

Why No free Oil?

By G.D. Chen, M.D.

The question of how much fat we should have in the diet has been addressed in numerous articles. Moderate intake of fat, in the order of 30% of our total calories coming from fat with a liberal content of vegetable oils, has been advocated as being conducive to good health by some authors. No distinction has been made in these articles between fats as they come in natural foods versus fats that have been refined, concentrated, and extracted from foods. You may say, "margarine or corn oil was refined or concentrated." **Refined table sugar requires 9 feet of sugar cane to make 1 tablespoon of sugar, while its refined cousin, corn oil, takes 10-14 ears of corn to make 1 tablespoon.**

Does it really make a difference in our health if we take into our bodies the grains, fruits, nuts and vegetables prepared in as simple and natural a manner possible, or whether we extract out the oil from these items and add them to the foods we eat? This question is foremost in the minds of many nutrition-minded homemakers today. To answer this question regarding free oil ("grease"), let us see what one of America's late leading physician-nutritionist, J.H. Kellogg, replied to a question asked him on this subject.

Question: Are nut oils, cottonseed oil, and similar preparation of vegetable oils wholesome?

Answer: No. **The chief objection to the use of oil, lard, tallow, butter and other forms of "grease" is that they present the fat in an artificially concentrated form**, in which it does not harmonize with the other elements of food while undergoing digestion in the stomach.

In nature, the fat is separated or held apart in minute particles, or drops, and these are arranged within the proteid masses in such a way that they cannot be set free until the proteid, or albumin, is digested.

This arrangement of the fat with the proteids prevents its interfering with digestion; but **when fat in the form of oil, lard, butter, etc., is added to the food, it smears over the particles of proteid, gluten, albumin, etc., so the gastric juice cannot get access to them to digest them.** The gastric juice cannot act upon fats.

In the same way, fat interferes with the digestion of starch, saturating the particles of starch so that the saliva cannot act upon them to convert them into maltose. This is the principal

reason why fats and fatty foods are so apt to produce fermentation, sour stomach, heartburn, and other symptoms of indigestion. There are many persons who cannot digest butter and other forms of free fat for this reason.

Pure fats are very disturbing to the stomach in some forms of gastric disorder, especially in gastric catarrh and dilation of the stomach. **The cooking with fats in connection with cereals and albumins greatly aggravates the difficulty**, because the fluid fat penetrates the starch granules, thereby rendering their digestion impossible, even after coming in contact with the digestive fluids. This is the reason fried food, griddle cakes, doughnuts, pastry, roasted peanuts, and even nut butter made from roasted peanuts, disagree with so many people.

In nature, fats are in a state of emulsion, as in cream. An emulsion may be diluted with water to an unlimited extent, as the oil is in minute particles which are prevented from uniting by the thin film which surrounds each globule.

Cream can be eaten by many persons better than butter, but in persons with dilated stomachs, cream and milk often produce effects which in their intensity are almost equivalent to an active poison, producing biliousness, sick headache, nervous headache, nausea, loss of appetite and other distressing symptoms.

In nuts, fats are presented in an emulsified and entirely wholesome state. Cream and milk made from nuts are entirely wholesome, and agree with persons who cannot take even cow's **milk and cream without very harmful results, because of inability to digest casein.**

When taken in the natural state, vegetable fats are likely to be taken only in such quantity as they can be digested and appropriated, but when taken in a free state, they are almost invariably taken in excess. It makes little or no difference, so far as the interference with digestion is concerned, whether the fat is animal or vegetable. The results of excess in quantity are also the same; whichever may be the origin. In view of these facts, the persistent efforts of individuals to discover some cheap vegetable substitute for butter and lard are painfully ludicrous. Nothing would be gained if such substitutes could be discovered, for they

would be open to the same objection as the articles they were intended to replace.

The *Textbook of Physiology* by two foremost physiologists, Zoethout and Tuttle, agrees with Dr. Kellogg. **“Fat retards digestions in that it lessens the secretion of gastric juice. Moreover, by encasing food particles it prevents the enzymes from attacking the food.”** A meal high in any type of fat has been found to delay digestion for up to 20 hours.

Please note that Dr. Kellogg regarded oil, lard, tallow and butter as forms of grease. During the same years of Dr. Kellogg’s above statements on grease, Mrs. White gave advice regarding its usage. “We do not think that fried potatoes are healthful, for there is more or less grease or butter used in preparing them.”

“Food should be prepared with simplicity, yet with a nicety which will invite the appetite. You should keep grease out of your food. It defiles any preparation of food you make.”

“The grease cooked in the food renders it difficult for digestion.”

“The salads are prepared with oil and vinegar. Fermentation takes place in the stomach, and the food does not digest, but decays and putrefies; as a consequence, the blood is not nourished, but becomes filed with impurities, and liver and kidney difficulties appear.”

The simple change of leaving out free oil in the diet can change the breath to be sweet.

One of the most gratifying responses have witnesses with a natural diet is the “cure” of food allergies. Without added oil to hinder digestion, in many cases, food allergies have vanished.

If we would eat a variety of foods as grown – fruits, grains, vegetables, and nuts -- we would

probably be subsisting on between 20-25% of our calories coming from fat. We would be blessed by a slimmer profile and freedom from many of the diseases that surround us.

Some of us may need to be on a therapeutic (reversal) diet, which even limits the natural foods high in fat, such as olives, avocados, and nuts; for a period of time to allow our body a chance to recuperate from the abuse of many years of injudicious eating. The therapeutic type diet, as stringent as it may seem to us, is the daily diet on which millions of people in the world subsist. These people are free from our degenerative diseases such as heart disease, stroke, diabetes, arthritis, cataracts, glaucoma, hearing loss, and cancer.

To have proper digestion, we must not use free oils in our foods, and must make sure there is an adequate amount (high concentration) of digestive juices present at mealtime. The following guidelines will be of assistance:

1. Do not drink liquids with meals.
2. Water should only be taken between meals (not too hot, not too cold).
3. Do not chew gum.
4. Chew food slowly and well.
5. Eat only at regular times (2-3times per day).
6. Eat with praise at Thanksgiving.

Proper digestion is tantamount to good health. The **why** of no free oils is **to have good digestion, freedom from food allergies,** and sweet breath.

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1. Kellogg, J.H., *Shall We Stay to Eat*, Good Health Publishing Co., Battle Creek, Mich., 1906
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 3. Zoethout & Tuttle, *Textbook of Physiology*, 11th Edition, 1952
 4. Letter 322, 1905, White, E.G.
 5. *Testomonies*, Vol. 2, P. 63, 1868, White, E.G.
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 7. Letter 9, 1887, White, E.G.