

Fats that can be Killer

Many studies have demonstrated a very close association between consumption of unsaturated oils and the incidence of cancer.

Canola (*a coined word for commercial purposes*) oil comes from the rape seed, which is part of the mustard family of plants. Rape is the most toxic of all food-oil plants. Like soya, rape is a weed. Insects will not eat it; it is deadly poisonous! The oil from the rape seed is a hundred times more toxic than soya oil.

Beware of heated oils. Heat processed oils are toxic. Make sure to always use only 'Cold Pressed' oils for preparing foods. Always keep your cooking oils sealed and refrigerated and most importantly keep them away from direct sunlight.

Beware of Trans fats which is the mainstay of all commercially processed and packaged foods. Trans fats does not exist in nature and therefore they are alien and toxic to our body.

Learning about these processes is essential to understanding why we must make certain food choices to prevent and even reverse degenerative diseases including heart disease, cancer and diabetes.

The acknowledgement that nutritional deficiencies related to consuming 'white grain, white sugar, and white fat' is enough to stop and make anyone think about what they are actually putting into their bodies, and what the consequences are. With the rise of diabetes and other disease related food consumption on the increase, the warning is to be clearly understood.

The human body cannot function properly without two polyunsaturated fats - linoleic and alpha-linolenic acid.

Some Conditions Improved by Omega-3 Oils: High Cholesterol Levels - Prevention of Strokes and Heart Attacks - Angina - High Blood Pressure

- Arthritis - Multiple Sclerosis - Psoriasis and Eczema - Cancer Prevention and Treatment - Allergies - Asthma - Calmness Under Stress – Vitality.

The idea that too much animal fat and high cholesterol is dangerous to your heart and vessels is nothing but a myth. Here are some astonishing and frightening facts. Cholesterol is not a deadly poison, but a substance vital to the cells of all mammals. There are no such things as good or bad cholesterol, but mental stress, physical activity and change of body weight may influence the level of blood cholesterol. High cholesterol is not dangerous by itself, but may reflect an unhealthy condition, or it may be totally innocent. Your body produces three to four times more cholesterol than you eat. The production of cholesterol increases when you eat little cholesterol and decreases when you eat much. This explains why the 'prudent' diet cannot lower cholesterol more than on average a few per cent. The reason why laymen, doctors and most scientists have been misled is because opposing and disagreeing results are systematically ignored or misquoted in the scientific press.

Myth: Heart disease is caused by consumption of cholesterol and saturated fat from animal products.

Truth: During the period of rapid increase in heart disease (1920-1960), consumption of animal fats declined but consumption of hydrogenated and industrially processed vegetable fats (trans fats) increased dramatically.

Myth: For good health, serum cholesterol should be less than 180 mg/dl.

Truth: The all-cause death rate is higher in individuals with cholesterol levels lower than 180 mg/dl. (Circulation 1992 86:3:1026-1029)

Myth: Animal fats cause cancer and heart disease.

Truth: Animal fats contain many nutrients that protect against cancer and heart disease; elevated rates of cancer and heart disease are associated with consumption of large amounts of vegetable oils. (Fed Proc July 1978 37:2215)

Myth: Children benefit from a low-fat diet.

Truth: Children on low-fat diets suffer from growth problems, failure to thrive and learning disabilities. (Food Chem News 10/3/94)

Myth: A low-fat diet will make you “feel better . . . and increase your joy of living.”

Truth: Low-fat diets are associated with increased rates of depression, psychological problems, fatigue, violence and suicide. (Lancet 3/21/92 v339)

Myth: People in general do not consume enough essential fatty acids.

Truth: People consume far too much of one kind of EFA (omega-6 EFAs found in most polyunsaturated vegetable oils) but not enough of another kind of EFA (omega-3 EFAs found in fish, fish oils, eggs from properly fed chickens, dark green vegetables and herbs, and oils from certain seeds such as flax and chia, nuts such as walnuts and in small amounts in all whole grains.) (Am J Clin Nutr 1991 54:438-63)

Myth: To avoid heart disease, we should use margarine instead of butter.

Truth: Margarine eaters have twice the rate of heart disease as butter eaters. Butter is actually a healthy fat. (Nutrition Week 3/22/91 21:12).

Substances that are toxic to our bodies come at us from all directions: the air we breathe, the food we eat, the water we drink, the cleaning products we use, and the metabolic waste produced inside us. Toxins build-up in the body contributes to premature aging and chronic and degenerative diseases. Dr. Steve Nugent, the past president of the American Naturopathic Medical Association, reported recently that “in the typical American home there are more toxins inside the home than outside the home! Your cells actually contain over 400 new toxins that did not even exist 45 years ago and we are losing the battle against toxins!”

It is a fact. There are increasing amounts of toxins and chemical agents in the water we drink, the food we eat and the air we breathe - they all contribute to the breakdown in cellular communication and disease.

Most modern maladies are caused by prolonged exposure to a combination of negative lifestyles and toxic environmental factors, including junk food and malnutrition, pesticides, antibiotics, microwaves, chemical pollution of food, water and air, lack of exercise and chronic stress. These factors are further aggravated by the failure of modern medicine to recognize them as agents of disease and death and the

consequent failure to take preventative measures against them. The same chemical companies that produce toxic chemicals also produce prescription drugs, veterinary medicines, a wide array of medical products. Families with toxin induced illnesses often spend large sums for drugs and medical treatment. This circle of profit is not conspiracy theory, but an easily provable fact.

What you do not know *can* hurt you.