

'TIS THE SEASON!

Welcome to December and our 4th Issue! On behalf of all of us at Pharmtech, we wish you a very Merry Christmas, and a healthy and prosperous New Year! As ever, thank you for being a part of our [unparalleled health and wellness experience](#).

THE SPOTLIGHT'S ON: DIETARY FATS

Debunking Common Myths About Fats

Myth 1: All fats are unhealthy

While eating saturated and trans fats can have unhealthy effects, unsaturated fats actually have several benefits, like improving heart health, helping your body absorb vitamins A, D, E, and K, reducing inflammation, boosting memory, and promoting healthy pregnancies.

Myth 2: Our bodies don't need fat

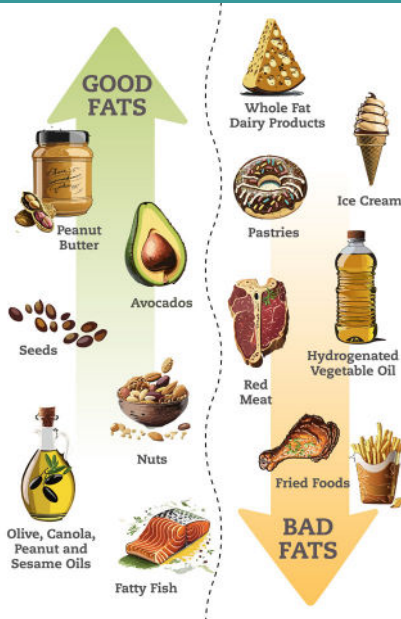
Fat is an essential part of a balanced diet. While limiting your intake of bad fats is important, you should still eat good fats in moderation to fuel your body and help it carry out necessary functions, like regulating temperature, hormones, the immune system, reproduction, and more.

Myth 3: Eating fats will cause weight gain

The best weight-loss approach is not snacking on low-fat foods but rather reducing calorie intake overall, combined with regular exercise. Foods high in polyunsaturated and monounsaturated fats can actually make you feel fuller with fewer calories, making them helpful for weight loss.

Myth 4: All fat-free foods are healthy

"Fat-free" foods pack grocery shelves, but that doesn't always mean they're a smart choice. Fat-free food may be high in sugar, refined carbs, and calories. Before buying fat-free snacks, check the label to make sure the fat isn't replaced with another unhealthy element.



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Helps treat psoriasis 

 Helps lower blood pressure

Can lower blood sugar levels 

 Protects your heart



LIGHT FRUIT CAKE RECIPE

Enjoy this quick and easy festive cake made with healthy extra virgin olive oil!

Ingredients

¾ cup / 175ml **Desert Miracle or Atlas Organic Extra Virgin Olive Oil**, plus extra for greasing

½ cup / 100g brown sugar

2 eggs, beaten

1 ¾ cup / 225g plain flour

1 tsp baking powder

1 tsp ground cinnamon

½ tsp allspice

½ orange, juiced

½ lemon, juiced

1 cup / 200g mixed dried fruit

1 cup / 200g apricot jam

icing sugar, for dusting



Method

STEP 1

Heat oven to 320°F / 160°C. Grease and line the base of two 8-inch springform cake tins with baking parchment.

STEP 2

Stir together the oil and sugar, add the eggs, flour, baking powder, spices and juices, and mix thoroughly with a wooden spoon until pourable and reasonably runny. Gently fold in the fruit, then divide the batter evenly between the tins. Bake for 20-25 mins or until a skewer inserted in the centre comes out clean, then leave to cool.

STEP 3

When cool, remove from the tins and sandwich the cakes together with jam. Sieve some icing sugar on top to serve.



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