Success Forum

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# Are "Vegetable" Oils Destroying Your Health?

Greetings! To some of you, you might look at this title and ask yourself, "Haven't I read this before?" The answer is yes. My original newsletter on this topic was two years ago. As I talk with people, and as I read more, it was impressed upon me that we all need to see this information again.

Ready? What if I told you that …

**ONE dietary change can virtually <u>eliminate</u> these from your future:**

**Heart Disease**
**High Blood Pressure**
**Stroke**
**Cancer**
**Obesity**
**Type II Diabetes**
**Alzheimer's Dementia**
**Macular Degeneration**
**Autoimmune Disorders**
**and so much more …**

That list came from a YouTube video presentation by Chris Knobbe MD. Find it here: https://www.youtube.com/watch?v=PvZk-jNqzgE When I first found it I started out thinking, well, this might be interesting. By the end, I was horrified!! Dr Knobbe presented information about how vegetable oils, most of which are technically INDUSTRIAL SEED OILS, are the primary drivers of **<u>ALL</u>** diseases in the Westernized world!

Since that time, I've learned so much more about these fats that have saturated our food supply (pun intended). Let's start with the question, what exactly are industrial seed oils? I found this great website with excellent information:

*https://functionalpatterns.com/blogs/articles/industrial-seed-oils-unveiled-the-implications-of-consuming-unhealthy-cooking-oils*

FunctionalPatterns.com sells unique exercise equipment to help reduce pain and optimize your body. They don't do a lot of content on nutrition, but they certainly did a nice piece on seed oils. There is a lot of really shady stuff in the history of seed oil use. They give a nice summary:

"The push for increased consumption of "heart-healthy" vegetable and seed oils is a result of the "diet-heart hypothesis" first introduced by physiologist Ancel Keys in the 1950s. However, Keys' conclusion regarding the role of dietary saturated fat and cholesterol in causing cardiovascular disease was based on low-quality research with many methodological flaws. Despite this, Keys recommended replacing dietary saturated fat with seed oils rich in omega-6 fatty acids, derived from cottonseed, corn oil, canola oil, safflower, sunflower oils and soybeans.

What makes this recommendation interesting is that it aligned with the growing seed oil industry's agenda. The industry was seeking a viable way to use surplus oil seeds that were abundant in omega-6 fatty acids, particularly cottonseed. The conversion of cottonseed into a cooking oil became a profitable solution for utilizing these surplus agricultural resources."

There's the literal bottom line: a profitable solution to make money on something that is essentially a poison to everyone who consumes it. And our government is complicit. Big surprise there. Why do I use the word **poison**? When you process the seeds to get the oils out, the oils become rancid. Rancid oils act as a **poison** in humans.

Let's talk just about obesity. We'll tackle health conditions next. As a younger person, you can be obese and still relatively healthy. But over time, obesity will cause a multitude of health issues. How did we get here? Relentless marketing. Money, power and politics. The people who have benefited from the rise in industrial seed oils do not care about you. Period. Their marketing tactics are heartless and cruel and *you and your loved ones* are their targets.

It started with cotton. American farmers grew a lot of cotton and ended up with piles and piles of cotton seeds. Here is what Google says about cotton seeds: "The first successful cottonseed oil mill was established in Natchez, Mississippi in 1833. The first cottonseed oil commercially produced was used primarily as fuel in lamps to replace whale-oil and as a lubricant for machinery. By the mid-1800s, cottonseed oil production was increasing. After the Civil War, cotton acreage had expanded significantly, resulting in an increase in cottonseed oil production." Remember, these are industrial seed oils.

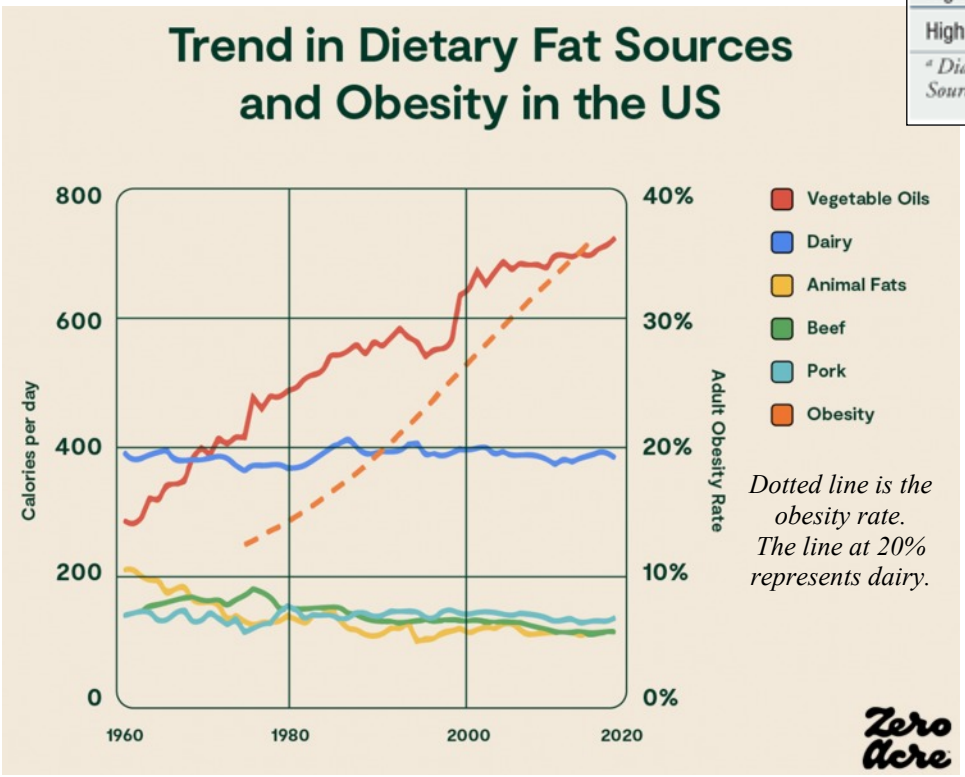
"It was first used as **lamp fuel** and **machine lubricant!"** But then they figured out how to refine it and sell it as cooking oil. Then the other industries jumped on board. You can see this ad from Mazola Corn Oil. Then the American Heart Association was paid off to endorse vegetable oils, and to this day, they recommend margarine over butter. And here we are: fatter and sicker than ever.

It's called Metabolic Syndrome. Here is a shocking statement: "A recent human clinical study showed that **88%** of adult Americans are metabolically 'unfit'." And Joel Bikman, a long-time nutrition executive and co-founder of a new science-based health company knows just the culprit. "It's simply our diet," said Bikman.*Jan 15, 2023*

**Table 1.** Diagnostic Criteria for Metabolic Syndrome[a]

| Criterion | Definition |
|---|---|
| Abdominal obesity | Waist circumference: men, >40 in. (>102 cm); women, >35 in. (>88 cm) |
| Hypertriglyceridemia | ≥150 mg/dL |
| Low HDL-C | Men, <40 mg/dL; women, <50 mg/dL |
| High blood pressure | ≥130/85 mmHg |
| High fasting glucose | ≥110 mg/dL |

[a] *Diagnosis based on presence of three of five factors.*
*Source: Reference 6.*



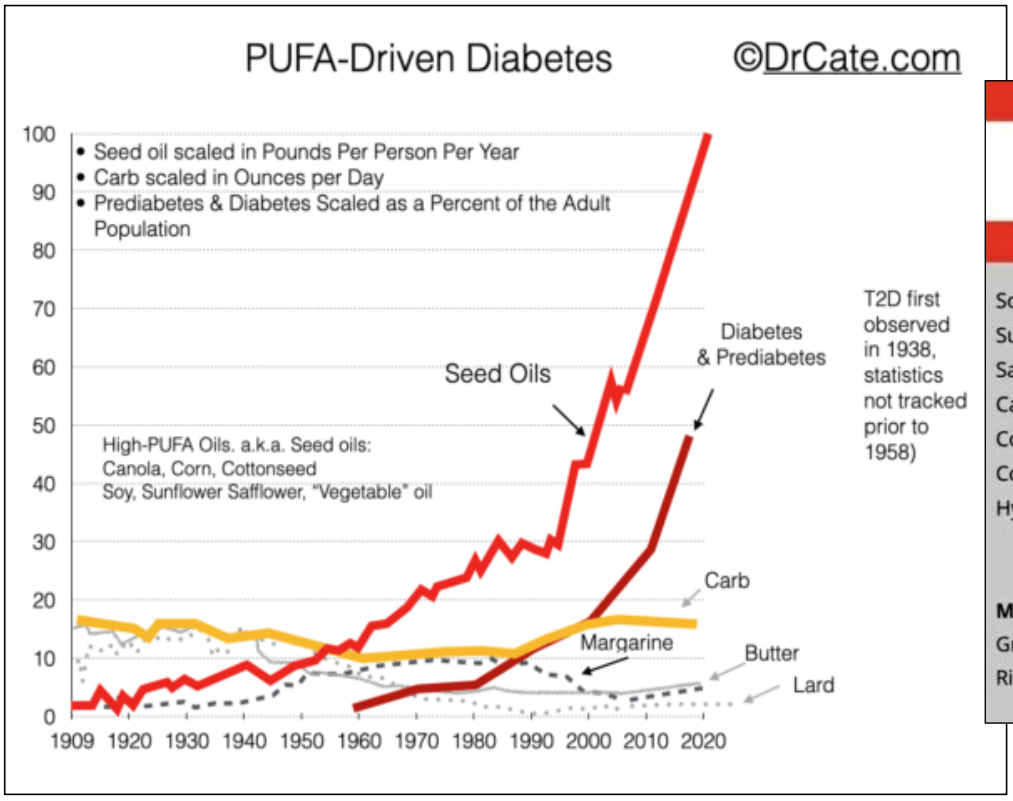
*ZeroAcre.com/blog/category/health*

Cate Shanahan MD has now written four books, all of them pretty much dealing with the inherent danger of eating industrial seed oils. Her latest is ***Dark Calories: How Vegetables Oils Destroy Our Health and How We Can Get It Back*** (Hachette Books, 2024).

Her Hateful Eight graphic goes back almost a decade. These are the oils that we have been persuaded to use, saying that they are from "vegetables," implying that they are healthy for us. Nothing could be farther from the truth. Notice what it says on the bottom of the graphic: They Came from Factories. They Kidnapped Your Metabolism.

In the graphic below, she tracks Type II diabetes (T2D) in America. Notice that prior to 1938 it had NEVER BEEN OBSERVED. They started tracking T2D in 1958. Now it is estimated that 38 million Americans have T2D!! Do you have any concept of the money involved in treated T2D? Unless there is a big change, these folks are on diabetes medication for life!! That's very profitable for the pharmaceutical industry!! Yes, this has been intentional.

What about heart disease? If you go to Dr Cate's website www.drcate.com/why-cholesterol-is-good you will find this title: The American Heart Association Started Calling Cholesterol Bad When Companies Using Vegetable Oils Started Making Donations. Seed oils have NOTHING to do with being healthy. We have been conned. Cholesterol is not your enemy. Cholesterol is critically important for brain function, cellular stability and hundreds of other things in the body.




| Bad Fats | |
|---|---|
| Polyunsaturated<br>Refined, Bleached, Deodorized | Trans<br>Label says "hydrogenated" |
| **Don't Eat** | |
| Soy oil | Fake whip cream |
| Sunflower oil | Fake butter spreads |
| Safflower oil | Store-bought pastries |
| Canola oil | Chicken nuggets |
| Corn oil | Margarine |
| Cottonseed oil | Shortening |
| Hydrogenated oil | Restaurant fried foods |
| | Most chips & crackers |
| | Most protein bars |
| **Mostly in restaurants:** | Most salad dressings |
| Grapeseed oil | Most granola & cereal |
| Ricebran oil | |

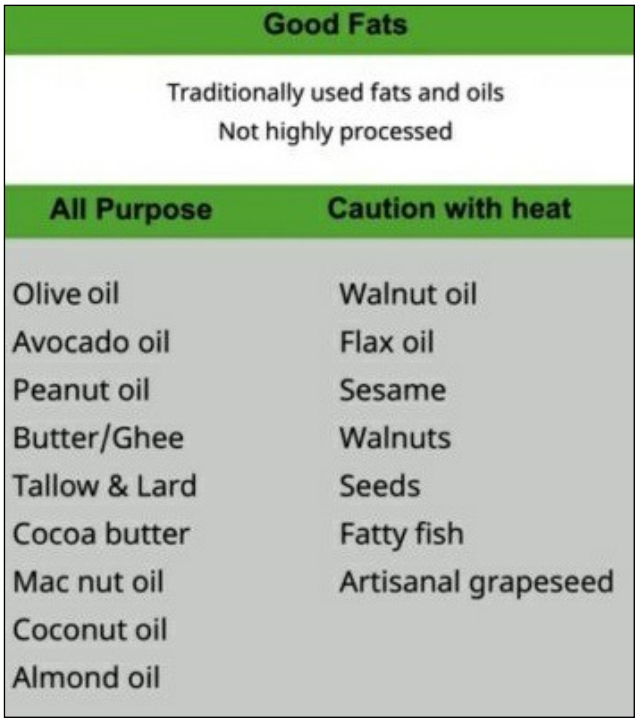
**Stop the Madness!** You can change your health and your future! This graphic is again from Dr Cate. STOP using the oils listed on the previous page and use these. My only concern here is that much of the olive oil available is not pure and you won't see the contamination on the label. ONLY use olive oil that is packaged in a dark glass or metal container. Use soon after opening. Once oxygen is in the container, it rapidly goes rancid.

Next: **STOP EATING FRIED FOOD**, especially from a restaurant. Those fryers are usually filled with soybean oil that is already rancid, then they heat it to super high temps and use it over and over again. Those deep fried mushrooms might be tasty, but they are also systematically causing the failure of your mitochrondria - kidnapping your metabolism. What else? Potato chips! Tortilla chips! Commercial popcorn. Nuts. Donuts. Read the labels! If it lists any of the Hateful Eight, consider carefully.

If you fry food at home, use one of the fats listed here. Butter is my favorite. Tallow (beef fat) and lard (pig fat) is great. Not listed is duck fat! It's an excellent way to fry and roast.

In *Dark Calories*, Dr Cate tells this story. "Vegetable oils contaminate more than just our food. They contaminate the the air we breathe, not just in the factories where they are made but in our very environment. After restaurants started making the changeover from trans fats, they dealt with fumes that formed a kind of lacquer on the walls and ceilings that couldn't be cleaned until the industry invented powerful new chemical solvents. The fumes also congeal and harden on workers' uniforms, and they have caused at least two laundromat fires, when the flammable lacquer ignited into lames inside the heat of the dryers." "Vegetable" oils are deadly.

**DUMP THE SALAD DRESSING**. A brief grocery store survey will tell you that 98% of all commercial salad dressings have soybean oil as the first ingredient. Those are the ones you can analyze. In a restaurant, you just have to assume. If you eat salad, try eating it plain or spritz it with some lemon juice. Bragg's does make a nice vinaigrette that has NO oils, but lots of great taste. Michael and I were at a nice restaurant the other day. Our waitress was very helpful. She confirmed that their house made dressing has NO oil in it and requested our meat be cooked in butter, not oil. The dressing was great! Don't be afraid to ask!




**READ LABELS**. Even some of my favorite "clean" products are now on my naughty list. There is an almond flour cracker that I really liked, but in reading the ingredient list it says, "Nut & Seed Flour Blend (almonds, sunflower seeds (!!), flax seeds), Tapioca Starch, Cassava Flour, Organic Sunflower Oil, then some seasonings. All seeds contain omega-6 PUFA oils. If you eat some raw sunflower seeds on occasion, that's fine, but when you process sunflower seeds into flour, those oils become rancid. And then they take pains to say that their sunflower oil is organic. Who cares?! It's a PUFA fat and does not belong in your food.

Peanut butter. Are you still buying Jif? Here is their ingredient label: Made From Roasted Peanuts And Sugar, Contains 2% Or Less Of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed And Soybean), Mono And Diglycerides, Salt. Do you know another name for fully hydrogenated soybean oil? Crisco! What is Crisco doing in peanut butter??

Watch ingredients in bread. I did a search for white bread. The label included "Soybean Oil and or Canola Oil." But you can find products that do not include oils of any kind. Be vigilant.

There's so much more to say, but I'll just say this. Please take this seriously. Your life literally depends on it. Blessings.

**Correction:** Do you remember this lady from the Creatine newsletter? Here's her testimony:

And now meet Linda! She is 73 years old, and she was diagnosed with multiple sclerosis (MS) over 30 years ago. At our nutrition club, we have a double stack gym and offer custom workout sessions we call HIT Fit, which is High Intensity Training Fitness. Each session is 20 minutes long and gives you a total body workout. It's based on the book *Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week,* written by McGuff and Little. It's amazing. Michael is our trainer. Linda asked Michael, "Do you think I could do that?" He said, NO. I don't think - I KNOW you can. She's been working out for about six months.

When we introduced our Herbalife Creatine product, she was interested in the brain support aspect of it. If you don't know, MS is an autoimmune disease that causes the body to attack the nerves in the brain. The next time I talked to Linda was shortly after a workout and she had just finished her creatine loading dose.

"The first day, I had less back pain. I'm feeling much stronger and my brain seems to be working better. Oh, and my blood pressure dropped! Now it's in a healthier range."

Linda walks with a cane because of the MS. One leg is much, much weaker than the other. Normally, she does an exercise then grabs her cane to safely move to the next position. Michael was shocked. This time she leaned her cane against the wall and didn't use it at all during the workout! And Michael said her bad leg was obviously stronger.

I asked Linda to review the testimony before I published, but she was out of town. I went ahead and sent the newsletter out. A couple of days later I heard from Linda.

Yes, Cheryl the write up is fine except that I'm not 73. **I'm 77!!**!

Remember that we don't diagnose, treat or prevent disease with the Herbalife products. But we do give the body the tools it needs in the form of good nutrition to heal.

Blessings

Many Thanks to EVERYONE for all Your Hard Work! You are changing lives every day with these products and this business opportunity!!!

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Source: Euromonitor International Limited; per Consumer Health 2023ed based on 2022 data.