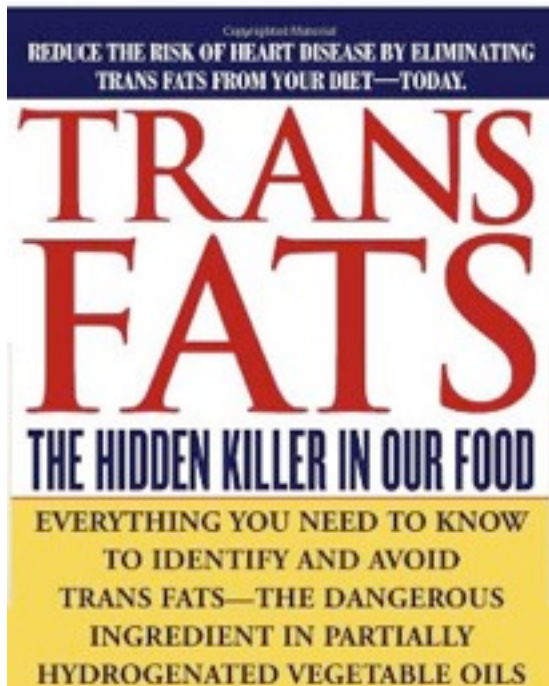


The Oiling of America! part 1 - [part 2](#)

Vegetable oils quality was greatly altered during World War II. Producers used new methods of oil extraction with heat (320°F - 392°F), the only goal of which was to produce half the quantity of oil again. The extraction with hexane, a hydrocarbon solvent with carcinogenic properties, allowed the production of almost twice the amount of oil. The major problem with these methods, compared to the cold pressed method that produces what is commonly called virgin oil, is that the quality is poor: many of the cis molecules are transformed into the infamous trans molecules. Dr.



Kousmine became a strong opponent of processed food, white sugar, refined flour and refined oil, margarine and butter, believing each of them being harmful to the body cells and providing only "empty calories", as she called them.

[Dr. Kousmine](#) believed that by consuming [RAW](#) virgin vegetable oil, such as cold pressed flaxseed and sunflower oil rich in omega-3 and omega-6 fatty acids and in vitamin E, it is possible to reduce the permeability of the intestinal membrane and to prevent toxins from invading the blood and overloading the kidneys and the liver, thus preventing the formation of a tumor and reducing the severity of any degenerative disease, like multiple sclerosis or rheumatoid arthritis.

Trans-fatty acids have been the object of several studies worldwide. These studies showed that, even at small doses, the trans molecules are a health hazard. These studies lead some countries (Canada, USA, France for example) to make health recommendations. In 2003, Denmark reduced the proportion of trans-fatty acids to 2 grams per 100 grams of cooking oil. Trans-fatty acids were forbidden in New York in 2006. In the Netherlands, following an advertising campaign in the eighties, the amount of trans-fatty acids in margarine went from 50% down to 2% today.

"Today nothing that the Heart Specialist does cures Heart Disease. Heart Disease, like Diabetes and many, many similar systemic failures, is due largely, if not entirely, to the consequences of bad engineering in our fats and oils industry. The trans fats and other toxic isomers in our engineered fats and oils are well understood to damage our cellular membranes, to interfere with cellular respiration, to inhibit glucose transport, to set in motion consequences that corrode our arteries, damage our eyesight,

devastate our kidneys, destroy our venous system, and directly cause the large array of similar systemic problems. There is even evidence to link these engineered fats and oils to our incredible Cancer epidemic through their interference with cellular respiration. These toxic fats and oils have even been linked to epidemic ADHD in our schools. It is important to know enough about fats and oils to be able to make kitchen use of them and to make intelligent food selections of these all important substances. It's really not complicated, when information is presented with the intent to inform instead of to deceive." Thomas Smith, author of *Insulin: Our Silent Kille*

**Mary Enig, PhD** - "... Because polyunsaturates are highly subject to rancidity, they increase the body's need for vitamin E and other antioxidants. Excess consumption of vegetable oils is especially damaging to the reproductive organs and the lungs—both of which are sites for huge increases in cancer in the US. In test animals, diets high in polyunsaturates from vegetable oils inhibit the ability to learn, especially under conditions of stress; they are toxic to the liver; they compromise the integrity of the immune system; they depress the mental and physical growth of infants; they increase levels of uric acid in the blood; they cause abnormal fatty acid profiles in the adipose tissues; they have been linked to mental decline and chromosomal damage; they accelerate aging. Excess consumption of polyunsaturates is associated with increasing rates of cancer, heart disease and weight gain; excess use of commercial vegetable oils interferes with the production of prostaglandins leading to an array of complaints ranging from autoimmune disease to PMS. Disruption of prostaglandin production leads to an increased tendency to form blood clots, and hence myocardial infarction, which has reached epidemic levels in America.

Vegetable oils are more toxic when heated. One study reported that polyunsaturates turn to varnish in the intestines. A study by a plastic surgeon found that women who consumed mostly vegetable oils had far more wrinkles than those who used traditional animal fats. A 1994 study appearing in the *Lancet* showed that almost three quarters of the fat in artery clogs is unsaturated. The "artery clogging" fats are not animal fats but vegetable oils. Those who have most actively promoted the use of polyunsaturated vegetable oils as part of a Prudent Diet are well aware of their dangers. In 1971, William B. Kannel, former director of the Framingham study, warned against including too many polyunsaturates in the diet. A year earlier, Dr. William Connor of the American Heart Association issued a similar warning, and Frederick Stare reviewed an article which reported that the use of polyunsaturated oils caused an increase in breast tumors. And Kritchevsky, way back in 1969, discovered that the use of corn oil caused an increase in atherosclerosis...." [The Oiling of America](#)

## [Superimmunity for Kids](#)

by Leo Galland, M.D. with Dian Dincin Buchman, Ph.D.

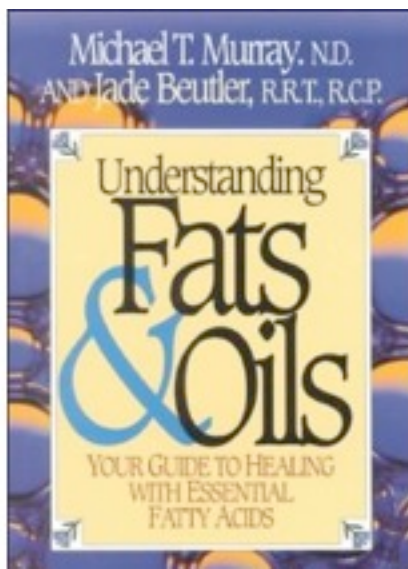
Through his research and clinical work, Dr. Galland has found that essential fatty acids (EFAs) are critical to a healthy immune system. He says "we are in the midst of a nationwide epidemic of EFA deficiencies that is undermining the health of our children." EFAs are essential because your child needs them to be healthy and his/her body can't make them. They must be supplied by the diet. There are numerous health problems associated with EFA deficiencies. These include hair loss, eczema-like skin eruptions, susceptibility to infections, arthritis-like conditions, liver or kidney degeneration, growth retardation and vision or learning problems.

It's important to know about the different types of fats so you can give your child the good fats and avoid the harmful ones. Fatty acids come in two varieties: saturated and unsaturated. Saturated fats come from animal products such as meat and dairy. These fats are not essential since your child's body makes all (s)he needs. All saturated fats are totally unnecessary and unhealthy. They just clog up your child's arteries and interfere with his/her ability to use EFAs efficiently. Most vegetable oils are unsaturated. But be very careful about vegetable oils. Not all unsaturated fatty acids are essential. If your child eats a lot of unsaturated fatty acids that are nonessential, they can interfere (even more than saturated fats) with his/her body's ability to use the EFAs. [more](#)

## [Fat: A Moment in the Mouth, Forever in the Brain](#)

By Kelly Dorfman, M.S., L.N.

One of the most dramatic changes in the western diet over the last 50 years has been a shift in the type of fat we consume. While most people are aware of the evils of eating too much saturated fat, few understand the more serious risk posed by shelf-stable or hydrogenated oils. These relatively new fats were introduced as part of the war effort over a half-century ago. Because of a butter shortage, these chemically stabilized oils were used widely at home and by food manufacturers who loved their cheap cost and total resistance to spoilage.



What started as a food manufacturer's dream has turned into a brain development nightmare. The last three generations have been brought up on fats that make a nice cookie but were never meant to be part of brain tissue. The brain is 60% fat. Myelin, the fatty coating of the neurons or brain cells, is 75% fat. The composition of that

brain fat directly reflects the fat composition of the diet. In a balanced situation, the brain would be composed of a combination of saturated and unsaturated fats from meats, fish, nuts and grains.

Unfortunately, hydrogenated oils are not chemically equivalent to the fats found in whole foods. The rigorous hydrogenation process changes the chemical properties of oils so that they contain molecular configurations not generally found in nature. When these altered fats are consumed, the body forces them into the spots reserved for natural fats, with potentially deleterious effect. In early studies with rat pups, diets high in hydrogenated fats lead to neurological development problems. For the last three generations we have increasing numbers of people whose brains "function differently" and consequently are distracted or have learning problems. Their brains may be trying to send neurological impulses and conduct business using neurons created from fats that are hard and inflexible. The result is inefficiency.

Whenever a culture's diet changes dramatically, it's members all unwittingly become part of a huge, uncontrolled experiment looking at how patterns of health and disease will change. Greenland Eskimos who moved to Canada discovered that thousands of years of freedom from heart disease disappeared in one generation when they lowered and changed the fat content of their diet. Their traditional diet consisting mainly of seal blubber protected against heart disease, while a much lower fat diet made up of other animal foods did not.

While not diseases, attention deficit disorder and learning disabilities are phenomena that are evolving at a rapid rate. Of the two major changes to our diet that coincided with increases in these phenomena, only fat content of the diet is easily managed. The other factor, the introduction of preservatives and pesticides, is more difficult to control. To opt out of this uncontrolled experiment, avoid what pesticides and chemicals you can and consume only balanced fats.

Partially hydrogenated fats are listed clearly on labels. Most commercial baked goods and frozen goods contain altered fats. Margarine is another source. Butter is no more saturated in most cases than margarine, as the hydrogenation process re-saturates or hardens the original oil. Therefore, ounce for ounce, margarine is a poor substitute for butter. Better to use small quantities of butter and more of other oils such as olive or sesame.

Even on a high fat diet, essential fats can be deficient. Symptoms of essential fatty acid deficiency include dry, flaky or bumpy skin, wax build-up in the ear, toe walking and excessive thirst.

Several oils are sold as supplements because of their ability to decrease inflammation, help skin conditions or improve neurological or hormone function. They fall into two families, omega 3 and omega 6, based on the chemical placement of their unsaturated

bonds. Fish, algae, flaxseed and linseed oils contain mostly omega 3 family fats, while evening primrose, black currant, borage and sunflower oils are the notable members of the omega 6 family.

[The omega 3 family](#) tends to be less available in the diet than omega 6. Consumption of one of the members of the omega 3 family, a fat called DHA (not to be confused with DHEA), is highly associated with visual-spatial skill level. Cod liver oil capsules contain very little DHA but DHA can be eaten in fish or purchased as part of a combination of fish oils called EPA/DHA. Unfortunately, kids do not tend to like fish oils, so a less direct way to get omega 3 oils is organic flaxseed oil (obtainable at any good health food store in the refrigerator section). If using it as a supplement, add it to food at room temperature. Because it is highly unsaturated, it should not be cooked.