

Did you know this?

Every brand of peanut butter had rapeseed listed as an ingredient on the labels. Now I see that Smuckers & Shippy have peanut butter labeled Natural and does not list rapeseed on the label.

Before you buy your next bottle of cooking oil, it's important that as many people as possible know about the origins of this product. Then, if you choose to buy it, at least you're doing so with your eyes open.

Canola Oil – Rape in a Different Guise

JOHN THOMAS

Recently I bought a bottle of Canola cooking oil. I tried it because the label assured me it was lowest in "bad" fats. However, when I had used half the bottle, I concluded that the label told me surprisingly little else and I started to wonder: Where does Canola oil come from?

Olive oil comes from olives, peanut oil from peanuts, sunflower oil from sunflowers, but what is a canola? There was nothing on the label to enlighten me, which I thought odd. So, I did some investigating on the Internet. There are plenty of official Canola sites lauding this new "wonder" oil with all its low-fat health benefits.

It takes a little longer to find sites that tell the less palatable details. Here are just a few facts everyone should know before buying anything containing canola.

Canola is not the name of a natural plant but is a made-up word, from the words "Canada" and "oil." Canola is a genetically engineered plant developed in Canada from the Rapeseed Plant, which is part of the mustard family of plants. According to *AgriAlternatives*, the Online Innovation and Technology Magazine for Farmers, "By nature, these rapeseed oils, which have long been used to produce oils for industrial purposes, are, toxic to humans and other animals." (This, by the way, is one of the web sites singing the praises of the new canola industry.)

Rapeseed oil is poisonous to living things and is an excellent insect repellent. I have been using it (in very diluted form, as per instructions) to kill the aphids on my roses for the last two years. It works very well; it suffocates them. Ask for it at your nursery. Rape is an oil that is used as a lubricant, fuel, soap and synthetic rubber base and as an illuminant for color pages in magazines. It is industrial oil. It is not a food. Rape oil, it seems, causes emphysema, respiratory distress, anemia, constipation, irritability, and blindness in animals and humans.

Rape oil was widely used in animal feeds in England and Europe between 1986 and 1991, when it was thrown out. Remember the "Mad Cow disease" scare, when millions of cattle in the United Kingdom were slaughtered in case of infecting humans? Cattle were being fed on a mixture containing material from dead sheep, and sheep suffer from a disease called "scrapie." It was thought this was how "Mad Cow" began and started to infiltrate the human chain. What is interesting is that when rape oil was removed from animal feed, "scrapie" disappeared? We also haven't seen any further reports of "Mad Cow" since rape oil was removed from the feed. Perhaps not scientifically proven, but interesting all the same.

U.S. and Canadian farmers grow genetically engineered rapeseed and manufacturers use its oil (Canola) in thousands of processed foods, with the blessings of Canadian and U.S. government watchdog agencies. The Canola-supporting websites say that Canola is safe to use. They admit it was developed from the rapeseed, but insist that through genetic engineering it is no longer rapeseed, but "Canola" instead.

Except Canola means "Canadian oil," and the plant is still a rape plant, albeit genetically modified. The new name provides perfect cover for commercial interests wanting to make millions. Look at the ingredients list on labels.

Apparently peanut oil is being replaced with rape oil. You'll find Canola oil in an alarming number of processed foods. There's more, but to conclude: rape oil was the source of the chemical warfare agent mustard gas, which was banned after blistering the lungs and skins of hundreds of thousands of soldiers and civilians during World War I. Recent French reports indicate that it was again in use during the Gulf War.

Check products for ingredients. If the label says, "May contain the following" and lists Canola oil, you know it contains Canola oil because it is the cheapest oil and the Canadian gov-

ernment subsidizes it to industries involved in food processing. I don't know what you'll be cooking with tonight, but I'll be using olive oil and old-fashioned butter, from a genetically unmodified cow.

Disastrous Health Problems

Canola oil comes from the rapeseed, referred to as the Canadian oil because Canada is mainly responsible for it being marketed in the USA. The Canadian government and industry paid our Federal Food and Drug Administration (FDA) \$50 million to have Canola oil placed on the "Generally Recognized As Safe" (GRAS) List. Thus a new industry was created. Laws were enacted affecting international trade, commerce and traditional diets.

Studies with lab animals were disastrous. Rats developed fatty degeneration of heart, kidney, adrenals and thyroid gland. When Canola oil was withdrawn from their diets, the deposits dissolved but scar tissue remained on all vital organs. No studies on humans were made before money was spent to promote Canola oil in the USA.

Adrenoleukodystrophy (ALD) is a rare fatal degenerative disease caused by a build up long-chain fatty acids (c22 to c28) which destroys the myelin (protective sheath) of the nerves. Canola oil is a very long chain fatty acid oil (c22). Those who will defend Canola oil say that the Chinese and Indians have used it for centuries with no ill effect, however, it was in an unrefined form (taken from *Fats That Heal and Fats That Kill* by Udo Erasmus). My cholesterol level was 150. After a year using Canola oil, I tested 260. I switched back to pure olive oil and it has taken five years to get it down to 160. Thus began this project to find answers since most doctors will say that Canola oil is okay.

My sister spilled Canola oil on a piece of fabric, and after five pre-treatings and harsh washings, the oil spot still showed. She stopped using Canola oil, wondering what it did to our insides if it could not be easily be removed from cloth. Our father bred birds, always checking labels to insure there was no rapeseed in their food. He said, "The birds will eat it, but they do not live very long."

A friend, who worked for only nine months as a quality control taster at an apple-chip factory where Canola oil was used exclusively for frying, developed numerous health problems: loose teeth and gum disease; numb hands and feet; swollen arms and legs upon rising in the morning; extreme joint pain especially in hands, cloudy vision, constipation with stools like black marbles, hearing loss; skin tears from being bumped; lack of energy; hair loss and heart pains. It has been five years since she has worked there and she still has some joint pain, gum disease and numbness.

A fellow worker about 30 years old, who ate very little



product, had a routine check-up and found that his blood vessels were like those of an 80-year-old man. Two employees fed the waste product to baby calves and their hair fell out. After removing the fried apple chips from the diet their hair grew back in.

My daughter and her girls were telling jokes. Stephanie hit her mom's arm with the back of a butter knife in a gesture, "Oh Mom," not hard enough to hurt. My daughter's arm split open like it was rotten. She called me to ask what could have caused it. I said, "I'll bet anything that you are using Canola oil." Sure enough, there was a big gallon jug in the pantry.

Rapeseed oil is a penetrating oil, to be used in light industry, not for human consumption. It contains a toxic substance. Even after the processing to reduce the erucic acid content, it is still penetrating oil. We have found that it turns rancid very fast. Also it leaves a residual rancid odor on clothing.

Rapeseed oil used for stir-frying in China was found to emit cancer-causing chemicals. (Rapeseed oil smoke causes lung cancer.) Amal Kumar Maj, *Wall Street Journal*, June 7, 1995, pB6(W) pB6 (E) col 1 (11 col in).

Excerpted from *Young Again*, written by John Thomas, Chapter 26: *Blindness and Oils*. Published by Plexus Press, PO Box 827, Kelso, WA 98626-0072

More News to Protect You From the Canola Con

by Sherry Rogers, MD

There's more to the canola con than we all knew. First of all, canola depletes vitamin E. But you recall the media did such a good job at slandering vitamin E that many people stopped taking it. Of course, the researchers only used one of the eight parts of vitamin E and then it was synthetic, so it didn't adequately fit into the molecular biochemistry of the body. And of course, Lipitor® and many other drugs as well as phthalates deplete E, a critical nutrient. Consequently, we are going to be paying for more chronic illnesses like heart disease, cancer and diabetes than ever before. And, progressively, younger people are getting these diseases, partly because folks are being fed more canola oil than ever before in history. As referenced in a previous study reported in my newsletter, *Total Wellness*, over 95 percent of wealthy kids under five years of age in the U.S. were already deficient in vitamin E. This alone can foster unending medical maladies and new epidemics. Sadly, there are few human studies on canola. Who will support the studies when there is no money in showing people how to be healthier?

In animal studies, however, canola has increased the rigidity of membranes, which is a major factor in causing accelerated aging as well as a trigger for degenerative disease. It actually damages hearts by creating fibrosis or scar tissue (depending on animal genetics), impairs the action of vitamin E (crucial in inflammation), and changes the size of cells, making them abnormally large. Plus, canola retards growth well that the FDA has outlawed it in infant formulas! Fancy that... the FDA knew a quarter of a century ago that it was not good for babies, but

now it's suddenly okay for everyone else. Studies in other countries with actual humans showed that canola caused damage. In some animal studies canola shortened lifespan and in others it reduced the platelet count and increased the size of the platelet cells. Healthy platelets are crucial in blood clotting, inflammation, arteriosclerosis, cancer, and osteoporosis — thus their role in preventing stroke, heart attack, metastases, and much more.

Since canola oil increases bleeding time by damaging platelets, surgeons who tell you to go off vitamin E before surgery had better start telling you to go off canola oil. Another thing canola does is raise the nervonic acid level (which can be toxic to the brain) on your Cardio/ION® (the most comprehensive test of total nutrient deficiencies). Canola oil also contains traces of some unique sulfur compounds that nobody knows anything about. And it contains small amounts of erucic acid which is known to be very damaging to the heart and toxic to other tissues. In fact, this is why rapeseed (which was 20% erucic) was genetically modified to make canola oil in the first place. Canola is still not totally devoid of toxic erucic acid, however (it contains about 1.2%). This is precisely why canola oil was outlawed in the U.S. years ago for baby formula: (1) there are no U.S. human studies, and (2) the accumulation of erucic acid is toxic and damaging to the body, including the brain.

Years ago, as I returned to the airport after having lectured to physicians at an international symposium, I was lucky enough to sit next to

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Mary Enig, PhD, author of *Know Your Fats*,* *The Oiling of America*, and more, who had also lectured at that meeting. It was one of the most delightfully educational hours I ever spent in an airport, since she is one of the foremost experts on the planet on trans fatty acid chemistry and the combined deceit of regulatory agencies and food manufacturers. If only they had listened decades ago, we would have had a much healthier population and with far lower a price tag.

Right now the staggering statistics (depending on who you read) show the United States has, by far, the #1 most expensive and high-tech health care system. But what do we get for our dollars? Not much. We are so far down the list that we are #44 in the world in respect to healthful longevity. Meanwhile, history is repeating itself. Recall how long regulatory "authorities" had managed to ignore even the warnings of Harvard School of Public Health that stated decades ago that there is no safe level of trans fats. Past *Total Wellness* issues have shown you how this abnormal molecule in the human body can create a multitude of diseases that folks are still told have no known cause or cure. This is not true. Many merely need an oil change, as described in my book, *Detoxify or Die*.*

The bottom line? Canola contains more trans fats than the hydrogenated oils it replaced. I'll be telling you more about the canola con in future issues of *Total Wellness*. Meanwhile, we have been conned into believing this is a healthful substitute for the hydrogenated fats. We have jumped out of the frying pan into the fire! 📖

Key references: (other related ones are in previous *Total Wellness* issues)

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This article was adapted from Dr. Sherry Rogers' newsletter, *Total Wellness*, April 2010, with permission from the author. For subscription to this newsletter or back issues, call 1-800-846-6687. www.prestigepublishing.com.

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