

# SOY AND CORN OIL

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Millions of lives may have been forfeited for Soy and Corn oil producers. From late 1970 through the early 80's, U.S. soy and corn oil producers perpetrated one of medical history's greatest scams upon the American people. With the intent to drive Asian Coconut Oil producers out of the cooking oil and food stabilizer market, they captured the attention of the media, which was all too eager to disseminate their unscrupulous advertising against coconut oil.

Their false claims, aimed at convincing the public that coconut oil was too high in cholesterol, flooded the marketplace through countless books, health articles and radio/TV ads. The medical community supported these claims and together, they convinced the public that coconut oil consumption significantly increased the risk for heart attack, stroke and death.

However, the truth is the exact opposite! Consumption of coconut oil, although a saturated fat, can actually protect against high blood pressure and heart attacks. For example, it is well known that Polynesians, who have consumed coconut oil for thousands of years, have good cardiovascular health. Why? Because the molecular structure of Coconut Oil's fatty acids include a health-promoting complement of hydrogen atoms. They are high-density lipids with the unique ability to promote a healthy heart and a cleaner circulatory system. In addition, while high in saturated fat, the content of coconut oil comprises medium chain fatty acids, which are easily digested and rapidly converted to energy rather than being stored as fat.

While demonizing coconut oil, the soy and corn oil industry initiated development of chemically-treated and broken fats called poly-unsaturated fats, with more than one missing hydrogen pair in the molecular structure.

Due to chemical intervention, food products containing these fats have bright colors, smell good, promote appetite and hunger. They

have been touted as cholesterol free and good for your health, but again, just the opposite is true.

Poly-unsaturated fats, now known as trans-fats can not be properly metabolized and wind up clogging the arteries, compromising immune responses, which leads to fat around the waist, hips and thighs, and have lead to a world wide heart disease epidemic.

Scientists have recently clarified that damage to human health caused by trans-fats is serious and life threatening.

Although trans fats are slowly being eliminated from some foods and certain food labels reflect no trans-fats, a great deal of deceptive marketing and product labeling still exist.

This is a problem that must be corrected. Meanwhile and most unfortunately, the lives and financial losses attributed the poly-unsaturated/trans-fat health promotion scam will never be recovered.

Coconut oil is proven to be one of the most effective health promoting nutrients available. It delivers a wide range of health benefits including cardiovascular and immune system support, weight loss and healthy skin just to mention a few. As scientists dig deeper into the healing properties of this natural gift, more benefits are being realized and more powerful disease treatments are being discovered.

Clearly, the responsibility for separating the wheat from the chaff regarding the truth about the benefits of coconut oil and other pure nutrients rests with the health professional. Through education, study, research and ethical practice, the practitioner can become and remain an advocate of health and the nutrition required to obtain and maintain it.

Although the FDA and U.S. Department of Health have estimated that a very high number of fatal heart attacks result annually from trans-fats, we can only speculate the number of obese, diabetic and arterially challenged patients who have succumbed to death by junk food.

Will the nourishment of America be dominated by Twinkies, Fluffo-

infused junk food snacks...and margarine?

The statements above have not been evaluated by the FDA. The nutritional suggestions and research provided are not intended to diagnose, treat, cure or prevent disease and should not be used as a substitute for sound medical advice.