

POLYUNSATURATED OILS? DECIDEDLY NOT.

Cholesterol is not the enemy. In fact, if you do not provide your body with enough of the right kind of fats, your body will have to manufacture its own cholesterol. And remember, our bodies are a lot smarter than the food industry's hired gun scientists.

This information flies in the face of the 'conventional wisdom', which may be conventional, but certainly isn't wise: all of the polyunsaturated oils that are now promoted as healthful are not. In fact, they are dangerous. In order to maintain your health, shun these manufactured, oxidised, chemicalised products.

The polyunsaturate-pushers don't want you to know the truth. For decades their propaganda has covered up the dangers associated with having low blood cholesterol, and the safety of the old-fashioned fats and oils that have nourished countless generations.

Lost in the shuffle are the hundreds of studies proving that low cholesterol leads to much higher deaths from cancer. These studies have appeared for decades in obscure medical journals and in the books of corporate-neutral scientists. Regrettably, few people are exposed to them. But articles praising the heart 'benefits' of polyunsaturated oils appear everywhere. So, too, do the glossy, full-page advertisements their manufacturers have paid for. Advertisements are the lifeblood of most magazines and newspapers, and when the ads are accompanied by favourable articles, it is prudent to look with healthy scepticism upon the products they promote.

A study in Honolulu showed that age-adjusted mortality from cancer was four times higher in the low serum cholesterol group, compared to the high serum cholesterol group. In Malmo, Sweden, the lowest serum cholesterol group was associated with the highest death rate, mainly due to cancer and other non-coronary heart disease causes.

Men, are you aware that without the right kind of cholesterol, your body will be unable to manufacture its own testosterone? Apart from the obvious masculinity problems,

scientists have identified low testosterone as the cause of ‘Irritable Male Syndrome’, the grumpy, non-communicative, moody male who makes life miserable for his family.

Gary Taubes, the author of *The Soft Science of Dietary Fat*, wrote “Men with very low cholesterol levels seemed prone to premature death; the lower the cholesterol the shorter the life... Men with cholesterol levels below 4.1mmol/L tended to die prematurely from cancer, respiratory and digestive diseases and trauma. As for women, the higher the cholesterol the longer they lived.”

Dr Robert Jay Rowen agrees. In his newsletter, *Second Opinion*, he writes, “Cholesterol dangers are largely a myth... The majority of heart attacks in this country [*the US*] are incurred by people in the ‘normal’ range... I see a 67-year-old woman with cholesterol levels over 800 with no signs of vascular disease or hypertension whatsoever!”

Women must have cholesterol. Without this vital nutrient, their bodies will not be able to produce the hormones they need for their reproductive cycle, and to keep them healthy throughout their later years.

Perhaps most telling of all is what leading endocrinologist Dr Raymond Peat wrote in his book, *From PMS to Menopause*: “Unsaturated oils, especially polyunsaturates, weaken the immune system’s function in ways that are similar to the damage caused by radiation, hormone imbalance, cancer, aging, or viral infections. The media discuss sexually-transmitted and drug-induced immunodeficiency, but it isn’t yet considered polite to discuss vegetable oil-induced immunodeficiency.”

The hysterical cholesterol scare campaign gained currency for all the wrong reasons shortly after World War II, and was picked up by the food manufacturers and health professionals who didn’t read the research, and blown into a dangerous cult. Sure, some fats are deadly – but they are the *manufactured* fats, such as margarine, homogenised milk, soy oil, corn oil, etc. In short, all of the heavily-promoted oils are dangerous, and the fats and oils reviled by the huge companies – coconut oil and olive oil, are the good fats. But only if they are properly formulated and carefully stored.

For decades, the multinationals who manufacture trans-fats and unsaturated oils manipulated research, in order to promote the sale of their chemicalised, oxidised products, which are unfit for consumption – human or animal! In doing so, they have taken attention away from the real causes of heart disease – sugar, junk food, heavy grain consumption and the wrong kinds of fats. In spite of all the glossy ads and the misinformation campaigns that have led our health practitioners astray, cholesterol, unless it is oxidised, is a valuable nutrient. We need it because it is the precursor of progesterone, oestrogen, DHEA, pregnenolone and other hormones. Our bodies cannot manufacture these invaluable hormones without it.

Can Cause Impotence

According to the late Dr John Lee, “This decades-long misinformation campaign has been a contributing factor in the meteoric rise in the incidence of heart disease and cancer, and has helped bring billions of dollars in profits to companies selling both cholesterol-lowering drugs and hydrogenated oils.” Men who are prescribed these drugs, usually without warning from their physicians, learn the hard way that they can cause impotence.

For those who need more reasons to embrace a healthful diet, consider this: if you eat and drink yourself into severe heart disease and your physician warns that a bypass is your only option, you run a 42 percent risk of brain damage, neurological complications, and suffering a stroke on the operating table.

Dr Julian Whitaker, of Whitaker Wellness Institute Medical Clinic (www.drwhitaker.com), explains why: “There are several explanations for this. Ill effects of anaesthesia may be a factor. Inflammatory chemicals that are released in massive quantities during surgery likely have adverse effects as well. However, the primary culprit appears to be the heart-lung machine...which may introduce air bubbles into the bloodstream that can interfere with blood flow to the brain. Even worse, messing with the aorta loosens embolic matter (small bits of plaque and blood clots), which can break off, travel up the carotid arteries in the neck, lodge in the blood vessels of the brain, and disrupt oxygen delivery.”

Be wary of doctors and persuasive glossy advertisements pushing statin (cholesterol-lowering) drugs. They work by blocking an important enzyme the body uses to make cholesterol, but the makers have evidently not considered what other essential work that enzyme may be required to do.

Then there are the well-documented side effects: intestinal disease, increased risk of cancer, stroke, suicide and severe Alzheimer's Disease. Bayer had to withdraw its statin drug, *Baycol*, from the US market, when it was found to be responsible for 31 deaths from a muscle-destroying disease. Another, *Cervistatin*, was also taken off the market when it created the same problems. *Public Citizen*, a US consumer watchdog, petitioned the government to force drug companies to warn that they should quit the pills at the first sign of muscle pain or weakness. Why not warn people not to take these poisons at all?

Dr Duane Graveline, on the radio show, *The People's Pharmacy*, described bouts of total amnesia he experienced while taking a statin drug. (Pfizer, who make the killer statin, *Lipitor*, deny that there have been any reports of memory loss.)

A large Hungarian study, reported in *Dr Peat's Newsletter*, showed that using a drug to lower cholesterol failed to protect the heart, and greatly increased the cancer death rate. "It is now widely recognised that the pattern of blood lipids associated with lower incidence of heart disease – higher blood levels of the High Density Lipids (HDL) and lower levels of the Low Density Lipids (LDL) – is associated with a higher cancer risk. It seems that any intervention – not just excess vegetable oil – which lowers the LDL cholesterol will increase the risk of cancer." In other words, just the opposite of what the 'experts' say.

The lesson to be learned here is that all of us should consume as perfect a diet as possible, shun drugs, and keep the sickness industry at bay. Don't let them play Russian roulette with your heart and life!

Dr Peat quotes experiments that show even a 'moderate' use of unsaturated oils in the diet accelerates aging. Mice fed soy oil produced offspring with smaller brains and learning

difficulties, compared to the offspring of mice given coconut oil. He says, “The brain seems to be especially sensitive to the toxic effects of vegetable oils.” Dr Peat also says that if polyunsaturated oils are not eaten, vitamin E needs become low, and he warns that women should shun unsaturated oils during pregnancy, in order to protect their babies.

Mother’s milk is rich in cholesterol, and nature didn’t put it there because it is bad for infants. It is there to ensure proper development of the nervous system and brain. Whenever women tell us proudly that they have their babies and older children on margarine and low-fat milk we are horrified. These children will never realise their full potential – they are being starved of the kind of fats their brains need. Denying babies and children the right kinds of fat is child abuse, and any physician or so-called health professional who advises this starvation diet should be ashamed.

Rancidity

Flax oil has been heavily promoted for several years as ‘essential’ for health, and many people force themselves to take a tablespoon each day, even though they don’t like the taste. This is misguided, according to Dr Peat, who considers it “...the most carcinogenic of oils”! The British alternative medical newsletter, *What Doctors Don’t Tell You*, carried out exhaustive tests on all the brands of flax oil sold in London. They found that most were rancid, which is dangerous because rancidity promotes cancer. Two were not rancid, but the magazine reported that they turned rancid after a few days of refrigeration.

Next time a health professional urges you to consume this oil, ask why it comes in a dark bottle and must be refrigerated immediately. Common sense dictates that

Radical Facts

What are these ‘free radicals’ we hear so much about? This is Dr Peat’s definition: “Free radicals are reactive molecular fragments that occur even in healthy cells, and can damage the cell. When unsaturated oils are exposed to free radicals they can create chain reactions of free radicals that spread the damage in the cell, and contribute to the cell’s aging.”

this is because it is highly unstable and readily breaks down into free radicals. If that doesn't scare you, this should: under the influence of unsaturated fats (including flax oil) brain cells swell, and their shape and interactions are altered.

As for the so-called, much-touted 'essential fatty acids', consider this quote from Dr Peat's book, *From PMS To Menopause*:

"Essential fatty acids are, according to the textbooks, linoleic acid and linolenic acid, and they are supposed to have the status of 'vitamins,' which must be taken in the diet to make life possible. However, we are able to synthesise our own unsaturated fats when we don't eat the EFA, so they are not 'essential.' The term thus appears to be a misnomer."

*(M.E. Hanke, **Biochemistry**, Encycl. Brit. Book of the Year, 1948).*

Intrinsically Toxic

Far from being 'essential', these oils are intrinsically toxic and should be avoided. They inhibit enzymes that are needed for digestion and for the production of thyroid hormones. As Dr Peat writes, these oils "increase the risk of abnormal blood clotting, inflammation, immune deficiency, shock, aging, obesity and cancer... Since the unsaturated oils block protein in the stomach, we can be malnourished even while 'eating well'....

Linoleic acid constricts blood vessels and promotes hypertension... and is specifically associated with serotonin-dependent disorders such as migraine.... Polyunsaturated fats contribute significantly, maybe decisively, to the degenerative changes that occur in aging." Flax oil and all the other unsaturated oils are everywhere – small wonder there is so much serious illness in the 'civilised' world.

Canola oil should also be shunned, but this is easier said than done, as it is ubiquitous. The only way to keep it out of your diet is by strict avoidance of fast food outlets, by keeping junk food out of your life and by being fussy when choosing manufactured foods.

Remember, when you are tempted by a quick snack:

Fast Food = Fast Death!

Nutritional experts Sally Fallon and Mary Enig, PhD, in a lengthy article in *Wise Traditions*, wrote, "...canola oil is definitely not healthy for the cardiovascular system. Like rapeseed oil, its predecessor, canola oil is associated with fibrotic lesions of the heart. It also causes vitamin E deficiency, undesirable changes in the blood platelets and shortened lifespan in stroke-prone rats... Furthermore, it seems to retard growth, which is why the FDA does not allow the use of canola oil in infant formula."

Margarine, one of the worst offenders, must be avoided. During the many chemical processes used to manufacture this product, hexane and carbon tetrachloride are used as solvents, and traces remain. To achieve a butter-like consistency, hydrogen gas is bubbled over a nickel catalyst, saturating the fat and turning it into an artery-clogger.

These chemical insults create an odoriferous black goop, which must be bleached and deodorised with even more chemicals. Then artificial flavours, dyes and preservatives are added. The result is a plastic, chemical non-food that your body does not know how to deal with or detoxify. You might just as well inject liquid plastic into your veins. Amazingly, many doctors still recommend this stuff for prevention of heart attacks!

Toxic Cookware to Avoid – and Four Safe Alternatives

Many don't know that the cookware used in preparing food is almost as important as the food itself. Even the healthiest diet can result in health complications – if your cookware is toxic.

We've researched the most dangerous cookware and found safer options to use instead.

1. Teflon cookware

Teflon is probably the biggest offender on the list. Many people choose this non-stick material because it's convenient and ubiquitous. But it's also the most dangerous.

The non-stick properties of Teflon cookware are achieved with a coating of PTFE (polytetrafluoroethylene), which is a plastic polymer that starts to leach toxins when heated above 572 degrees Fahrenheit. These toxic fumes lead to flu-like symptoms called polymer fume fever, informally known as Teflon flu. They're not only dangerous to people, but they're also fatal to pet birds, such as parrots.

Another chemical compound found in Teflon cookware is PFOA (perfluorooctanoic acid), which has been linked to several types of cancer including, breast, prostate, and ovarian cancer. While some maintain that PFOA is present in Teflon products in such small amounts that it poses no risk to humans, it's worth noting that it's also found in many other everyday things.

That's why it's best to limit your exposure to it wherever possible.

Other coated non-stick cookware might be PTFE and PFOA-free (such as granite), but it's only safe to use while the coating is in tact. Coatings are often thin and chip easily. Once chipped, all of that cookware should be tossed in the bin.

Try this safe alternative instead: *real cast iron cookware*. This is a safe cooking option that truly withstands the test of time. It heats well and evenly, and can even be seasoned to make non-stick. It doesn't leak anything toxic into your food and is actually a good natural way to increase your iron levels. If your iron levels are fine, you can try enameled cast iron cookware, which is just as safe and convenient to use.

2. Aluminum cookware and aluminum foil

It's no surprise that the use of aluminum is so widespread – besides being the most abundant metal, it's also very strong, lightweight, versatile, and recyclable. However, it's not without hidden dangers.

Aluminum is a neurotoxic metal. Elevated aluminum levels have been linked to several central nervous system diseases, including Alzheimer's and ALS. Though aluminum cookware is usually coated, the coating is prone to chipping, releasing the toxic metal into

your food.

Try this safe alternative instead: *Glass cookware*. It will never release anything toxic when heated, it's durable, environment-friendly, and doesn't retain old flavours or smells. Its only con is that it's not non-stick, but it's a small price to pay for such safe cookware.

3. Copper cookware

You may have seen copper cookware in stores and noticed its beauty. You may have also heard about its conductive properties, which allows for quick and even heating. But do you know that copper can actually be dangerous when used in cookware?

Like some other heavy metals, copper is important for human health in small quantities. But an excess amount of it in the body can lead to heavy metal poisoning. When copper cookware isn't coated, it can release copper when cooking acidic foods. And when it is coated the coating often contains nickel, which is another toxic element.

Try this safe alternative instead: *stainless steel cookware*. This is a great option – it's relatively lightweight and resistant to scratches, and can be seasoned to make it non-stick. It will also last you a long time. Just make sure you're buying food-grade stainless steel – this type doesn't contain any nickel or chromium.

4. Ceramic-coated cookware

Ceramic-coated cookware looks nice, and seems a safe option at first. After all, 100% ceramic is completely safe for cooking purposes. However, a coating of ceramic is usually hiding bad materials.

The soft ceramic coating isn't durable, and starts chipping after several months of everyday use. When that happens, lead and cadmium in the coating leaches into your food and your body. Lead poisoning is one of the most dangerous types of metal poisoning, and can result in abdominal pain, headaches, infertility, coma and death. Even when the coating is lead-free, chipped cookware can still present dangers – it's usually neurotoxic aluminum that's under the ceramic coating.

Try this safe alternative instead: *100% ceramic cookware*. This is one of the best and safest options, since it's made with completely natural materials, isn't toxic and won't chip or peel off. It's also non-stick and can be washed in the dishwasher. Its only negative is that 100% ceramic can be pricey – but it will last you a long time.