**Paper**: Widespread Falsehood for Decades – One Example

**Date**: 28 Aug. 2020

**By**: D. R. Shearer

**Topic**: As Truth emerges at an ever-accelerating rate, falsehoods will be illuminated at the same rate. This Paper illustrates merely one of these falsehoods. A few decades ago, I learnt that the soybean contains aluminum by way of two different means. Knowing that aluminum can be partially, if not wholly causal in cognitive disorders, I eliminated the soybean and it’s derivatives from my family’s diet, long ago.

**Dysregulation of Hypothalamic Gene Expression and the Oxytocinergic System by Soybean Oil Diets in Male Mice**

[Poonamjot Deol](javascript:;), [Elena Kozlova](javascript:;), [Matthew Valdez](javascript:;), [Catherine Ho](javascript:;), [Ei-Wen Yang](javascript:;), [Holly Richardson](javascript:;), [Gwendolyn Gonzalez](javascript:;), [Edward Truong](javascript:;), [Jack Reid](javascript:;), [Joseph Valdez](javascript:;) [... Show more](https://academic.oup.com/endo/article/161/2/bqz044/5698148)

*Endocrinology*, Volume 161, Issue 2, February 2020, bqz044, <https://doi.org/10.1210/endocr/bqz044>

**Published:**

08 January 2020

[**Article history**](javascript:;)

**Abstract**

Soybean oil consumption has increased greatly in the past half-century and is linked to obesity and diabetes. To test the hypothesis that soybean oil diet alters hypothalamic gene expression in conjunction with metabolic phenotype, we performed RNA sequencing analysis using male mice fed isocaloric, high-fat diets based on conventional soybean oil (high in linoleic acid, LA), a genetically modified, low-LA soybean oil (Plenish), and coconut oil (high in saturated fat, containing no LA). The 2 soybean oil diets had similar but nonidentical effects on the hypothalamic transcriptome, whereas the coconut oil diet had a negligible effect compared to a low-fat control diet. Dysregulated genes were associated with inflammation, neuroendocrine, neurochemical, and insulin signaling. *Oxt* was the only gene with metabolic, inflammation, and neurological relevance upregulated by both soybean oil diets compared to both control diets. Oxytocin immunoreactivity in the supraoptic and paraventricular nuclei of the hypothalamus was reduced, whereas plasma oxytocin and hypothalamic *Oxt* were increased. These central and peripheral effects of soybean oil diets were correlated with glucose intolerance but not body weight. Alterations in hypothalamic *Oxt* and plasma oxytocin were not observed in the coconut oil diet enriched in stigmasterol, a phytosterol found in soybean oil. We postulate that neither stigmasterol nor LA is responsible for effects of soybean oil diets on oxytocin and that *Oxt* messenger RNA levels could be associated with the diabetic state. Given the ubiquitous presence of soybean oil in the American diet, its observed effects on hypothalamic gene expression could have important public health ramifications.

<https://academic.oup.com/endo/article/161/2/bqz044/5698148>

Conclusion

Given that soybean oil is the most consumed oil in America, a few different conclusions can be absolutely drawn from this fact.

While this is just one of many hundreds, if not thousands of falsehoods that are imposed upon society, the most important thing to realize is that the regulatory boards that are in place to protect public health are not doing their job, whatsoever.

It is the transfer of the drivers of every human being, from financial consideration to that of Love for all humanity, that will be the final and complete solution to the ever-increasing absurdity prevalent today.

References

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Questions? email – [davesheers@gmail.com](mailto:davesheers@gmail.com)

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