



**THE ANIRUDH CODE**

MBBS · MD BIOCHEMISTRY · METABOLIC ARCHITECT

# THE REAL OILS GUIDE

*The 5 oils I cook with as a doctor — and  
the heat rule nobody taught you.*

**Dr Anirudh M Vaddineni**

The truths the food industry hid from you.

**A THE ANIRUDH CODE GUIDE**

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



A NOTE FROM DR ANIRUDH

# You asked the right question.

If you found this guide, you have already done the hardest thing — you started questioning what is in your kitchen.

In my videos, I showed you how refined seed oils quietly damage your cells and drive insulin resistance. This guide is the answer to the question thousands of you asked: “Doctor, then what do I use?”

Here is the secret most people miss: it is not just which oil — it is how you heat it. The right oil used at the wrong temperature turns against you. So this guide is built around one simple rule: match your oil to your heat.

Let us fix your kitchen — one bottle at a time.

— *Dr Anirudh*



CHAPTER ONE

# How India Cooked for 5,000 Years

For thousands of years, India never had a seed-oil aisle — and never had a diabetes epidemic like today's.

Our ancestors cooked in ghee, and in cold-pressed oils made the traditional way: the kachi ghani, a wooden or bullock-driven press that crushed seeds slowly, without heat and without chemicals. The oil came out fresh, fragrant and alive with its nutrients intact. Every region had its fat — mustard in the north and east, coconut in the south, sesame across the land. Ayurveda treated ghee and sesame oil as medicine.

Then, in barely a century, it was replaced. First came vanaspati — hydrogenated hardened oil sold as a cheap ghee substitute. Then the flood of industrial seed oils: extracted with petroleum solvents, bleached and deodorised until they were cheap, odourless and shelf-stable — but stripped and oxidised. Clever marketing did the rest, branding our ancestral ghee and coconut as “unhealthy” and factory oils as “heart-smart.”

We did not just change our oil. We swapped 5,000 years of wisdom for a rancid industrial product — and our metabolic health has paid the price ever since.

**THIS GUIDE IS A RETURN TO WHAT WORKED.**

*Stable, traditional fats for heat. Delicate, living oils for cold. The way your body was built to eat.*



THE SCIENCE IN 60 SECONDS

# Why Your Oil Matters

- **The fat becomes you.**

The oil you cook in doesn't just sit on your plate — it gets built into your cell membranes.

- **Bad oils “rust.”**

Fragile, industrially refined oils oxidise, inflame your cells, and jam your insulin receptors — a root cause of insulin resistance few talk about.

- **Good fats do the opposite.**

Stable, traditional fats nourish, protect, and burn clean.

- **The whole game.**

Stable fats for heat. Delicate oils for cold. That's it.



THE FRAMEWORK

# The Heat Rule

The type of cooking should decide your oil. Match the two and even a humble oil heals.

## NO HEAT — raw & finishing

### Extra Virgin Olive Oil

Delicate oils whose benefits die under heat. Salads and drizzling only.

## MODERATE HEAT — sauté & light fry

### Sesame Oil · Virgin Coconut Oil

Stable enough for everyday sautéing and South Indian cooking.

## HIGH HEAT — tadka, deep, roast

### A2 Ghee · Mustard Oil

The most stable fats — built for the Indian flame.



THE OILS I COOK WITH · NO. 01

# Coconut Oil

01

*My everyday champion — food and medicine in one.*

**SMOKE POINT · BEST HEAT**

**Virgin ~175°C · Refined ~205-230°C**

**MODERATE-HIGH**

**WHY IT'S HEALTHY**

- MCTs go straight to your liver for quick, clean energy and ketones — fuel that supports metabolism instead of being stored as fat.
- Lauric acid becomes monolaurin — the same antimicrobial fat nature puts in a mother's breast milk.

**CONDITIONS IT MAY SUPPORT**

PCOS / PCOD

Hormonal imbalance

Sluggish thyroid

Fertility support

Candida / gut

Brain fog

**BEST USE**

Everyday sabzi, sautéing, dosa & appam, tempering, South Indian cooking. A spoon in coffee for clean energy.

**AVOID**

Prolonged industrial deep-frying with the virgin type.

**DR ANIRUDH'S TIP**

*For a clean metabolic lift, add a little virgin coconut oil to your morning — energy without a sugar spike.*

**THE VERDICT**

*My number one. Stable, antimicrobial, energising.*



THE OILS I COOK WITH · NO. 02

# A2 Desi Cow Ghee

*Gut medicine — it heals while it nourishes.*

**SMOKE POINT · BEST HEAT**

~250°C — among the highest

HIGH HEAT

**WHY IT'S HEALTHY**

- One of the richest sources of butyrate — the favourite fuel of your gut-lining cells. It feeds and repairs the gut wall and calms inflammation.
- Vitamin K2 steers calcium into bones and away from arteries; fat-soluble vitamins nourish skin, hormones and immunity.

**CONDITIONS IT MAY SUPPORT**

IBS & bloating

Leaky gut

Constipation

Focus & clarity

Mood (gut-brain)

Immunity

**BEST USE**

Tadka, roasting, shallow & deep frying, rotis, rice — everyday Indian cooking.

**AVOID**

Vanaspati / “vegetable ghee.” Choose traditional desi / A2 cow ghee.

**DR ANIRUDH'S TIP**

*To heal the gut, take 1-2 tablespoons of A2 cow ghee every morning on an empty stomach, right after you wake.*

**THE VERDICT**

*The king of Indian high-heat cooking — and gut medicine.*



THE OILS I COOK WITH · NO. 03

# Extra Virgin Olive Oil

*A medicine when raw, a waste when fried.*

## SMOKE POINT · BEST HEAT

~190-207°C — but heat kills the polyphenols

NO HEAT · RAW ONLY

## WHY IT'S HEALTHY

- Polyphenols trigger autophagy — your body's cellular self-cleaning — and are powerfully anti-inflammatory (oleocanthal works ibuprofen-like).
- The most human-researched fat here: linked to better heart health, blood pressure and insulin sensitivity.

## CONDITIONS IT MAY SUPPORT

Chronic inflammation

Oxidative stress

Heart & metabolic health

Healthy ageing

Brain & joints

## BEST USE

Salad dressings, drizzling over cooked food, dips, finishing. Raw only.

## AVOID

Never deep-fry or high-heat cook — you burn away the very benefits you paid for.

## DR ANIRUDH'S TIP

*Treat raw olive oil like a daily dose of antioxidant medicine — a spoon over your food, never in the pan.*

## THE VERDICT

*Antioxidant medicine — raw, not roasted.*



THE OILS I COOK WITH · NO. 04

# Mustard Oil

*High heat, high heritage.*

## SMOKE POINT · BEST HEAT

~250°C — excellent for high heat

HIGH HEAT

## WHY IT'S HEALTHY

- A favourable fat profile, omega-3 content and antimicrobial compounds — trusted in Indian kitchens for centuries.

## BEST USE

Sabzi, tadka, pickling, North & East Indian cooking. Choose cold-pressed kachi ghani.

## AVOID

Use cold-pressed kachi ghani in normal culinary amounts, as traditionally done.

### DR ANIRUDH'S TIP

*The everyday workhorse of a real Indian kitchen — built for the flame.*

### THE VERDICT

*The Indian powerhouse — made for high heat.*



THE OILS I COOK WITH · NO. 05

# Sesame (Til) Oil

*A traditional all-rounder — best in moderation.*

## SMOKE POINT · BEST HEAT

Cold-pressed ~175°C · Semi-refined ~210°C

MODERATE HEAT

## WHY IT'S HEALTHY

- Its lignan antioxidants give real oxidative stability and carry a long Ayurvedic tradition of healing.

## BEST USE

Medium-heat sautéing, South Indian tempering, stir-fries, dressings; oil-pulling and skin.

## AVOID

Repeated high-heat deep-frying — it is more PUFA-rich, so use in moderation.

## DR ANIRUDH'S TIP

*A heritage all-rounder — best in moderation, never abused on high heat.*

## THE VERDICT

*The traditional all-rounder — moderate heat, moderate use.*



QUICK REFERENCE

# Match Your Oil to Your Heat

| OIL                   | SMOKE PT   | HEAT                 | BEST FOR                    |
|-----------------------|------------|----------------------|-----------------------------|
| Coconut (virgin)      | ~175°C     | <b>Moderate-High</b> | Everyday cooking, tempering |
| A2 Ghee               | ~250°C     | <b>High</b>          | Tadka, frying, roasting     |
| Extra Virgin Olive    | ~190°C     | <b>No heat</b>       | Salads, drizzling only      |
| Mustard (kachi ghani) | ~250°C     | <b>High</b>          | Sabzi, tadka, pickling      |
| Sesame (til)          | ~175-210°C | <b>Moderate</b>      | Sautéing, dressings         |

**REMEMBER**

*Smoke point tells you when an oil burns. Stability tells you when it turns toxic. This guide uses both.*



THE HONEST LIST

# The Oils to Throw Out



## Refined Seed Oils

Sunflower, soybean, canola, “refined oil,” rice bran — high in omega-6, oxidised, inflammatory. The villain from Part 1.



## Refined Palm Oil

Not a high-omega-6 seed oil — but refining creates contaminants (3-MCPD & glycidyl esters) flagged as concerning, it hides in almost all ultra-processed junk, and it’s what most street food is deep-fried and re-fried in.



## Vanaspati / Hydrogenated Fats

Trans fats. Avoid entirely — the worst of them all.



YOU ARE NOT BROKEN

# You are not broken.

If you're reading this, chances are you've been made to feel like something is wrong with you.

That you lack willpower. That your numbers are your fault. That this is just "your genetics," and the best you can do is manage it with a pill that only ever increases.

Let me tell you what no one in that ten-minute appointment did:

You were failed — by an industry that engineered your food to make you sick, and a system that profits from managing that sickness instead of ending it. You did everything you were told. And you still got worse — not because you're weak, but because the advice was wrong.

This was never your fault. And it was never the end of your story.



YOUR BODY IS NOT THE ENEMY

# Your body is asking to be heard.

Here is the truth I've built my life's work on: your body is not attacking you. It is asking to be heard.

Every symptom — the stubborn weight, the fatigue, the cravings, the rising sugar, the hormones in chaos — is not a malfunction. It's a message.

Symptoms are the smoke, not the fire. For too long you've been handed medicines that fan away the smoke while the fire keeps burning underneath.

Root-cause healing does the opposite. Remove what's harming the body, return what it was built for, and the body does what it has always wanted to do —

It heals. I have watched it happen — in reports, in reversals, in people told there was no way back. There is a way back.



**YOU DESERVE TO BE HEARD**

# **This is your turn.**

You were never meant to be a lifelong customer. You were meant to be free.

You deserve more than seven minutes and a stronger prescription. You deserve someone who looks at the whole of you — your food, your gut, your hormones, your energy, your story — and asks not “which drug?” but “what is the root?”

That is the work I do. Real, root-cause healing — for the people ready to stop managing and start reversing.

If something in you knows there’s a better way... trust it. That instinct is your body, finally being heard.

**BOOK A CONSULTATION**

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**WORK WITH ME**

# Ready to reverse it at the root?

Swapping your oil is step one. If you're serious about reversing insulin resistance, fatty liver, PCOS, or Type 2 diabetes at the root cause, I work with a limited number of people each month through a structured, root-cause protocol.

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Follow @theanirudhcode for the truths they hide.

*This guide is for education only and is not medical advice. Consult a qualified professional before changing your diet, especially if you are on medication.*