

## **Fats that damage the entire body**

You cannot afford to jeopardize your health by consuming unnatural oils and fats, such as man-made hydrogenated fats (trans-fats) and polyunsaturated fats and oils from vegetable oils. These fats and oils are damaging to your entire body because they affect the structure of every single cell.

Not only are these fats toxic, increasing the body's need for vitamin E and other antioxidants (substances that guard the body against harmful effects), but they also severely depress the immune system.

The fact is these unnatural fats are only one molecule away from being plastic, and they act just like plastic in your body. You would not melt down Tupperware and eat it, so you do not want to consume any unnatural plastic fats and oils.

The hydrogenation process used by the oils and fats industry produces trans-fats, which are more damaging than any other oils and fats because it employs:

- High heat,
- A metal catalyst such as nickel, zinc, copper, or other reactive metals,
- Hydrogen gas.

This is a volatile combination designed to extract and process oils, but it results in an extremely toxic product that the body reacts to it like it does to other toxins and poisons.

Also these fats and oils go rancid (become decomposed) very easily, even when refrigerated, and often they are rancid when purchased at the store.

Vegetable fats and oils to eliminate from your diet are derived from plants such as canola (from rape seed), soy, safflower, sunflower,

soybean, and corn. This includes products that contain these fats, such as margarine, salad dressing, mayonnaise, cooking and baking oils and fats, and a myriad of foods that contain these fats and oils.

Other products that contain these plastic oils and fats are: breads, pastries, cake, cookies, muffins, buns, French fries, potato chips, snack foods, soups, canned meats, processed meats, cream substitutes and flavorings, ice cream, nuts, and so on and so on.

The only way to eliminate them is to make homemade condiments, soups, broths, etc. and by purchasing unprocessed 'real' foods.

Plants from which vegetable fats and oils are produced have evolved a variety of toxins designed by nature to protect them from 'predators' such as grazing animals, and their seeds contain a variety of toxins. The seed oils themselves block digestive enzymes that break down protein in the stomach.

These digestive enzymes are necessary for proper digestion, production of thyroid hormones, clot removal, immunity and general adaptability of cells. Therefore using such plants to produce oils and fats is unnatural, and they are very damaging to the body.

In *The Skinny on Fats* Sally Fallon notes: "One reason the polyunsaturated [fats and oils] cause so many health problems is that they tend to become oxidized or rancid when subjected to heat, oxygen and moisture as in cooking and processing. They have been characterized as 'marauders' in the body for they attack cell membranes and red blood cells and cause damage in DNA/RNA strands, [the material inside the nucleus of cells that carries genetic information] thus triggering mutations in tissue, blood vessels and skin."

Free radical [unstable molecular fragments that can damage cells] damage to the skin causes wrinkles and premature aging; free radical damage to the tissues and organs sets the stage for tumors; free radical damage in the blood vessels initiates the buildup of plaque.

Is it any wonder that tests and studies have repeatedly shown a high correlation between cancer and heart disease with the consumption of polyunsaturates?

New evidence links exposure to free radicals with premature aging, with autoimmune diseases such as arthritis and with Parkinson's disease, Lou Gehrig's disease, Alzheimer's and cataracts.

Unfortunately the body will incorporate these unnatural man-made fats and oils into every cell, which changes the structure of cell membranes. When these plastic fats and oils are incorporated into the cells it makes them flabby, meaning they are 'out of condition' and 'not strong.'

Weak flabby cell membranes allow toxins to enter them, which further damages health, as in the case of lung cancer from cigarette smoke.

Most of the body's cells need to be constructed with 50% saturated fats, except the lungs, which require 100% saturated fat and in *Saturated Fats and the Lungs* Mary G. Enig, PhD points out "When people consume a lot of partially hydrogenated fats and oils, the trans fatty acids are put into the phospholipids [fats] where the body normally wants to have saturated fatty acids and the lungs may not work effectively."

When our body's cells are constructed as nature intended they do not allow harmful toxins to enter and they are better able to utilize nutrients and oxygen, and to get rid of waste. For this reason all unnatural fats and oils should not be consumed by anyone!

### *Foods that Damage*

- Processed foods, fake foods and food products, particularly white flour.
- Irradiated and microwaved foods.
- Pasteurized foods and foods that are processed using high heat.

- Meats, eggs and seafood from ‘factory farms.’
- Genetically modified foods.
- Sugar and all forms of it, including a high consumption of fruits, honey, molasses, substitute, and fake sugars, etc.
- Man-made vegetable oils and fats, and all products containing them.
- Soy and soybean-based foods, supplements and products.
- Grains, nuts, seeds and legumes that have not been properly prepared, and including all products containing them.
- High carbohydrate diets.
- Diets that do not contain adequate amounts of protein from meats, eggs and seafoods.
- Diets low in natural fats.