

# THRIVE, not survive!

## Your Ideal 'Health Insurance': Living Quality Years without Intervention

CONSUMER BEWARE!

### CAUTION: Trans Fats

What you are about to read will not only change the way you purchase food at the grocery store, but will inform you on the dangers of trans fats and the health risks involved. To be healthy, you must stop eating anything that says, "Partially Hydrogenated" or Canola Oil.

It is an industrial process that make oil, bad oil. The process is used to make an oil more solid; provide longer shelf-life in baked products; provide longer fry-life for cooking oils, and provide a certain kind of texture to the food. The big problem is that partially hydrogenated oil is laden with lethal trans fat.

Trans fats are one carbon atom away from being plastic. This "near-plastic" fat ends up surrounding your cell membranes. The cell membrane is the outer layer of the cell that is made up of fat. We produce new cells everyday. Thus, when you eat trans fats, the new cells you produce are made of plastic fat. Your cell membranes become wrapped in plastic! Picture a cellophane wrap covering the cells not allowing anything to enter or exit the cell. It is any wonder why so many of us are fighting disease and weight problems when your cells made of "near-plastic".

#### Avoid Canola Oil

1. It is genetically engineered rapeseed.
2. Canada paid the FDA the sum of \$50 million to have rapeseed registered and recognized as "safe". (Source: Young Again and Others)
3. Rapeseed is lubricating oil used by small industries. It has never been meant for human consumption.
4. It is derived from the mustard family and is considered a toxic and poisonous weed, which when processed, becomes rancid very quickly.
5. It has been shown to cause lung cancer.
6. It is very inexpensive to grow and harvest. Insects won't eat it.
7. Some typical and possible side effects include loss of vision, disruption of the central nervous system, respiratory system, anemia, constipation, increased incidence of heart disease and cancer, low birth weights in infants, and irritability.



TEAM CONNECTIONS *With Marilyn & Sarah Stewart*

So why is it grown vastly throughout the country, in numerous food products, and considered “no different” from other oils. Simple ... it’s cheap to grow and cheap to produce.

Here is a review article about Canola Oil (rapeseed) and its toxic effects from a Swedish Medical Journal:**Physiopathological effects of rapeseed oil: a review. Borg K Acta Med Scand Suppl (1975) 585:5-13ISSN: 0365-463X**

*“Rapeseed oil has a growth retarding effect in animals. Some investigators claim that the high content of erucic acid in rapeseed oil alone causes this effect, while others consider the low ratio saturated/monounsaturated fatty acids in rapeseed oil to be a contributory factor. Normally erucic acid is not found or occurs in traces in body fat, but when the diet contains rapeseed oil erucic acid is found in depot fat, organ fat and milk fat. Erucic acid is metabolized in vivo to oleic acid. The effects of rapeseed oil on reproduction and adrenals, testes, ovaries, liver, spleen, kidney, blood, heart, and skeletal muscles have been investigated. Fatty infiltration in the heart muscle cells has been observed in the species investigated. In long-term experiments in rats erucic acid produces fibrosis of the myocardium. Erucic acid lowers the respiratory capacity of the heart mitochondria. The reduction of respiratory capacity is roughly proportional to the content of erucic acid in the diet, and diminishes on content administration of erucic acid. The lifespan of rats is the same on corn oil, soybean oil, coconut oil, whale oil and rapeseed oil diets. Rats fed a diet with erucic acid or other docosenoic acids showed a lowered tolerance to cold stress (+4 degrees C). In Sweden, erucic acid constituted 3-4% of the average intake of calories up to 1970 compared with about 0.4% at present.”*

- Generally rapeseed has a cumulative effect, taking almost ten years before symptoms begin to manifest. It has a tendency to inhibit proper metabolism of foods and prohibits normal enzyme function. Canola is a Trans Fatty Acid, which shown to have a direct link to cancer. These Trans Fatty Acids are labeled as hydrogenated or partially hydrogenated oils. Avoid all of them!
- According to John Thomas’ book, Young Again, 12 years ago in England and Europe, rapeseed was fed to cows, pigs and sheep that later went blind and began attacking people. There were no further attacks after the rapeseed was eliminated from their diets.

Always check labels in grocery stores because even though the product may state “Trans Fats 0%”, some may still contain partially hydrogenated oil, hydrogenated oil, or canola oil. Avoid eating fried foods and cheese in restaurant because these almost always are made of Trans fats (simply for cost). Canada instituted a requirement last year for mandatory nutrition-labeling of trans-fats on products.

If a product contains less than half a gram of trans fat per serving, the food manufacturer is allowed to say on the package “trans fat free”.

No amount of trans fats are safe. As much as possible, purchase products in your grocery store that are fresh and organic. Read labels to be sure the product is not affecting your health. Just because it is on a store shelf, does not mean it is safe to consume.

