging. After you can't do any more reps, immediately move to the next lowest set of dumbbells and perform another set with good form.

Repeat this for a total of 5 sets.



# Know your **Loaf**

Baffled by the **BREAD** aisle? Here's how those slices stack up on the healthy scale,,,



## **White**

Highly processed and basically devoid of nutrients, white bread often contains sugar, salt and additives too. And it's not only the pre-sliced stuff you have to watch - those 'fresh' white loaves from the supermarket bakery are just as nutrient-poor.

## **50/50**

Because it contains some wholemeal flour, 50/50 bread has slightly more fibre than white, but it's still highly processed and contains added artificial ingredients. It's not ideal, so keep moving...

## **Seeded**

Seeds boost the nutrient, protein and fibre content of bread, these loaves are often made with refined white flour. Always check where seeds sit on the ingredients list - if they're in the first line, you're good.

## **Brown**

In theory, the darker the bread, the better for you it is. But be label savvy: the first words in the ingredients list tell you all you need to know. If they say 'enriched flour', it's basically just dyed white bread. Thanks, but no thanks...

## **Wholemeal**

Now we're talking! Bread made with wholemeal flour is a star slice in terms of fibre, vitamins and minerals. But beware of 'wholegrain' and 'whole wheat' - they have no legal definition, so you can't be sure how much goodness you're actually getting.

## **Sourdough**

Made from a natural starter (a special kind of yeast), flour and water. If you're gluten sensitive, sourdough may be a good, more digestible option. Get your fresh from a bakery, as these tend to shun processing aids and additives.

## **Rye**

Not only is rye bread jam-packed with fibre, it also has a low glycaemic index, which means it won't wreak havoc on your blood sugar. Plus, if you find wheat hard to digest, you'll probably tolerate rye bread much better.

## **Home-made**

Bread only needs flour ingredients: flour, water, yeast and salt - and that's pretty much all you get in a home-made loaf. But you can add foods such as nuts, seeds, veg and fruit to boost the nutrient content. We'll toast that!



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CLUB

## Member Get Members: Introduce 3 new members & receive RM1,000\*

Introduce 3 confirmed new club members and you'll earn RM1,000 that will be credited into your MPC account. That's great isn't it? Get your colleagues and friends to be MPC members so that they can enjoy all the facilities and prestige of being a member just like you, and earn RM1,000.

So put your networking skills and contacts to good use. Start today!

*\* Member can use the RM1,000 credit for dine-in, take away & delivery.*



GET 3 CONFIRMED  
NEW CLUB MEMBERS

CALLING ALL  
*Members in their  
Golden Years!*

Introduce a New Member  
and you can enjoy  
50% discount on your monthly  
subscription fee for a lifetime.

**STEP 1**

Introducer must be from Individual Membership (Regular and Associate).

**STEP 2**

Only applicable for the members above 70 years old.

**STEP 3**

Still entitled for the RM50 monthly rebate.

**STEP 4**

The new member must be approved by the General Committee.

**STEP 5**

Approval will remain the same as in the constitutions.

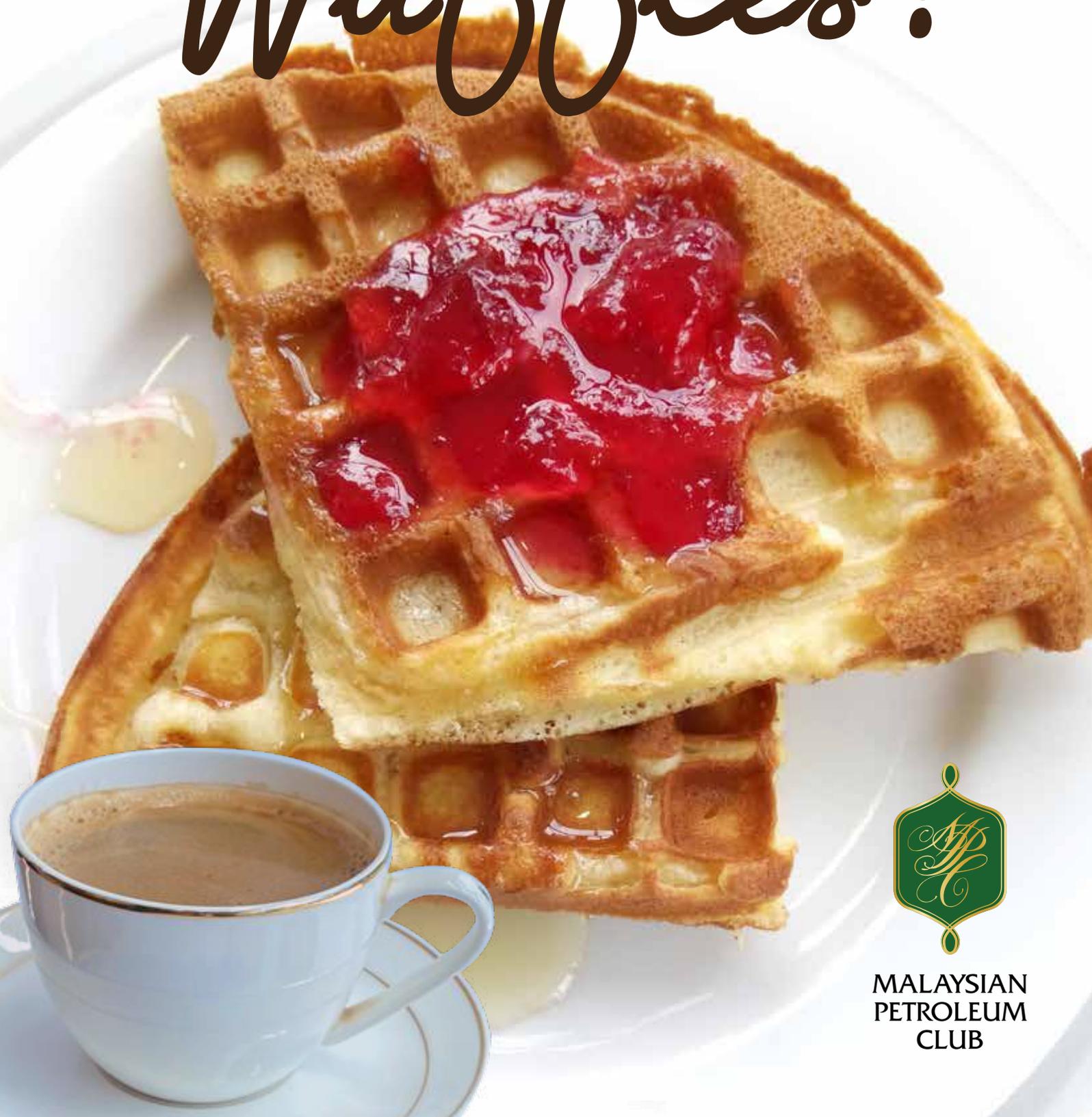


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**MEMBERSHIP  
DEPARTMENT:  
Dewi: 010 377 9542**

**COFFEE/TEA 2 GO**  
3.00 – 7.00 pm

# Hot Waffles!



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# Cakes



Banana Cake  
Black Forest Cake  
Chocolate Cake  
Chocolate Moist Cake

*RM75.00 per kg*

Tiramisu Cake  
Carrot Cake  
Fruit Cake

*RM80.00 per kg*

Marble Cheese Cake  
Chocolate Cheese Cake  
Blueberry Cheese Cake  
Red Velvet Cake

*RM85.00 per kg*

\*For cake from the list above, we require at least 1 day order in advance.

\*For customized cake, we require at least 5 days order in advance

\*Additional Charges for customization or special requirement for decoration.







# Best TVs for Netflix, gaming and beyond

Looking to buy a new TV? A good TV can bring great visual enjoyment to you and the family. We have prepared a TV buying guide to help you choose a good TV.

## Types of TVs

### 1. LCD TV

LCD stands for Liquid Crystal Display. It is a television set that uses liquid-crystal displays to produce images. They are, by far, the most widely produced and sold television display type. LCD TVs consume much less power than plasma displays because they work on the principle of blocking light rather than emitting it. An LCD display uses either a passive matrix or an active matrix display grid.

### 2. LED TV

LED stands for Light Emitting Diode. LED uses light-emitting diodes as the backlight. One of the advantages of using light-emitting diodes is that they can greatly enhance brightness and contrast, allowing for greater colour saturation.

LED TV uses Cold Cathode Fluorescent Lamp (CCFL) tubes. As a result, the screens can be made thinner. In addition, coupled with the fact that LED-backlit screens do not contain mercury, hence, the power consumption is 36%-50% lower than LCD TVs.



### ***3. OLED TV***

OLED stands for Organic Light Emitting Diode. It is self-illuminating and does not require a backlight. When there is no electricity flow, an OLED screen does not produce any light. Compared to LCD or QLED, it can present pure black and has a better black performance. In addition, the viewing angle of an OLED screen is wider, so users can enjoy excellent picture quality with a brilliant range of colours at different angles.

### ***4. QLED TV***

QLED stands for Quantum-dot Light-Emitting Diode. It is like LED TV, except that it uses tiny nano-particles called quantum dots to increase its brightness and colour. With QLED technology, it can increase the brightness of a TV by nearly 40%. As a result, the colour gamut of the display is also relatively wide, allowing the most realistic image colours to be restored.



*Consider getting a Smart TV with Android OS, you can enjoy access to online content, Google Play Store which ultimately grants you access to a wider variety of online streaming video from YouTube, Netflix or even music streaming services like Spotify.*

*In addition, you can enjoy any content on your TV through any mobile devices such as smartphones, tables and more.*

# What is 4K and HDR?

## 1. 4K TV

A 4K TV is a UHD (Ultra High Definition) TV with a resolution of 3840x2160 and the total number of pixels is 4 times more than a typical 1080P Full HD (FHD) TV.

The resolution refers to the number of pixels on the screen, assuming a FHD TV and a 4K TV have the same screen size, the FHD have 2.07 million pixels and the 4K have 8.29 million pixels. 4K TVs are made up of more pixels, so the picture is more detailed and can be distinguished even by the naked eye.

## 2. HDR

'HDR' stands for High Dynamic Range. A new technology that improves the dynamic range of a picture. The brightness difference and colour range between the brightest white and darkest black in the image become more evident.

TV with the HDR feature, visuals still appear natural and realistic even with a widened range of contrast. HDR TVs are capable of displaying more distinctive colours than traditional SDR TVs.

The HDR standard, all three primary colors are divided into 1024 levels of brightness, which can display a total of ~1.07 billion colors. In other words, HDR provides more details and richer colors.

You'll definitely notice a relatively stark difference in visual output. Visuals on an SDR TV will appear dull in comparison with a HDR compatible TV.

## The difference between 4K and HDR

Don't confuse 4K and HDR technology. In fact, 4K is used to describe the number of pixels on the display which produces a higher resolution. HDR, on the other hand, is a technology that enhances the dynamic range of the picture, primarily to make pixels and colours richer.

A TV with both 4K and HDR technology, will produce a better picture display. 4K describes the number of pixels and HDR that describes the dynamic range.

# What size TV should I choose?

When it comes to TV screen size, the most common advice is "the bigger the better".

Although buying the biggest TV is a great idea, it is more important to consider the space and placement of the TV. You can refer to the following chart of "Best Viewing Distance for TV" to choose the most suitable TV size.

## For 4K models

Recommended distance for viewing 4K TV is 1.5 times of the TV vertical screen size. Viewed from this distance, individual pixels cannot be differentiated by naked eyes. This means that pixels effectively disappear when viewing 4K images. This creates the impression of watching TV pictures with the same detail and resolution as real life.

TV Screen Size	Viewing Distance Range (Approx.)
43"	90 cm / 2.95'
50"	1 meter / 3.28'
55"	1 meter / 3.28'
65"	1.2 meters / 3.94'
75"	1.4 meters / 4.60'
85"	1.6 meters / 5.25'

## For High Definition models

Recommended distance for viewing High Definition TV is 3 times of the TV vertical screen size.

TV Screen Size	Viewing Distance Range (Approx.)
22"	80 cm / 2.62 feet
26"	1 meter / 3.28'
32"	1.2 meters / 3.94'
40"	1.5 meters / 4.92'
43"	1.7 meters / 5.57'
46"	1.7 meters / 5.57'
49"	1.9 meters / 6.23'
50"	1.9 meters / 6.23'
55"	2.1 meters / 6.89'
60"	2.3 meters / 7.55'

# Beat Sugar Addiction with ...



## Ginseng

Both American and Asian Ginseng are a highly valued herb and can help if you crave sweets and in curbing emotional overeating, keeping blood sugar levels stable. Ginseng has been applied to a variety of pathological conditions and illnesses such as hypodynamia, anorexia, shortness of breath, palpitation, insomnia, impotence, hemorrhage and diabetes.



## Chromium

Chromium helps keep blood sugar levels stable, thus decreasing both irritability and sugar cravings. Chromium is critical for insulin function and has been shown to be helpful in depression as well. Sources of Chromium. Chromium is present in many foods, including meats, grain products, fruits, vegetables, nuts, spices, brewer's yeast, beer, and wine.

CHROMIUM  
RICH  
FOOD





## Barberry

Barberry and similar in appearance to the Goji berry. It is the fruit of a short and stout perennial shrub. People most commonly use barberry for diabetes, high levels of cholesterol or other fats in the blood, and high blood pressure.

This little berry has proven itself to be quite versatile indeed. It is enjoyed by medicine makers, artisans, and chefs alike.

## Cinnamon

We sprinkle it on toast; it's wonderful when we add it to cookie dough or stir it into hot apple cider, but cinnamon is much more than a sweet treat.

Cinnamon reduces the amount of insulin necessary for glucose metabolism in Type 2 Diabetes. One-eighth teaspoon of this herb triples insulin efficiency!

True cinnamon is Ceylon soft bark cinnamon (also known as *Cinnamomum verum*), which is made from the actual bark of a tree native to the islands of Sri Lanka.





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# ***The Truth about***



Despite the claims of the diet industry, fat is not the enemy, says Peter Dingle PhD. More important than quantity is the type of fat we eat. The rapid increase in obesity that began in the 1980s coincides with the emphasis on low fat diets and the food pyramid promoting grain and carbohydrate consumption in place of fat. While this is only circumstantial evidence, a large number of studies now show the low fat dietary approach to be wrong.

# **Food**

A review of data from 23 random controlled trials comparing low carbohydrate and low fat diets showed most of the studies were conducted on people with health problems, including overweight/obesity, Type 2 diabetes and metabolic syndrome. The low carbohydrate groups often lost two to three times as much weight as the low fat groups. This is despite the fact that in most cases, calories were restricted in the low fat groups, while the low carb groups could eat as much as they wanted. When the researchers looked at abdominal fat (the unhealthy visceral fat) directly, low carb diets had a clear advantage.

## ***Type of fat is the key***

Despite what we have been led to believe fat is not the enemy. The type of fat that is found in our food is more important than the overall reduction of total fat. Fast foods and processed foods targeted to children and busy families are commonly high in processed vegetable oil, saturated, oxidised and trans fats.

A decrease in processed fats, trans and saturated fats in a controlled diet has been found to result in an overall decrease in body mass index in obese children. So overeating the wrong fats may contribute to obesity development even without excessive energy intake. In fact, the consumption of some fats, in particular medium chain triglycerides (found in coconut) have been shown to speed up weight loss. Despite the high fat content



*FATTY ACIDS  
PROTEIN  
FATS  
OMEGA-3  
OMEGA-6*

**ts**

***Despite what we have been led to believe fat is not the enemy. The type of fat that is found in our food is more important than the overall reduction of total fat.***



in nuts and some fruits like avocados they don't contribute to weight gain. In one study, those who consumed more nuts were the ones who did not put on weight compared to the low nut consumption groups. This is probably due to eating fewer junk food snacks and the benefits of the nutrients on the body's metabolism. Raw nuts with no added sugar, salt, oil or any other coatings are the most nutritious.

In our body fat has many functional roles including protecting the internal organs from knocks and trauma. It insulates and keeps us warm and cushions our joints, cushions our heels to stop jolting and jarring during walking and the fat on our fingertips enables us to feel, without pain, every touch. The fats keep our body protected and well oiled and serve hundreds of functions in all parts of the body, from cells to organs and whole systems. We should derive around 20% of our body's calorie requirement from fat and fat is an important source of fat soluble vitamins such as A, D, E, K and inositol and choline. These fats are essential to maintain and build cellular structure, including the brain and nervous system, and are major building blocks of steroid hormones such as oestrogen and testosterone.

## **GOOD OILS**

The oils we consume can also alter the sense of fullness. Obese people receiving supplements of 1300 mg per day of omega 3 for eight weeks compared to 260 mg per day while following a weight loss program, experienced a feeling of fullness for longer. Consumption of the weight loss diet and the high-dose omega 3 led to fewer hunger sensations immediately after the test meals, as well as two hours later.

### **The good and bad oil**

The research on omega 3 oils is now overwhelming. Our problem now, though, is not just a shortage of the omega 3 oils but too much omega 6 oils and processed fats, which can out, compete the good oils. We have been sold this story from the vegetable oils and margarine industry. However, they just forgot to tell you that we also have about 10 times too much omega 6 oils (vegetable oils like sunflower, safflower, grape seed etc) in the typical Western diet. They are not necessarily bad in their fresh form but we just have too much of them. In addition, most of them come highly processed already hidden in foods. Even if we don't eat much of these oils on our salads or in cooking, the omega 6 oils are used extensively in the food industry so most of your processed foods contain the omega 6 oils. This includes breads, pastries, prepackaged foods, especially the ones that say no or low cholesterol and, to add salt into the wound, you even find them in your packaged fish such as sardines.

Omega 3 oils are largely from marine sources, such as fish and seaweed, and land sources such as linseed (flaxseed), nuts (especially walnuts) and green vegetables. A number of studies have now shown omega 3 fatty acids to help with weight management. Studies have shown omega 3s reduce fat levels in animals fed a high fat diet. In one study the omega 3 fatty acid docosahexaenoic acid-DHA suppressed the development of fat cells in laboratory studies.

The studies also show omega 3 to 6 ratio in pregnancy is linked to childhood obesity and a higher intake of omega 3 fatty acids during pregnancy lowers the risk of childhood obesity by 32%. This is the time when large amounts of DHA are transferred from the mother to the infant to support brain development.

Plant-based omega 3 oils (alpha linolenic acid-ALA) are found in very high concentrations in linseed (flaxseed) and chia seed. These are also both great sources of other nutrients including fibre and regularly shown as an effective component of weight loss programs.

### **Benefits of coconut oil**

Coconut oil is another great food demonised by the Heart Foundation because it has lots of saturated fat. It is a rich source of medium-chain triglycerides (MCTs), which are metabolised differently compared to other fats. They bypass adipose tissue and are transported directly to the liver and promote up to a 5% increase in thermogenesis (the production of heat), which increases body metabolism by about 120 calories per day. The MCTs also increase a feeling of fullness and in one study



## ***BAD OILS***



of six healthy men saw a reduction of 256 calories per day. This may be related to the way these fats are metabolised. It is well known that ketone bodies (which the liver produces when you eat coconut oil) can have an appetite-reducing effect. Another study of 14 healthy men who consumed MCTs at breakfast ate significantly lower calories at lunch.

In addition, studies have shown that consuming coconut oil can contribute to reductions in weight and waist circumference. In a study of 40 women they were given 30 grams (two tablespoons) of either coconut oil or soybean oil for 28 days and told to eat fewer calories and walk every day. While both groups lost weight, just under one kilogram, the coconut oil group had decreased waist circumference and decreased HDL cholesterol while the soybean oil group had a mild increase in waist circumference and reduced HDL and increased LDL.

In another study in obese men, 30 grams of coconut oil for four weeks reduced waist circumference by 2.86 cm. Another study of just adding MCTs to the diet of 40 people for 90 days resulted in a reduction in body weight, waist circumference, a number of risk factors for diabetes and cardiovascular disease.

Coconut oil is also a great source of conjugated linoleic acid (CLA) and mice fed a diet rich in coconut oil were trimmer and fitter than mice fed a diet high in soybean oil due to coconut oil's level of CLA. Extra virgin coconut oil is fully saturated oil, making it the perfect oil to use in high heat cooking and even frying. Use it for everything from popping corn to making a morning smoothie.

## ***Butter reduces fat deposits***

Butter also has lots of CLA (conjugated Linolenic Acid), and has been shown to inhibit the body's mechanism for storing fat. Eating butter results in the body's utilisation of fatty reserves for energy rather than for creating obesity. The association between intake from 21 food and beverage groups and the subsequent five year difference in waist circumference found that those who consumed butter tended to maintain or reduce their waist measurement, compared to those who did not consume butter.

CLA has been shown to inhibit lipoprotein lipase, an enzyme that breaks down fat in the blood so that fat cell uptake, or body fat accumulation, can occur. This inhibition results in reduced fat deposits. CLA also increases the breakdown of fatty acids stored in the body's fat cells so they can then be returned to the blood stream to be used as an energy source for muscle cells, meaning simply that CLA directs the body to use fat reserves for energy.

Unlike saturated fats and omega 6 oils, olive oil, which is mainly omega 9 oils, doesn't compete with the omega 3 oils. Used with vegetables it increases the absorption of important antioxidants such as lycopene, the red colour found in tomatoes.

## **Store oils correctly**

Oil rapidly oxidises in heat, sunlight and exposure to oxygen so buy oils in dark glass bottles. Store oils in the fridge or dark, cool places. If heat and sunlight break them down, they'll form free radicals that damage your body. Heating oil makes even the best oil toxic. Cooking with oil destroys many of its nutritional components and causes other toxic components to form. Deep fried oils whether they are vegetable oils or animal fat are all toxic. Deep fried foods should be avoided altogether.

Despite the claims, margarines are no better and are much worse. Many of these products contain trans fatty acids, sometimes called hydrogenated fats, and are a notorious culprit in weight gain and heart disease. These toxic hydrogenated vegetable oils are in a solid, or semisolid state because it makes them easier to spread. They are included in biscuits, cakes, breads and many other commercial products. Some of the manufacturers take out the trans fatty acids and add other things that they claim are good for you and then get a special tick to say they are "healthy". They are over processed and we already consume too much of the omega 6 (vegetable) oils. Any omega 6 added to our modern diet is too much.

## **Avoid high fat diets**

While we are advocating changing our attitudes to fat and certainly changing the type of fats we eat we don't suggest you go on a high fat diet. High fat diets also have significant problems. After just five days of eating a high fat diet (55% of calories from fat while a normal diet is made up of about 30 percent fat), the way in which the body's muscles process nutrients changes, which could lead to long-term problems such as weight gain, obesity, and other health issues which shows that those high fat diets can change a person's normal metabolism in a very short timeframe. They found that muscles' ability to oxidise glucose after a meal is disrupted after five days of eating a high fat diet, which could lead to the body's inability to respond to insulin, a risk factor for the development of diabetes and other diseases.

*DISCLAIMER: Dr Peter Dingle is a researcher, educator and public health advocate. He has a PhD in the field of environmental toxicology and is not a medical doctor.*





# Off The Beaten Track In China

Off the beaten track in China? Most people don't venture out past the hustle and bustle of Beijing and Shanghai or past the Terra Cotta Warriors in Xi'an. What if I were to tell you that the country side in China is the place to be.

Flying with Air China to Guilin via Beijing, a 2-hour drive on windy roads through the mountainside, 200-meter cliff face drop offs, past farms and greenery, you will arrive by the riverside at Longsheng County, home to the Yao, Zhuang, Miao and Dong minority groups. From there you will drive up the hill to arrive at Ping An & Lonji village, the home for your next few days.

You will be met by the hostess from Li An Lodge, who will take you on a leisurely stroll through the local markets, up into the hills, where you can enjoy the beauty of the rice terraces and wooden structures in the village before arriving at the lodge.

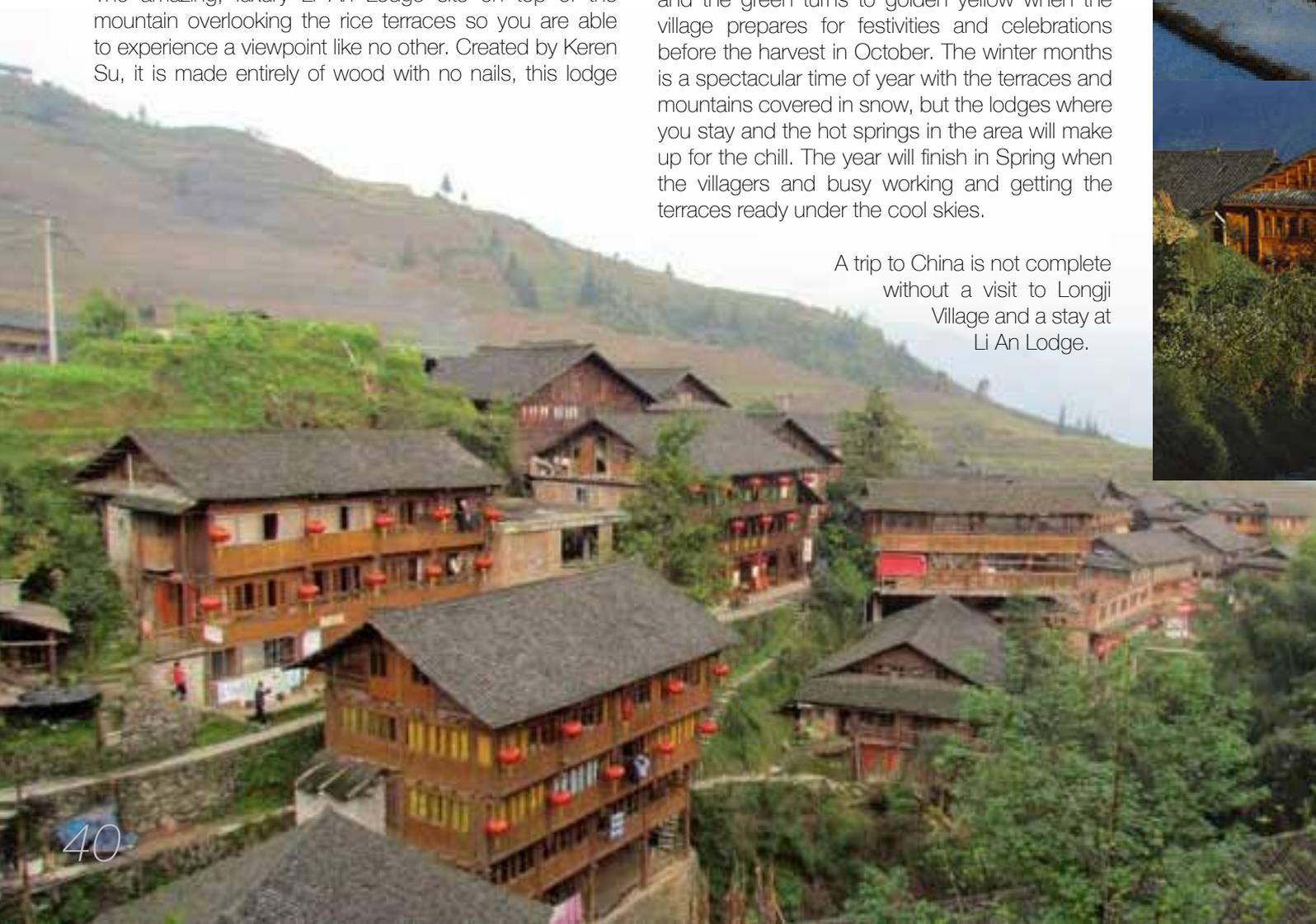
The amazing, luxury Li An Lodge sits on top of the mountain overlooking the rice terraces so you are able to experience a viewpoint like no other. Created by Keren Su, it is made entirely of wood with no nails, this lodge

has been a place where art lovers, photographers, and travellers can come to step back in time to experience what life was like (or is still like) for the Chinese country-siders.

The rice terraces of Ping An Village, a place where beauty unfolds as far as the eye can see as the terraces unwind endlessly. Different walking tracks and exploring through the terraces will take you to different villages where you will be welcomed by the locals and greeted with warm smiles. The people are simple and all live off the local land, but it will give you a great appreciation of life away from the big city, huge construction, pollution, and noise.

Each season will bring a different experience to the village so no matter when you go. Summer brings bright green rice terraces with blue sky and views that will amaze you. Head into Autumn and the green turns to golden yellow when the village prepares for festivities and celebrations before the harvest in October. The winter months is a spectacular time of year with the terraces and mountains covered in snow, but the lodges where you stay and the hot springs in the area will make up for the chill. The year will finish in Spring when the villagers are busy working and getting the terraces ready under the cool skies.

A trip to China is not complete without a visit to Longji Village and a stay at Li An Lodge.





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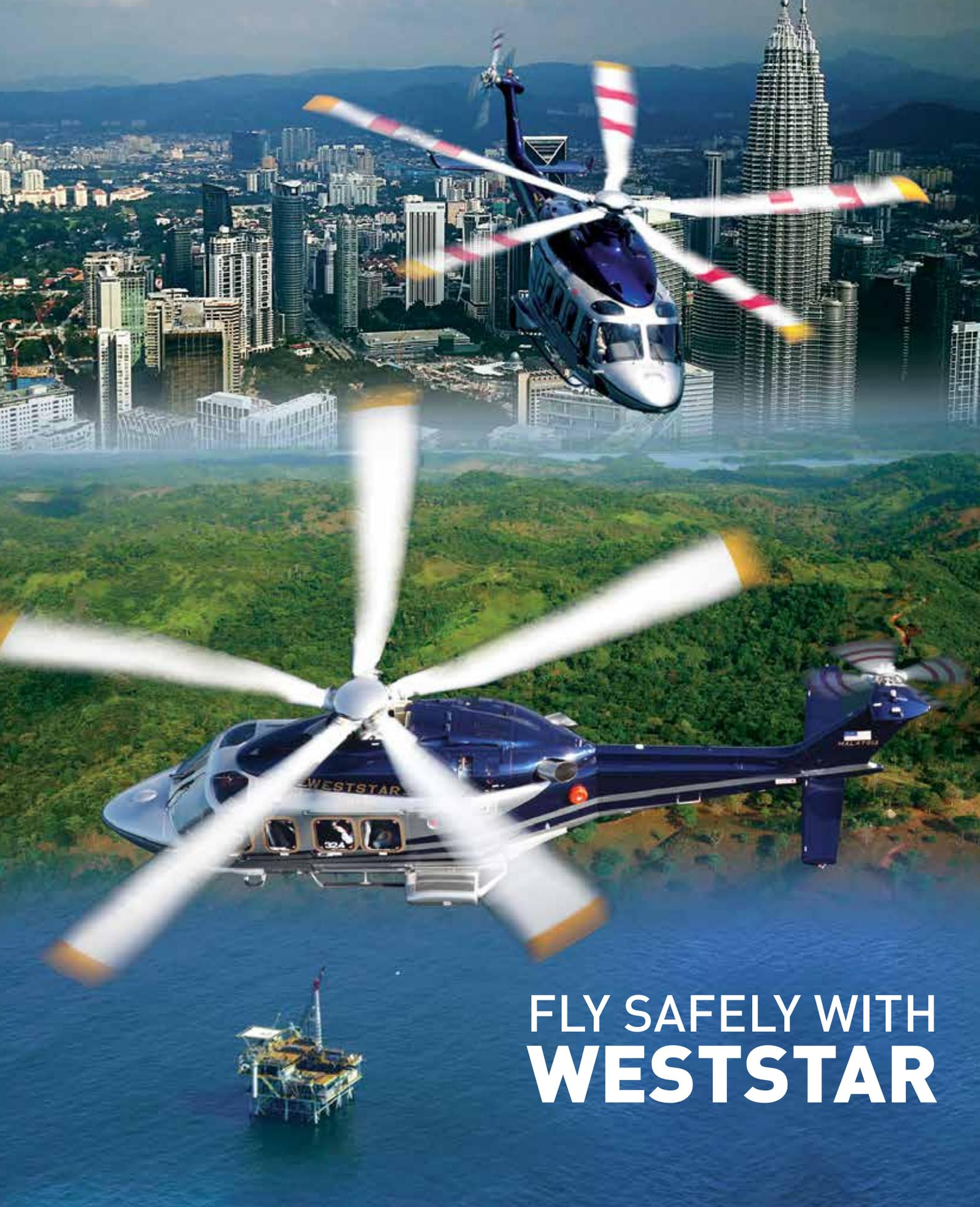


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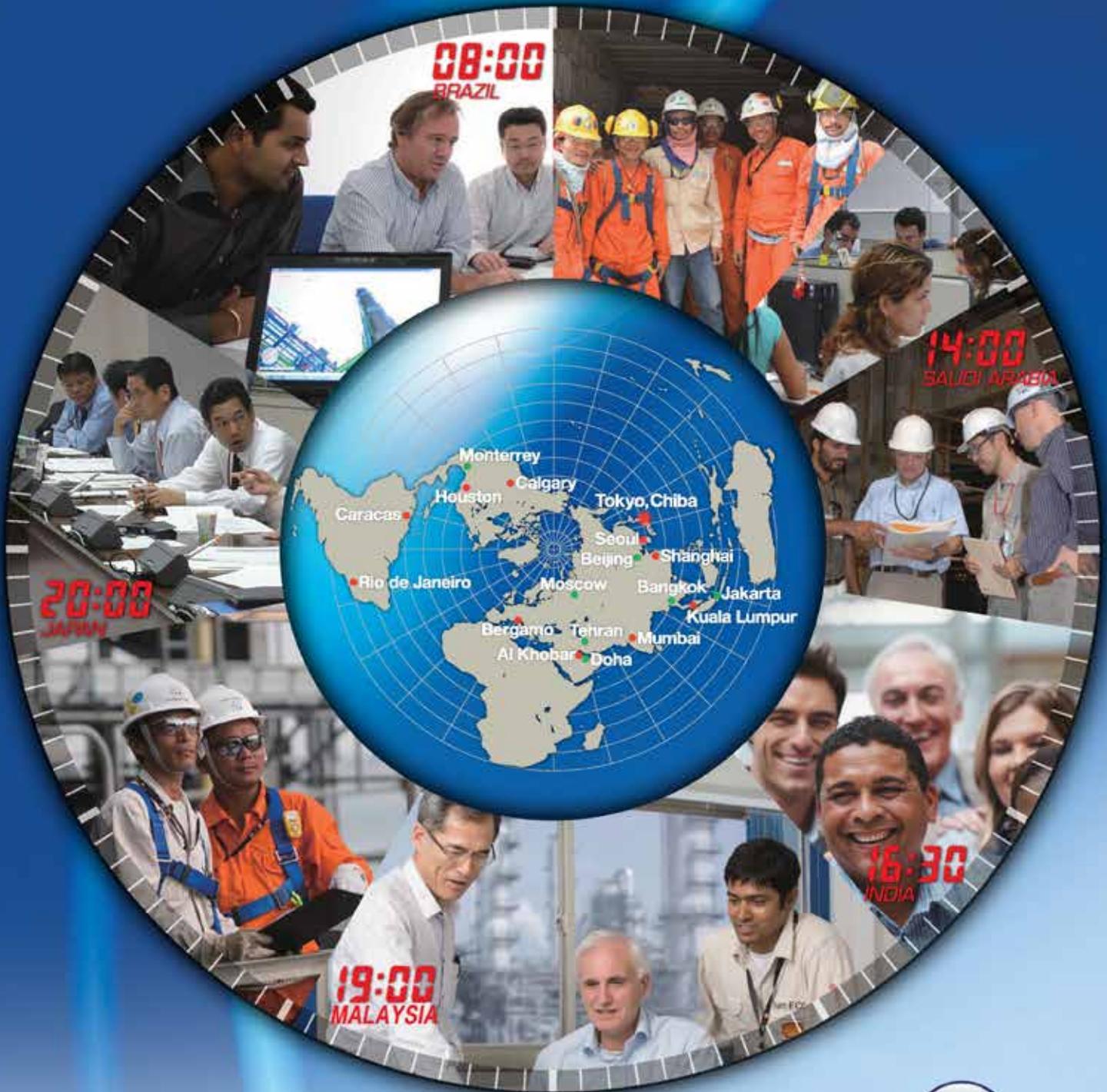
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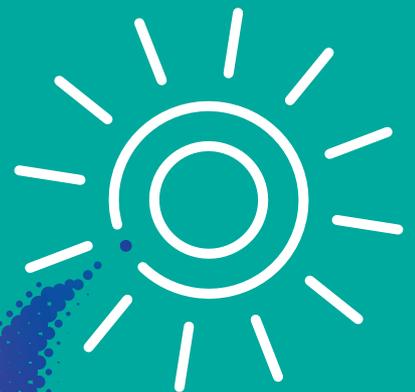
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