

Eat only the natural cold compressed oils such as Mustard oil, Sesame oil, Coconut Oil, and Ghee - These natural oils minimize food cravings by slowing stomach emptying time. Indian civilizations used natural oils for thousands of years, and our body knows how to assimilate these. Hydrogenated oils and trans fats made in factories are alien to the body, and cause inflammation in the body, including in the blood vessels. That increases the risk of heart disease. Trans fats got banned in all the western countries for the past several years. In India, there is no ban on trans fats (Dalda and Margarine), and these continue to get manufactured and sold freely in the market.