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Soybean Oil May Cause Irreversible Changes in Your Brain

Analysis by Dr. Joseph Mercola ✓ Fact Checked

March 20, 2022
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STORY AT-A-GLANCE

- Vegetable oils and seed oils like soy, canola, sunflower, grapeseed, corn, safflower, peanut and rice bran oil are loaded with omega-6 linoleic acid (LA), which acts as a metabolic poison when consumed in excess. Anything over 15 grams a day will cause problems in the long run
- Seed oils are incredibly proinflammatory and drive oxidation in your body. This oxidation, in turn, triggers mitochondrial dysfunction that then drives the disease process
- Soybean oil has been shown to cause irreversible genetic changes in the brains of mice. This was true both for unmodified soybean oil and soybean oil modified to be low in LA. Both produced pronounced effects on the hypothalamus, which regulates metabolism and stress responses
- A number of genes in the mice that were fed soybean oil were not functioning correctly, including a gene that produces oxytocin, the "love hormone." About 100 other genes also affected. These changes could have ramifications for energy metabolism, proper brain function and diseases such as autism and Parkinson's disease
- Olive oil and avocado oil are commonly adulterated with cheaper seed oils, and even pure olive oil is loaded with LA. If you're in the habit of eating olive oil, you may want to limit your intake to 1 tablespoon per day or less

Your choice of cooking oil can make a profound difference in your health. I've often warned against the use of soybean oil. Not only is partially hydrogenated soybean oil loaded with trans fat, which has been linked to heart disease,[1] it's also a source of an omega-6 fat called linoleic acid (LA), which is highly susceptible to oxidation and is typically from GMO seeds.

The problem results once you start to digest this fat, as you break it down into harmful sub-components called advanced lipid oxidation end products (ALEs) and oxidized LA metabolites (OXLAMs) that can cause significant damage at the cellular level. For example, an ALE called 4-HNE is a mutagen known to cause DNA damage. Studies have shown there's a definite correlation between elevated levels of 4-HNE and heart failure.

Additionally, LA breaks down into 4-HNE faster when the oil it is contained in is heated.[2] This is largely why cardiologists recommend avoiding fried foods. ALEs and OXLAMs also play a very significant role in cancer and heart disease.

LA-Rich Soybean Oil Linked to Obesity and Diabetes

In 2015, a UC Riverside research team found soybean oil induced obesity, insulin resistance, diabetes and fatty liver in mice.[3] Two years later, they confirmed this by showing soybean oil modified to be low in LA caused less obesity and insulin resistance than the unmodified soybean oil.[4]

> **The dogma is that saturated fat is bad and unsaturated fat is good. Soybean oil is a polyunsaturated fat, but the idea that it's good for you is just not proven. ~ Frances Sladek, UC Riverside toxicologist[5]**

Then, in 2020, that same team published research[6] showing soybean oil, both the modified and unmodified versions, actually produced genetic changes in the brains of mice, and they were not for the better. However, this time LA was not the primary culprit.

Soybean Oil Linked to Genetic Changes in the Brain

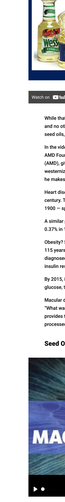
In this surprising study, the researchers compared diets high in three different types of fat.

1. Soybean oil, which has a high LA content
2. Soybean oil modified to be low in LA
3. Coconut oil

It is surprising, because I would have thought that the LA produced the damaging effects, but LA was ruled out. So, they have identified yet another reason to avoid consuming soy products. As reported by the UC Riverside, the researchers:[7]

> "... did not find any difference between the modified and unmodified soybean oils effects on the brain. Specifically the scientists found pronounced effects of the oil on the hypothalamus, where a number of critical processes take place.
>
> *"The hypothalamus regulates body weight via your metabolism, maintains body temperature, is critical for reproduction and physical growth as well as your response to stress," said Margarita Curras-Collazo, a UC Riverside associate professor of neuroscience and lead author on the study.*
>
> *The team determined a number of genes in mice fed soybean oil were not functioning correctly. One such gene produces the 'love' hormone, oxytocin. In soybean oil-fed mice, levels of oxytocin in the hypothalamus went down.*
>
> *The research team discovered roughly 100 other genes also affected by the soybean oil diet. They believe this discovery could have ramifications not just for energy metabolism, but also for proper brain function and diseases such as autism or Parkinson's disease ...*
>
> *[T]he research team has not yet isolated which chemicals in the oil are responsible for the changes they found in the hypothalamus. But they have ruled out two candidates.*
>
> *It is not linoleic acid, since the modified oil also produced genetic disruptions; nor is it stigmasterol, a cholesterol-like chemical found naturally in soybean oil. Identifying the compounds responsible for the negative effects is an important area for the team's future research ...*
>
> *"The dogma is that saturated fat is bad and unsaturated fat is good. Soybean oil is a polyunsaturated fat, but the idea that it's good for you is just not proven," [UC Riverside toxicologist Frances] Sladek said.*
>
> *Indeed, coconut oil, which contains saturated fat, produced very few changes in the hypothalamic genes. "If there's one message I want people to take away, it's this: reduce consumption of soybean oil," [assistant project scientist Poonanjali] Dell said. ..."*

Seed Oils — A Most Harmful Ingredient in the Modern Diet



While that UC Riverside study claimed the genetic changes in the brain applied only to soybean oil and no other vegetable oils, there are loads of other research showing vegetable oils, also known as seed oils, are some of the most harmful foods you could eat.

In the video above,[8] Dr. Chris Kresser, an ophthalmologist and founder and president of the Cure AMD Foundation, a nonprofit dedicated to the prevention of age-related macular degeneration (AMD), gives an excellent synopsis of why seed oils are the unifying mechanism behind westernized chronic diseases like heart disease, obesity, cancer and diabetes. Some of the points he makes are:

Heart disease, now the leading cause of death in the U.S.,[9] was virtually unknown in the 19th century. The same goes for cancer, which caused 5.5% of deaths in 1811 and 5.8% of deaths in 1900 — spiking to more than 31% of deaths in 2010.[10]

A similar pattern emerged for diabetes, which was rare in the 19th century and had a prevalence of 0.37% in 1935. By 2020, there was a 28-fold increase in 85 years, to a prevalence of 10.5%.

Obesity? Same story. With a prevalence of just 1.2% in the 19th century, obesity increased 33-fold in 115 years, to a prevalence of 39.8% in 2015.[11] By 1990, meanwhile, 24% of U.S. adults were diagnosed with metabolic syndrome, which is a combination of high blood pressure, dyslipidemia, insulin resistance, hyperglycemia and visceral obesity.

By 2015, 88% of U.S. adults failed to meet five criteria for metabolic perfection: high blood glucose, triglycerides, HDL cholesterol, blood pressure and waist circumference.[12]

Macular degeneration and osteoarthritis followed similar striking increases, causing Knobbe to ask, "What was so ubiquitous during this time that could have prompted these changes?" Dietary history provides the answer, with the introduction of four primary processed foods — sugar, industrially processed seed oils, refined flour and trans fats — acting as the culprits.

Seed Oils Are Incredibly Proinflammatory

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The problem with seed oils is that they're incredibly proinflammatory[13] and they increase excessive oxidative damage in your body. This oxidative stress, in turn, triggers mitochondrial damage and dysfunction that then drives the disease process. Several studies[14,15,16,17,18,19,20] have demonstrated the truth of this.

The OXLAMs (LA metabolites) are also cytotoxic, genotoxic, mutagenic, carcinogenic, thrombogenic, atherogenic and obesogenic.[21] Then, there's the issue of direct toxicity from pesticides and herbicides.

Most of the vegetable oils produced today — especially canola, corn and soy — are made from genetically engineered crops and are therefore a significant source of toxic glyphosate exposure. According to Knobbe, the reason these oils have been able to remain in the food supply despite their high toxicity is because they're not acute biological poisons, but chronic ones.[22]

Seed oils were introduced into the U.S. diet in 1866. By 2010, they made up 32% of Americans' diet, which amounts to 80 grams per person per day.[23] In contrast, in 1865, most people would have only about 2% to 3% of their calorie intake from omega-6 LA from butter, lard and beef tallow.

Ancestrally raised animals had very low omega-6, but this changed significantly once animals started being raised in concentrated animal feeding operations (CAFOs). CAFO pork, for example, can contain up to 20% omega-6 fats, thanks to them being fed a diet high in omega-6 grains.[24] The results of this dietary change have been significant.

Today, omega-6 fats make up anywhere from 20% to 30% of the average person's daily calories, with 80% of it being LA. Instead of 80 grams per day, your goal is to get it under 7 grams per day. That would but you into the healthy percentage range of LA that our ancestors from a mere 150 years ago consumed.

According to a report by Jeff Nobbs,[25] 6 in 10 Americans have a chronic disease, and heart disease, asthma, cancer and diabetes have increased 700% since 1935. During this time, Americans have been smoking and drinking less, exercising more and eating "healthier" according to conventional guidelines to lower saturated fat and sodium. Nobbs, too, believes seed oil is the missing link that explains why Americans keep getting sicker.

Processed Seed Oils Harm Your Health in Many Ways

Aside from oxidation, inflammation and mitochondrial dysfunction, processed seed oils and vegetable oils like soybean oil also harm your health in other ways. For example, they've been found to:[26]

Damage the endothelium (the cells lining your blood vessels) and cause an increase in penetration of LDL and very low-density lipoprotein (VLDL) particles into the subendothelium.[27]
In other words, these oils get integrated in your cell and mitochondrial membranes, and once these membranes are damaged, it sets the stage for all sorts of health problems. With a half-life of 600 to 680 days,[28] it can take years to clear them out of your body. They also get incorporated into tissues such as your heart and brain. One result of this could be memory impairment and increased risk of Alzheimer's disease. Canola oil, in particular, has been linked to Alzheimer's.[29]
Make your cell membranes more permeable, allowing things to enter that shouldn't.
Make your cell membranes less fluid, which impacts hormone transporters in the cell membrane and slows your metabolic rate.
Inhibit cardiolipin,[30] an important fat in the inner membrane of your mitochondria that needs to have non-damaged fat to perform optimally and facilitate optimal function of the electron transport chain and production of ATP.
Cardiolipin also works like a cellular alarm system that triggers apoptosis (cell death) by signaling caspase-3 when something goes wrong with the cell. If the cardiolipin is not saturated with DHA, it cannot signal caspase-3, and hence apoptosis does not occur. As a result, dysfunctional cells are allowed to continue to grow, which can turn into a cancerous cell.
Inhibit the removal of senescent cells, i.e., aged, damaged or crippled cells that have lost the ability to reproduce and produce inflammatory cytokines that rapidly accelerate disease and aging.
Strip your liver of glutathione (which produces antioxidant enzymes), thereby lowering your antioxidant defenses.[31]
Inhibit delta-6 desaturase (delta-6), an enzyme involved in the conversion of short-chained omega-3s to longer chained omega-3s in your liver.[32]
Impair your immune function and increase mortality from COVID-19. Saturated fat, on the other hand, may lower your risk of death.[33] The authors of that study noted that unsaturated fats "cause injury [and] organ failure resembling COVID-19."
More specifically, unsaturated fats are known to trigger lipotoxic acute pancreatitis, and the sepsis and multisystem organ failure seen in severe cases of COVID-19 greatly resembles this condition. In short, linoleic acid contributes to the inflammatory domino effect that eventually kills some people with COVID-19.
Make your fat cells more insulin sensitive, thereby causing insulin resistance.[34]

How to Avoid These Dangerous Fats

Considering the profoundly serious damage they cause, eliminating seed and vegetable oils from your diet can go a long way toward improving your health. This includes soy, canola, safflower, grapeseed, corn, safflower, peanut and rice bran oil.

Also, be mindful of olive oil and avocado oil, as both are commonly adulterated with cheaper seed oils. That said, even pure olive and avocado oil are loaded with LA. If, like me, you're in the habit of eating olive oil, I would strongly encourage you to limit your intake to 1 tablespoon per day or less. In my view, olive oil is not a magic bullet and if you are already consuming 80 grams of LA per day, it will only worsen, not help, your health.

To avoid these oils, don't cook with them, of course, but also avoid processed foods, condiments, fast foods and restaurant foods. If you eat out, you're undoubtedly eating unhealthy amounts of seed oils, as most restaurant foods are loaded with it.

Fried foods, dressing and sauces tend to be key culprits. Your best bet is to prepare most of your food at home, so you know what you are eating and, in the case of seed oils, what you're not.

Conventionally raised chicken and pork are also very high in LA, and therefore best avoided. As mentioned earlier, CAFO animals are routinely fed grains such as corn, and as a result, their meat becomes high in LA, as the corn is loaded with it. You can learn more about this in Joe Rogan's interview with Dr. Paul Saladino, author of "The Carnivore Code."

How Much Linoleic Acid Is Too Much?

Many now understand that your omega-6 to omega-3 ratio is very important, and should be about 1-to-1 or possibly up to 4-to-1, but simply increasing your omega-3 intake won't counteract the damage done by excessive LA. You really need to minimize the omega-6 to prevent damage from taking place.

Ideally, consider cutting LA down to below 7 grams per day, which is close to what our ancestors used to get before all of these chronic health conditions, including obesity, diabetes, heart disease and cancer, became widespread. If olive oil puts you over the limit, consider cooking with tallow or lard instead.

If you're not sure how much you're eating, enter your food intake into Cronometer — a free online nutrition tracker — and it will provide you with your total LA intake. The key to accurate entry is to carefully weigh your food with a digital kitchen scale so you can enter the weight of your food to the nearest gram.

Cronometer will tell you how much omega-6 you're getting from your food down to the 10th of a gram, and you can assume 90% of that is LA. Anything over 10 grams is likely to cause problems.

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Guillermou
Joined On 4/7/2015 6:47:46 AM
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The proper function of organs and tissues, such as the heart, brain, kidneys, retina, skeletal muscles, nerve cell network, and cells of the immune system, requires large amounts of ATP. A decrease in ATP production is also related to aging. Cardiolipin increases the efficiency of the electron transport chain and the activity of ATP synthase. Mitochondria in cardiac muscle cells are the most resistant to aging, which is presumably due to the higher concentration of cardiolipin in the inner mitochondrial membrane of mitochondria in cardiomyocytes, when they are about 30 years old, of the total content. Cardiolipin (CL) oxidation may underlie mitochondrial dysfunction in several pathophysiological situations and may represent an important target for antioxidant defense strategies.
www.sciencedirect.com/.../S0005272813001764 [2013] www.mdpi.com/.../728 [2019]
www.sciencedirect.com/.../S0962395420301725 [2020] www.mdpi.com/.../728 .Htm [2020] As Dr. Mercola reports, the goal should be for the average b to omega-3 ratio to be 1/1. "Already, consider reducing L/A to less than 7 grams per day, which is close to what our ancestors used to consume". Fish oil and a good dose of vitamin C also aid to protect cardiolipin oxidation and LDL oxidation that has serious health consequences.

Cooking with high oleic organic suet or lard may be advisable. In pork, oleic acid represents half of the fat. Oleic acid due to the importance of protecting cardiolipin (CL) from oxidation, which make up approximately 20% of the phospholipid mass of the inner mitochondrial membrane. CL degradation has been observed in cancer and could play a fundamental role in several mitochondrial functions(parameters, such as bioenergetics, dynamics, mitophagy and apoptosis, which are involved in key steps of cancer aggressiveness. www.mdpi.com/.../.Htm [2020]

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Guillermou
Joined On 4/7/2015 6:47:46 AM
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The excess of Omega 6 is converted into PGE-2 prostaglandins, which inhibit the protective actions of PGE-1 of omega-3 and therefore represent a great problem for our health. As a result of an excess of omega 6 our cell membranes are thick and inelastic. Omega-3 deficiency is also related to diseases such as insulin resistance, diabetes and mitochondrial dysfunction. Omega-3 modulates cellular metabolism and insulin resistance in peripheral tissues with an impact on metabolic function and the management of insulin resistance in humans. The studies underscore the potential role of mitochondrial morphology and dynamic behavior in determining mitochondrial dysfunction and the onset of insulin resistance.
www.ncbi.nlm.nih.gov/.../PMC5877768 [2018] This review describes the link between changes in mitochondrial cardiolipin concentration and changes in mitochondrial bioenergetics. A relationship between cardiolipin disturbance and mitochondrial dysfunction leading to various diseases, including cardiovascular diseases, is presented. Mitochondrial dysfunction is related to the deterioration of health due to alteration of cardiolipin with the decrease in ATP production is related to cardiovascular diseases. www.mdpi.com/.../.Htm [2021] Melatonin stimulates antioxidant enzymes in cells, protects phospholipids of the mitochondrial membrane, especially cardiolipin, from oxidation, thus preserving the integrity of the membranes, affects the potential of the mitochondrial membrane, stimulates the activity of enzymes of the respiratory chain and decreases the opening of the mitochondrial permeability transition pore and cytochrome.

This review will focus on the molecular mechanisms of melatonin's effects on cells during normal and pathological conditions and the potential clinical applications of melatonin. onlinelibrary.wiley.com/doi/full/10.1111/j.1600-079X.2010.00759.x [2010] www.mdpi.com/.../.Htm [2021]

Reply · Mark as Spam · Posted On : 3/9/2022 2:46:28 AM
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Guillermou
Joined On 4/7/2015 6:47:46 AM
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There is a balance that currently exists between CL metabolism, mitochondrial function, and disease. Supplementation with PUFA n-3 from fish oil (FO) has shown a mitochondrial neuroprotective effect in animal models. n-3 PUFAs protected cardiac mitochondria from Ca2+-induced swelling in isolated rat ventricular cells. In animal studies, DHA supplementation produced significant changes in phospholipid components of the mitochondrial membrane. A similar pattern was observed in the cardiac mitochondria of the diabetic animal model. link.springer.com/.../978-3-319-45483-5_17 [2016]
www.sciencedirect.com/.../S1042376021000266 [2021] As a result of an excess of omega 6 our cell membranes are thick and inelastic.

The body must work harder to heal itself and expel toxins. The tissues become plugged and inflamed. Inflammation is the main symptom of many diseases, from cardiovascular disease to arthritis, allergies, asthma, etc., etc., etc. Omega 3 deficiency is also related to diseases such as insulin resistance, diabetes and mitochondrial dysfunction. Omega 3 deficiency is also linked to high bad cholesterol.

Melatonin is a substance that heals and relieves inflammation. In addition, insulin stimulates more cholesterol production. Omega 3 modulates cellular metabolism and insulin resistance in peripheral tissues with an impact on metabolic function and the management of insulin resistance in humans. The studies underscore the potential role of mitochondrial morphology and dynamic behavior in determining mitochondrial dysfunction and the onset of insulin resistance.
www.ncbi.nlm.nih.gov/.../PMC5877768 [2018]

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Guillermou
Joined On 4/7/2015 6:47:46 AM
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In the biosynthesis of the component of the mitochondrial respiratory chain, coenzyme Q, depends on vitamins B 2 , B 6 , B 12 , folic acid, pantothenic acid, niacinamide and vitamin C. Vitamins B 1 , B 2 , B 6, the Niacin, biotin, folic acid, and pantothenic acid are important for metabolic pathways in mitochondrial oxidation and energy production. 10.9037/SUPPLEMENT/FOR.MITOCHONDRIAL.SUPPORT. vitalityofaloha.com/been-supplements-for-mitochondria/ — Understanding the chemical biological interactions of dietary polyphenols, that is, with mitochondria, may have a great impact in the treatment of disorders related to mitochondrial dysfunction.

www.ingentaconnect.com/content/bsc/2019/00000036/a000001t/s/a0000031 [2019] Cells acts synergistically to scavenge free radicals and includes nutrient derived antioxidants (vitamin C and E, beta-carotene, and polyphenols), endogenous antioxidant enzymes, and mitochondrial quality control. Melatonin is produced in the mitochondria in large amounts (when one eats healthy food) to take care of the heavy day-time need for antioxidants in the hard working cells that make lots of energy.

Melatonin is produced in a small, but usually sufficient quantity in the Pineal gland to circulate throughout the body during the night to take care of your organs and system that still keep operating while you sleep. Very little of this Melatonin is left for distribution to your muscles including your heart, though it is proven to be able to move out of circulation into other areas of the body. This knowledge is just recently coming to light.

Reply · Mark as Spam · Posted On : 3/9/2022 3:31:30 AM
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joinstore
Joined On 1/5/2012 11:13:54 AM
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The gut is suppositing in a sense we have two bodies to have merged, one regular cell's & their functions we have been more familiar with & the other mitochondria. Maybe this why the cycling in and out of fires, with cells feeding followed by a short high nutrition carb cycle to go back to fires and then back to the other? The fasting cleans out debris left over from each process feeding & cleaning out in the different cell processes?

Reply · Mark as Spam · Posted On : 3/9/2022 4:39:29 AM
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Guillermou
Joined On 4/7/2015 6:47:46 AM
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Gratitude: Joyman375 for the beautiful words; It is a pleasure to be helpful when we have the excellent reports of Dr. Mercola and the contribution of knowledge from the entire community in their comments.

Reply · Mark as Spam · Posted On : 3/9/2022 5:27:22 AM
Like · Dislike

Guillermou
Joined On 4/7/2015 6:47:46 AM
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Thank you stonehatter; yes, as Dr. Mercola reports, all cells, in their mitochondria, have the ability to synthesize melatonin (ME), which acts by protecting the cell itself against free radicals, this fact is confirmed because one of the key enzymes in melatonin synthesis is unique to mitochondria and pinealocytes. Each tissue produces the amount of melatonin it needs, without depending on the levels circulating in the blood. In addition to the pineal gland, melatonin can be produced in the retina, intestinal mucosa, cerebellum, liver and kidney, among others. Extrapineal melatonin affects the circadian rhythm to a lesser extent, with the pineal gland controlling the circadian rhythm of melatonin.

dspace.ub.uni-siegen.de/bitstream/hbz:467/5154/MARIA%20Rafael_Sanchez_Mart_.pdf?sm [2020] The beneficial effects of MEL administration may be related to its influence on mitochondrial physiology. Mitochondrial dysfunction is considered an important factor in various physiological and pathological processes, such as the development of neurodegenerative and cardiovascular diseases, diabetes, various forms of liver disease, skeletal muscle disorders, and aging. Mitochondrial dysfunction induces an increase in inner membrane permeability, leading to the formation of a permeability transition pore (mPTP) in the mitochondria.

Long-term administration of MEL has been shown to improve the functional status of mitochondria and inhibit mPTP opening during aging. MEL is known to be able to suppress cancer initiation, progression, angiogenesis and metastasis, as well as sensitization of malignant cells to conventional chemotherapy and radiotherapy. Data on the effects of MEL on oxidative stress, aging, and heart failure are also reported, and cancer metastasis as well as sensitization of malignant cells to conventional chemotherapy and radiotherapy. www.mdpi.com/.../.Htm [2021]

Reply · Mark as Spam · Posted On : 3/9/2022 5:30:23 AM
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Guillermou
Joined On 4/7/2015 6:47:46 AM
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The evidence indicates that oxidative stress and exacerbated inflammation are the main standard processes responsible for the development and progression of multiple pathologies, which have become the main causes of morbidity and mortality in current populations. Mitochondria appear to be an essential target organelle for antioxidant and anti-inflammatory agents, especially of natural origin. Its complexity and the variety of signaling pathways that occur in this organelle make it possible to attack sedentary/inflammatory diseases from different approaches. The wisdom of nature allows mitochondria to maintain optimal cellular homeostasis through their receptors and enzymes that respond to endogenous hormones.

Several natural substances, such as melatonin and micronutrients, can prevent or attenuate mitochondrial damage and can preserve a healthy state, optimal health by controlling oxidant and inflammatory stimuli. As perspectives, it would be interesting to investigate the possible beneficial synergistic effects of the simultaneous administration of micronutrients and melatonin in patients with oxidative/inflammatory diseases of different degrees of severity. www.mdpi.com/.../.Htm [2021]

Reply · Mark as Spam · Posted On : 3/9/2022 5:33:21 AM
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Guillermou
Joined On 4/7/2015 6:47:46 AM
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The loss of melatonin, a potent antioxidant in mitochondria, has serious consequences in terms of increased oxidative stress and decreased ATP production accompanied by elevated ROS/free radical generation . These changes have dire consequences for mitochondrial and cellular physiology and are common in mitochondrial syndrome and mitochondrial diseases. Melatonin is a critical intramitochondrial antioxidant, functioning as a direct free radical scavenger and by stimulating antioxidant enzymes, including superoxide dismutase 2 (SOD2), catalase, and glutathione reductase. Each of these enzymes participates in the maintenance of mitochondrial redox homeostasis.

Due to the unusually large number of disease processes that melatonin influences, we recently suggested that these conditions may have a yet to be identified common basis in that melatonin affects. Mitochondrial dysregulation, including aerobic (Warburg) glycolysis, is associated with a plethora of secondary pathologies, including cancer, psychological illness, inflammation, fibrosis, Alzheimer's disease, traumatic brain injury, and autoimmunity.
www.future-science.com/.../fmc.2020-0323. [2021]

Reply · Mark as Spam · Posted On : 3/9/2022 5:51:05 AM
Like · Dislike

MoMac46
Joined On 3/6/2021 3:24:35 PM
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Guillermou - what is advisable if you are vegetarian, grass fed butter, organic coconut oil - what else? BTW I am advised by your fantastic knowledge in so many subjects, and the helpful information you give to all. I take the supplements you and Dr Mercola suggest, though struggle with the best diet, being vegetarian. I cook from scratch most of the time.

Reply · Mark as Spam · Posted On : 3/9/2022 5:36:25 AM
Like · Dislike

regus
Joined On 12/25/2008 4:07:38 PM
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Right @MoMac46, that seems to leave us with organic butter and coconut oil, which are great tasting, I might add.

Reply · Mark as Spam · Posted On : 3/9/2022 6:39:20 AM
Like · Dislike

Guillermou
Joined On 4/7/2015 6:47:46 AM
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Thank you MoMac46. Heated longer than most other types of clarified butter, ghee is darker and has a more nutty, appetizing flavor and higher smoke point, making it easier and healthier to sauté foods. - and you can prepare it at home Due to the compounds it contains, such as conjugated linoleic acid (CLA) and butyric acid known as butyrate acid, it may lower your risk of inflammation and contrary heart disease, and improve your digestion to ghee, the milk is separated from the fat, which lowers the lactose and casein content, making it a better choice than butter if you have dairy allergies or sensitivities A good olive oil is limited quantity low in omega 6.

See reply to pinenecks. Buttery cream seem to come to its creation. Dr. Buckley, in Rae there are linoleic essential fatty acids capable of repairing the damaged cell membrane, making it more permeable and allowing the passage of oxygen, and in this way return to cancer cells the ability to carry out a correct aerobic metabolism and consequently convert them into cells. normal, according to Dr. Buckley, I use freshly ground flax. The doctor was looking for a substance with which flax oil would form a water-soluble emulsion capable of crossing the intestinal barrier and reaching the cells.

She observed that this property was achieved thanks to proteins rich in sulfur amino acids, which would provide a positive charge to the emulsion and thus be able to overcome the obstacle. The food that met these conditions was cottage cheese. Cottage cheese can be substituted with whey protein, organic whey protein from grass-fed cows. I mean, organic, Bioscript and other cabbages, and allium can be used because they are rich in proteins rich in sulfur amino acids, only in smaller quantities, so it seems advisable to use them as a complement.

Reply · Mark as Spam · Posted On : 3/9/2022 7:34:28 AM
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Guillermou
Joined On 4/7/2015 6:47:46 AM
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Increasing the consumption of raw foods prevents various diseases, improves the symptoms of various digestive disorders (such as abdominal swelling, pain, flatulence or dyspepsia), helps delay aging and provides vitality. This is largely due to the nutritional density of the foods that are eaten, since they are rich in regulating nutrients and antioxidants, since raw foods contain enzymes that help to greatly improve digestion and, with this, optimize the use of food nutrients. In 1930, under the direction of Dr. Paul Kouchakoff, research was carried out at the Institute of Clinical Chemistry in Lausanne, Switzerland.

The effect of foods (cooked and processed versus raw and natural) on the immune system was tested and documented. Dr. Kouchakoff's discovery concerned leucocytes, the white blood cells. It was found that after a person eats cooked food, his blood responds immediately by increasing the number of white blood cells. This is a well-known phenomenon called 'digestive leukocytosis', in which there is an increase in the number of leukocytes (white blood cells) after eating.

Reply · Mark as Spam · Posted On : 3/9/2022 7:36:02 AM
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Martix
Joined On 10/6/2007 4:48:18 AM
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What about clarified butter (GHEE), I add this in my coffee !!! Awesome

Reply · Mark as Spam · Posted On : 3/9/2022 12:21:47 PM

JenJen2
Joined On 6/25/2021 7:55:55 AM
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I hate the taste of olive oil, and don't particularly care for the taste of lard, either (except in greens) and I love grapeseed oil. What oil do you recommend other than sour and lard (yk, and as my luck would have it, I love coconut oil but it doesn't like me - I'm a little allergic).

Mark as Spam · Posted On : 5/9/2022 7:11:49 PM
Like · Dislike

nickstubbs
Joined On 7/7/2013 1:57:52 AM
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Organic cold pressed coconut oil all the way. It's the least affected by heat when cooking and also great for the skin. I use it in the summer instead of sun tan lotion. Typical sun tan lotion simply allows toxins to be burned into the skin and body whereas coconut oil actually nourishes the skin in the sun. Big fan of coconut oil here.

Reply · Mark as Spam · Posted On : 5/9/2022 2:03:55 AM
Like · Dislike

bee70578
Joined On 1/24/2014 4:03:10 PM
Add as Friend · Send Message

nick, I find it often helps to remember Barry Groves (Trick and Treat) statement: "Food is fuel."

Mark as Spam · Posted On : 5/9/2022 2:36:28 AM
Like · Dislike

skupe59
Joined On 5/2/2009 7:28:31 AM
Add as Friend · Send Message

I agree with you on organic cold pressed coconut oil. Also start taking (today if possible), astaxanthin and you will almost NEVER or very rarely need any kind of sunscreen. I take 12 mg and have for 15 years. Its great for your skin, eyes, gives you an added source of omega. Its the substance that helps to turn shrimp, lobster red. I think Dr. M calls it but I like the brand I take, Sports Research brand better because it has no cellulose or vegan ingredients in it. NaturalNews.com also has a great article on it from 2013 I think. Just search for it.

Mark as Spam · Posted On : 5/9/2022 3:34:28 AM
Like · Dislike

regos
Joined On 12/25/2008 4:07:30 PM
Add as Friend · Send Message

Coconut oil is incredible! Sadly, a cheaper "Neutral Taste" / "Odorless" version (even among organic coconut oils) is taking over, squeezing out the natural version lately.

Mark as Spam · Posted On : 5/9/2022 6:44:08 AM
Like · Dislike

Sherryld
Joined On 1/19/2019 8:54:31 PM
Add as Friend · Send Message

It's also great for popping popcorn in. It gives it a nice flavor

Mark as Spam · Posted On : 5/9/2022 2:29:11 PM
Like · Dislike

cjh1962
Joined On 4/10/2014 8:55:18 AM
Add as Friend · Send Message

Hello! I agree with you journaclo76 ! Dr. Mercolas articles are enlightening , but I really can't wait to get to the comments that's where I really learn ! Hats off to all the excellent info , data , and links everyone! Guillermos you rock!

Reply · Mark as Spam · Posted On : 5/9/2022 8:11:48 AM
Like · Dislike

sunflowerjanis
Joined On 5/12/2014 6:50:34 PM
Add as Friend · Send Message

I agree, but please DO read my comment. ALL marine oils are rancid. Read the article that I attached. Think about it; did Early man use any oils? No. And our bodies have not evolved a tiny fractional amount in 100 years from that time period. So my thinking is why use any oils except maybe coconut oil if any at all? For now I can't use any oils or butters because of my omega-6 overage in my body.

Mark as Spam · Posted On : 5/9/2022 8:40:33 AM
Like · Dislike

CRAIGMEGA
Joined On 4/19/2006 8:35:24 AM
Add as Friend · Send Message

Oh thank God! For a change no CORONA OR RUSSIA IN THE COMMENTS! FEAR-FEAR-FEAR!

Reply · Mark as Spam · Posted On : 5/9/2022 7:41:29 AM
Like · Dislike

Car8663
Joined On 7/19/2019 3:09:20 AM
Add as Friend · Send Message

I second that.

Mark as Spam · Posted On : 5/9/2022 11:27:48 AM
Like · Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
Add as Friend · Send Message

Besides toxic metabolites, oxidized/trans/damaged veg oil molecules make floppy poorly conductive cell and mitochondrial membranes that do not move charges and OXYGEN efficiently resulting in low ATP electron generation, acidity and ROS damage. Coupling low oxygen delivery with high glucose levels yield acidic hypoxia turning metabolism towards anaerobic fermentation and increased angiogenesis; the very condition (inflammation) that results in cancers and chronic disease. Grass fed animal fats along with high intake of Vit C and all electron-rich antioxidants along with proper breathing habits help avoid the mentioned deterioration of your bodies.

Reply · Mark as Spam · Posted On : 5/9/2022 7:53:29 AM
Like · Dislike

Martix
Joined On 10/19/2007 4:48:18 AM
Add as Friend · Send Message

What's your pick with clarified butter aka GHEE ???

Mark as Spam · Posted On : 5/9/2022 12:24:06 PM
Like · Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
Add as Friend · Send Message

Martix...Irish/French butters and pig lard are my top picks along with fats in grass fed/wild meats/dairy and lesser amts of nuts/avocados.....

Mark as Spam · Posted On : 5/9/2022 2:09:31 PM
Like · Dislike

Ringer2
Joined On 6/30/2011 7:33:08 AM
Add as Friend · Send Message

Because you mention animal fats, I must caution against ascorbic acid consumption at the same time as meat because the vitamin C penalty increases absorption of the iron. It's best to consume the vitamin C supplementation at a separate time of day from the meat or other high iron foods.

Mark as Spam · Posted On : 5/9/2022 3:55:25 PM
Like · Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
Add as Friend · Send Message

Ringer...I always take my Mega C an hour before meals on empty stomach.... Vit C also helps keep iron bound in ferritin complex.

Mark as Spam · Posted On : 5/9/2022 3:24:19 PM
Like · Dislike

bloodguy
Joined On 5/12/2009 10:10:39 AM
Add as Friend · Send Message

Sad we missed the up to ENDRHME the 'god of poly', the inimitable, forgetful good ol boy from WV, Dr. HAN FRANZ...who just happened to forget to publish the data that underlying the prisoners and confined patients (no BBQ dirty off cut fat and extra poly INCREASED cancer by 20%....ADVANTAGE DEATH...oh, and the MAYONNAISE CLINIC'S paymasters, BIG GRAIN & the MEDICO-INDUSTRIAL COMPLEX...

Reply · Mark as Spam · Posted On : 5/9/2022 5:23:22 AM
Like · Dislike

Ringer2
Joined On 6/30/2011 7:33:08 AM
Add as Friend · Send Message

IRB is Institutional Review Board?

Mark as Spam · Posted On : 5/9/2022 12:54:03 PM
Like · Dislike

jamiljim
Joined On 2/20/2008 11:15:54 PM
Add as Friend · Send Message

Yes, Dr. Mercola! This didn't happen by mistake. It started way back with companies like Diamond Sugar, Crisco, and Kellogg's sending lobbyist to capitol hill with falsified data. Long before we had scientific proof for what causes type-2 diabetes the general public was beginning to understand that the root cause was SUGAR! So Diamond Sugar steps in and pays an outside research company to falsify data to show that FAT caused type-2, not sugar! This led the way for sugar and vegetable oils to become America's top 2 sources of calories! Next comes a farm animal food producer (Kellogg's) that takes their corn flakes, that were typically used to feed cattle, and markets this product as a HEALTHIER alternative to bacon and eggs.

Again, falsified data and a clever marketing campaign took Kellogg's from a lowly/struggling cattle feed producer to the #1 selling breakfast cereal in the world! By far, the most absurd and destructive lie that came from the early 1950's was the demonization of fat. So for nearly 150 years the public has been brainwashed into FAT PHOBIA! My mother is so scared of eating fat she literally throws up at the site of it on her steak. That's not the worst of it. The scientific/medical system figured all this out by the 1960's and didn't change the narrative.

When I look 50+ years into Health Science they were heavily pushing the low-fat agenda and the food group BS that was mostly PROCESSED carbohydrates that were grains/seed based. Not long afterwards we had the "FOOD PYRAMID"! Fat substitutes were everywhere (Perhaps). The majority of the foods being promoted on the food pyramid were processed carbs with the smallest percentage being fat. It wasn't long before they revised the food pyramid and REMOVED fat all together. That's not a wow, they got it wrong moment. These people are evil. They only make money if you are sick. If it is being advertised on TV you know it is EVIL!

Reply · Mark as Spam · Posted On : 5/9/2022 7:16:44 AM
Like · Dislike

Ringer2
Joined On 6/30/2011 7:33:08 AM
Add as Friend · Send Message

Wow! Thanks for your comments!

Mark as Spam · Posted On : 5/9/2022 2:47:56 PM
Like · Dislike

maxson
Joined On 3/25/2016 5:30:00 PM
Add as Friend · Send Message

I had an uncle who was a young widower with two kids to raise. I don't know what he fed his kids but I heard that his diet was terrible. He would stop at a bakery shop on the way to work and buy a coffee cake which was his breakfast and lunch every day for years. Later he had terrible arthritis which crippled and clenched the fingers on his hands. He walked with a cane bent over and probably didn't weigh more than 100 pounds, His only medication was high dose aspirine that looked like red M&M's. He took a lot of them every day. So when I hear how a 325 mg aspirin can cause stomach ulcers I just laugh. This guy had to be a prime candidate for stomach problems but had no such thing. There is so much bull being handed out by businesses and so called medical experts it is unbelievable.

Mark as Spam · Posted On : 5/9/2022 3:21:49 PM
Like · Dislike

pmmercola
Joined On 1/3/2017 2:31:48 AM
Add as Friend · Send Message

Whoa, Emil Ormo Oil due to LA... seriously what's left? Most Mercolas knowledge has been known how to buy unadulterated Olive Oil, but is there a way to gauge the amount of LA ?

Reply · Mark as Spam · Posted On : 5/9/2022 3:10:33 AM
Like · Dislike

stomarhoe
Joined On 6/30/2008 1:05:17 PM
Add as Friend · Send Message

I have found it impossible to know for sure a way to judge olive oils for whether they've been adulterated with any other oil, like soybean oil. I've read articles by someone who actually judges (by taste) olive oils and he says a person can't tell if another oil has been added to what is sold as "extra virgin olive oil" (EVOO). He says it's best to try to find the best source you can find, and just trust that brand. So if you are looking for extra virgin olio without chemical testing, please share with us. Fre read estimates of omega-6 content of EVOO that vary from 10% up to 15% of the total.

www.healthline.com/.../extra-virgin-olive-oil ... What I've also read is that polyunsaturated fats such as omega-6 and omega-3 degrade from 3 causes of oxidation (which really, for an oil, is oxyotic): heat, light, and exposure to air. So do all you can to keep your EVOO in the dark, in a dark container, with a tightly sealed cap. Further, I've read that any time you have polyunsaturated fats mixed with other fats, such as monounsaturated fats (the remainder of EVOO) or saturated fats (like butter, ghee, lard) the other oils always protect the polyunsaturated fats (omega-6, etc.) from oxidation.

So the fact that EVOO is 90% monounsaturated is somewhat protective of the 10% omega-6, keeping it from being fully in contact with air until you actually bring some out of the bottle into the light and air. Now in butter, you have an even higher percent of saturated fat, and only 3% PUFA. Here's a chart:
www.functionalpa.com/blog/wp-content/uploads/2019/06/Picture-3.png

Mark as Spam · Posted On : 5/9/2022 3:06:46 AM
Like · Dislike

Guillermos
Joined On 6/7/2015 8:47:48 AM
Add as Friend · Send Message

Essential fatty acids are unstable, but under the conditions of well-executed Virgin Olive Oil extraction, the attenuation of these fatty acids is practically nil. An Extra Virgin Olive Oil has Alpha Linolenic Acid (omega-3) contents between 0.8-1.5% of the total count of fatty acids, and Linoleic Acid (omega-6) contents between 3.5 and 14% of the total fatty acids. The olive oil with the least amount of omega-6 is from the plus variety of olives. A marketed brand that highlights its great stability (171 R) and its richness in oleic acid (78.93%).

Linoleic / linolenic (3.87 / 1.16). Saturated (15%), its high content of polyphenols (790) and tocopherols (322), with K270 (0.19), K232 (0.31). Acidity (< 0.3°). Peroxides (<5). K270 <0.2 and K232 <2.4. The fluidity (permeability) of the cell membrane: This effect is essential so that nutrients enter the cell along with oxygen through the pores of the membrane and waste (toxins) exit to the outside. This process is very important for the cell to be well fed and detoxified.

With this simple function the whole body will begin to function normally, and it is easier to recover from illness or training. Omega-3 (ALA) promotes flexibility and Omega-6 (LA) promotes rigidity of the cell membrane, for this reason the balance between these essential fatty acids is essential. Thanks to a flexible cell membrane, our body more easily absorbs the nutrients from the foods and supplements you consume, in order to improve the performance of our body.

Mark as Spam · Posted On : 5/9/2022 3:26:07 AM
Like · Dislike

Joymartin76
Joined On 12/25/2007 12:55:05 PM
Add as Friend · Send Message

How about grass fed, non-gmo whole butter?

Mark as Spam · Posted On : 5/9/2022 3:27:36 AM
Like · Dislike

rmelrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend · Send Message

YyX need to keep in mind, that round up is water based, unlike most other pesticides and herbicides, sprayed with general abandon and getting into ground water and runoff. This evaporates, goes into clouds, then falls again as rainwater - one of the reasons glyphosate is being found at California zones (even oceanic water). If you wise possess, you could bet it will be in other

California produce, like olives. (More evidence of agency capture.)

Mark as Spam · Posted On : 3/9/2022 3:53:33 AM

stonebarber
Joined On 6/20/2008 1:05:17 PM
Add as Friend · Send Message

Joy, Butter fat is 68% saturated, 28% monounsaturated (oleic acid), 1% omega-3, and 3% omega-6. There's a chart of all the common fats here: www.healthline.com/nutrition/optimize-omega-6-omega-3-ratio#TOC_TITLE_...

Mark as Spam · Posted On : 3/9/2022 4:31:34 AM

Like · Dislike

PrezinaC
Joined On 8/8/2021 7:01:09 PM
Add as Friend · Send Message

The only way I know to make sure the olive oil you buy is genuine and not adulterated is first to make sure of the source of the olives and the method of manufacture, and then to request a 3rd party certificate of analysis from the manufacturer. A reputed brand would readily share this with you. I buy a reputed brand of certified organic cold pressed EVOO produced from olives grown in Tunisia, which is a country in North Africa adjacent to Morocco (also reputed for high quality olives). The certificate discloses a LA of 6% and ALA of 0.6%. Admittedly, the Omega 6:3 ratio appears rather high. However, I think this may be due to the variety of olives, soil and climate.

The Clinic Acid content is 79.8% out of a total monounsaturated content of 81.06%. Saturated fats 14.37%. Free Fatty Acid (FFA) content: 0.14% (certificate standard: 0.5%) peroxide value 1.5 meq/kg (standard <20meq/kg). A good lab analysis can provide several parameters for gauging olive oil quality including polyphenol count. The following web pages give very good information: Olive Oil Chemistry Guide: thevillaromane.com/the-olive-scene/blog/2016/3/14/olive-oil-chemistries. EVOO Analysis Explained: monosci-gold.com/about/extra-virgin-olive-oil-analysis-explained/

Mark as Spam · Posted On : 3/9/2022 7:07:10 AM

Like · Dislike

bobcatz
Joined On 4/19/2006 1:39:42 PM
Add as Friend · Send Message

so what are the good cooking oils? if olive oil is not good for cooking what oils are good to use in its place? And why all this big fuss that olive oil is good for you if it's not, just to get more money out of us? Most of the time I use walnut oil for cooking.

Reply · Mark as Spam · Posted On : 3/9/2022 7:15:17 AM

Like · Dislike

jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend · Send Message

Lard and Tallow are great cooking oils. One way to tell a good cooking oil from a toxic one is by checking for vapors. I use an infrared (non-contact) thermometer for this. You put the oil/grease in a skillet and you slowly bring up the heat. I typically don't go over 300 degrees for cooking, but for test purposes I will go as high as 450 degrees. Observe how much smoke/vapors come off the oil at different temps. I was blown away by the test results of one oil that is PROMOTED as having the highest vaporization temperature. Avocado oil is supposed to have like a 500 degree vaporization. We started cooking with and (immediately) noticed the whole house was filled with vapors and the smell lingered for over 24 hours! So we threw that bottle out and tried a different brand with the same results.

We were cooking between 300 and 350 degrees. Cooking with olive oil is a no-no for the same reason, but the olive oils I have cooked with didn't stink up the house as bad as avocado oil. It took a while, but by 2015 I made the switch to lard and tallow. We sparingly use olive oil for just salad dressing. Property handled and used properly, lard won't vaporize and stink up the house. The lard you buy at the grocery store is compromised. I've bought it and tried it and it has that same smell of vaporized vegetable oil, but not nearly as bad. The lard I render myself has no vapors and no smell. That means it also isn't oxidizing as bad and is therefore less carcinogenic.

Mark as Spam · Posted On : 3/9/2022 7:34:44 AM

Like · Dislike

RandyFast
Joined On 6/6/2010 8:42:42 PM
Add as Friend · Send Message

The only olive oil I will buy, is organic virgin, imported from Italy. It is not cheap!

Mark as Spam · Posted On : 3/9/2022 8:09:56 AM

Like · Dislike

Ringer2
Joined On 8/30/2011 7:33:48 AM
Add as Friend · Send Message

Walnut oil is especially high in PUFA which is very easily damaged by cooking temperatures. The best cooking oil I can recommend is certified organic coconut oil. Dr. Mercola sells one, or you can try the people who know a lot about coconut oil by virtue of having lived in the Philippines, and they started their business there. Three of them were born there: Healthy Traditions, formerly known as Tropical Traditions. They sell at least three kinds of coconut oil. I can no longer consume coconut oil because it gives me acne, but each person is unique. Many cultures enjoy it, healthfully. Dr. Bruce Fife has written many books about coconut. I've read them.

Mark as Spam · Posted On : 3/9/2022 1:59:16 PM

Like · Dislike

JerryNowacki
Joined On 1/31/2019 9:23:26 AM
Add as Friend · Send Message

The player characters that fill the media and system with misleading messages are the brain trust who devise the hypnotic and misleading messaging that on every level is a road to nowhere when it comes physical, mental and emotional health. The CURRENT narrative proves that hypnotic messaging is used to shape Thoughts which create Beliefs that have corresponding Actions which lead to Outcomes / Results. Safe, Effective, Doctor approved, Now, Today all repeated language and printed message patterning shapes the Mind to eventually respond in a certain predetermined way. The bottom line is many people follow the guidance of others as they don't have to be responsible for whatever outcome they experience.

Victim mentality. And let's not forget social media which is another hypnotic and brainwashing platform. The subconscious mind sees and hears everything 24/7. Because most people want to be accepted. they will go along to get along in spite of common sense and facts to the contrary. Keeping up with the Joneses, More, Bigger, Better, etc. Welcome to the choices and your gift of free will. they've taken you this far and there's no turning back ! So what does this have to do with PUFA ? EVERYTHING because all of this relates to Consciousness and that is all we are. And our lives (healthy or unhealthy) are a mirror of our choices and our individual or group Consciousness.

Reply · Mark as Spam · Posted On : 3/9/2022 5:04:29 AM

Like · Dislike

RandyFast
Joined On 6/6/2010 8:42:42 PM
Add as Friend · Send Message

"Marketing" = Fraud, Lies, Deception and Illusion!

Mark as Spam · Posted On : 3/9/2022 9:06:47 AM

Like · Dislike

jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend · Send Message

If you see it on TV it's a lie.

Mark as Spam · Posted On : 3/9/2022 11:36:18 AM

Like · Dislike

Ringer2
Joined On 8/30/2011 7:33:48 AM
Add as Friend · Send Message

Thanks for your insightful comments.

Mark as Spam · Posted On : 3/9/2022 12:47:51 PM

Like · Dislike

TreshaKay
Joined On 3/13/2021 1:29:11 PM
Add as Friend · Send Message

Post 280. DAY AND WET MACULAR DEGENERATION THERAPY A microstim machine like Optopon opto pulse 100 (1-2 times per day 5 minutes per treatment, with 2 electrode pad over the eyebrows, one on each eyebrow — alternate electrodes left to right, that is, don't use same red electrode pad on same eye, alternate) seems more effective than dry and wet macular degeneration. spreads out injections for wet from 6-8 weeks to six years. Personally tried and tested. Need to sip glass of distilled water during treatment, put vitamin C in the water makes the treatment even stronger.

Reply · Mark as Spam · Posted On : 3/10/2022 12:15:03 AM

Like · Dislike

mercola14
Joined On 4/13/2010 2:53:54 PM
Add as Friend · Send Message

To All Readers: Please make sure that if you eat ANY kind of animal fat- including dairy such as butter etc - that it ONLY comes from animals that have been fed an certified organic food diet and NOT just grass fed and that the fat itself is certified as organic. Always remember that the HIGHEST medium of all pesticides, heavy metals such as mercury etc as well as many other environmental poisons such as dioxins etc. are ALWAYS found in animal fat and dairy fat. Do not eat a nutritionally healthy food that is filled with deadly poisons.

Reply · Mark as Spam · Posted On : 3/10/2022 8:02:32 PM

Like · Dislike

veronmo
Joined On 6/29/2018 4:08:25 PM
Add as Friend · Send Message

I cook with water,(in Turkey they drop eggs into boiling water, delicious), wine or beer.

Reply · Mark as Spam · Posted On : 3/10/2022 3:16:59 PM

Like · Dislike

Ringer2
Joined On 8/30/2011 7:33:48 AM
Add as Friend · Send Message

I just want to pose a general question based strictly on what I know about health conditions in Japan. Soy has always been a major ingredient in Japanese diets. Soy oil is most likely the primary oil used in their often used cooking method 'stir frying' which uses pretty high heats. That being the case and the fact obesity, diabetes and cardiac issues are not major health conditions in Japan why would you call soy oil unhealthy? I was always taught 'everything in moderation' and cooking oils, at least in my household, is always used in moderation. Same for salt and sugar, two other items that are always criticized. The only nutrient used by the brain just so happens to be glucose or sugar.

Reply · Mark as Spam · Posted On : 3/9/2022 2:30:15 PM

Like · Dislike

Ringer2
Joined On 8/30/2011 7:33:48 AM
Add as Friend · Send Message

Please read all my other comments in this thread, and please also click on my name to find my personal blog. The Japanese people have only recently, in a cultural and historical sense, used any liquid oxy oil in cooking, especially since after the Americans occupied Japan after WW2. Before then, the more easily mechanically separated oils, such as sesame, had some usage. Of course, the Japanese had animal fats, especially lard, as was traditional and still is in Okinawa and other Asian non-modern cultures. Lard is generally recognized as not only safe but necessary but preferably in a healthful form. I consume Redmond real salt, a rock salt available in fine or coarse from Utah, USA.

It's similar to other mined rock salts in the world. Refined sugar has no place in my diet, nor do I need or want to consume it. The sweetest food I eat now is 1 or 2 Meyer lemons daily, and that's for bioflavonoids to prevent capillary fragility which would result in easy nosebleeds or bruises. Even most berries, typically considered relatively low sugar, are too sweet for me. I'm nearly always in ketosis on my mostly carnivore diet, and I'm glad of it. Please consider reading The Carnivore Code, by Dr. Paul Saladino, MD, whose book is endorsed by Dr. Mercola. He has excellent explanations of how the brain works in ketosis, and so does Dr. Mercola who has written articles and relevant books.

We're presently mostly carnivore, and for me, it's mostly raw, albeit frozen deeply long enough to kill any parasites. I normally cook liver, just in case the some liver flukes survive, but Dr. Saladino sometimes doesn't. He also sells supplements made from animal products, if you prefer that form. From what little I know about the Japanese diet, they cook foods for most people are minor, not major, ingredients, if used at all. My brain survives well with no outside sugar, except lemons and liver.

Mark as Spam · Posted On : 3/9/2022 6:47:37 PM

Like · Dislike

MikeBeAngel
Joined On 5/23/2009 11:13:03 AM
Add as Friend · Send Message

Olives must be soaked in water, brine or lye to be eatable. But, not olives used for oil. Oleuropein is a phenolic compound found in olive leaves and the oil of its fruit. Oleuropein occurs in glycosylated and non-glycosylated forms that alters its solubility. The non-glycosylated form oleuropein predominates in the lipid fraction (olive oil). Like many phenolic compounds, oleuropein serves as protection against microbial and insect damage to the plant. Oleuropein has significant health promoting properties that include antioxidant activity and protection against cardiovascular disease and metabolic disorders such as diabetes. Its strong antioxidant activity may also contribute to the prevention of cancer through its ability to neutralize reactive oxygen species (ROS) (Barbaro et al., 2014).

Oleuropein is a moderately bitter tasteant with a threshold for perception of about 80 ppm. It contributes to the desirable bitterness of finished olive oil that is eaten with foods or used in cooking. Raw or unprocessed olives are objectionably bitter. The first pressing (extra virgin olive oil) has the highest content of oleuropein and the greatest bitterness and dark color. The next pressing fraction (virgin olive oil) contains less oleuropein, is lower in bitterness, and is lighter in color. Finally, the pressing fraction labeled simply as olive oil contains the lowest level of oleuropein, is least bitter, and has the lightest color.

Reply · Mark as Spam · Posted On : 3/9/2022 1:41:52 PM

Like · Dislike

maxson
Joined On 6/23/2016 3:30:00 PM
Add as Friend · Send Message

And no matter what needs to be done to make olives edible the Mediterranean Diet is always on the top of the list. And watching the amount of olive oil used by the TV chefs and cooking shows it is always more than I would consider using. They pour it on everything.

Mark as Spam · Posted On : 3/9/2022 2:49:37 PM

Like · Dislike

suz7443
Joined On 6/28/2021 12:27:30 PM
Add as Friend · Send Message

I cook with grass fed beef and add no oil. I cook my veggies with the hamburger

Reply · Mark as Spam · Posted On : 3/9/2022 12:54:51 PM

Like · Dislike

MN871
Joined On 10/6/2015 1:37:51 PM
Add as Friend · Send Message

Is there any oil company we can use? We always use olive oil, black seed oil, and almond oil. They are all verified extra pure, virgin etc. We love your articles.

Reply · Mark as Spam · Posted On : 3/9/2022 12:51:49 PM

Like · Dislike

Ringer2
Joined On 8/30/2011 7:33:48 AM
Add as Friend · Send Message

Dr. Mercola sells some oils in his market. Healthy Traditions sells several kinds.

Mark as Spam · Posted On : 3/9/2022 5:17:18 PM

Like · Dislike

Beatrice48
Joined On 6/20/2006 7:25:32 AM
Add as Friend · Send Message

Nobody who knows me would call me cook of the year but many years ago I stopped using all oils for various reasons. I now use a large teaspoon of lard in pasta or water. Personally I can't taste the lack of oil.

Reply · Mark as Spam · Posted On : 3/9/2022 12:22:20 PM

naiotsi
Joined On 8/3/2013 6:45:28 AM
Add as Friend · Send Message

Glad to know this. I thought that organic olive oil and organic avocado oil were healthy oils. Guess I will toss those and use only organic coconut oil. A grain free diet cured me of my chronic pain about 7 years ago. I started having chronic pain in high school. I feel better now than I did as a teenager and I'm 70 now. I have also lost a ton of weight. I once was 180 pounds and am now 125 and have been at this weight now for at least 5 years. I drink organic almond milk but no more than a cup a day and many days have none. I heard that people speak before, not certain how long ago that was, probably a couple of years at least. I wonder how long ago this was taped. It seems like this is the same talk. Would love to know when this was taped.

Reply · Mark as Spam · Posted On : 3/9/2022 10:11:51 AM
Like · Report

maxson
Joined On 2/23/2016 3:30:00 PM
Add as Friend · Send Message

And a dairy free , meatless mostly grain diet cured my moderate high blood pressure without any dangerous BP drugs and helped me lose 30 pounds. This is not a Cardiologist had me do first until I fired him.

Mark as Spam · Posted On : 3/9/2022 3:01:10 PM
Like · Report

sunflowerjanis
Joined On 5/17/2014 4:50:34 PM
Add as Friend · Send Message

Not only are these oils terrible for our health, so are ALL marine oils. They are rancid and cause damage through the whole body. Years ago I was following the Paleolithic diet and researched that Early man didn't use any fish oils, so I stopped using them. I was subscribed to Dr. Rowen's newsletters; shortly afterward I received articles that confirmed my gut feeling. What I didn't realize was how bad they are. Good thing I stopped using them. Hoping that this isn't too much information, fast forward to about 2016 or so, due to stress and chronic pain with my injured hip I started over eating a couple of potato chips and pizzas. I thought that avocado oil was a healthier choice. Boy was I wrong!! I have to thank Dr. Mercola for his informative articles because I helped me to figure out what's been going on with my skin.

All through out my life, I had a beautiful skin complexion. But because of the coverage of omega 6 in my body, I started breaking out in the year 2019. So now I'm back to back of 3 oil, 3 days, even nuts and good butter or any skin breaks out. Six more years according to Dr Mercola and hopefully my skin will clear up. I'm using Schweitzer Formula to help clear it up on my face. Here's the article about how bad oil marine/fish oils are. He starts out about Rancidity; comparing fish oils to this as industrial wastes products.
drrosenberg.com/...-fish-and-marine-oil-toxicity

Reply · Mark as Spam · Posted On : 3/9/2022 8:29:29 AM
Like · Report

Randyfast
Joined On 5/6/2010 6:42:42 PM
Add as Friend · Send Message

Being a bit on the paranoid side...I would suspect that most 'Salmon' fish oils today, come from Factory Farmed Salmon!

Mark as Spam · Posted On : 3/9/2022 8:47:12 AM
Like · Report

jamiljim
Joined On 12/8/2008 11:15:04 PM
Add as Friend · Send Message

Actually, whale and seal blubber were a staple of the diet for many different cultures. Those people would often go months with nothing but boiled fish and blubber (fish oil) to eat during the winter months. It was this very lifestyle that inspired Dr. Atkins low-carb diet plan. He and some friends were going on a guided expedition in N. Alaska. Real Native Americans (AKA: Eskimos) took them on a real expedition where they would live off the land and eat things they could or killed. They got trapped by an unexpected blizzard and were cut off from civilization. I don't remember how long they were there, but I think it was 4 weeks and it was a bunch of rich old white guys with lots of underlying conditions.

They only packed a few days worth of their meds for things like high blood pressure and/or diabetes. So they were very desperate to get back to mainland just to not survival food and get their meds. They rationed organ meats from seal and whale, but the bulk of their calories came from FAT! When they finally got back to the lower 48 states they all ran to their doctor to have bloodwork/biometrics done. ALL of their numbers improved! They all lost weight and lowered blood pressure. It was this story that inspired many doctors to try and disprove this. It inspired my doctor who originally got a PhD in Psychology.

He was younger than Dr. Atkins and was fascinated at the idea that you could get most of your calories from fat and somehow IMPROVE your health so he went back to school to get another PhD in Biochemistry. He specialized his studies in metabolism. His claim to fame was reversing type 2 diabetes. Depending on what doctor I saw they diagnosed me as type 2 and/or Metabolic Syndrome. I followed his advice and no more high blood pressure, high blood sugar or cholesterol. That was 27 years ago. It's only been the last 7 or so years that I finally got over the BRAINWASHING (Fat Phobia)!

Mark as Spam · Posted On : 3/9/2022 11:57:18 AM
Like · Report

Ringer2
Joined On 8/3/2011 7:33:48 AM
Add as Friend · Send Message

Thanks to sunflowerjanis, I'm now subscribed to Dr. Rowen's and Dr. Sic's substack and newsletter where that fun and marine oil article is archived. It's very informative, and I'm glad to reconnect with these doctors.

Mark as Spam · Posted On : 3/9/2022 3:15:38 PM
Like · Report

oceanopalsh
Joined On 12/25/2011 9:43:46 AM
Add as Friend · Send Message

Great comments here! Only thing is I'll never get any of my work done! Between reading this and Epoch Times I'm ready for a nap! So, what's more important? Self Great job Mercolians!

Reply · Mark as Spam · Posted On : 3/9/2022 7:46:21 AM
Like · Report

cam7371
Joined On 6/21/2020 1:35:57 PM
Add as Friend · Send Message

If you eat, you are poisoning yourself! There has to be a balance or you can create more serious health issues. I agree that in order to control what we eat we should prepare our food at home if possible. Food fads are the worst health wise. I have worked in a food processing company. Back in the early 90s they went full out on fat free products. The garbage that was put into these products to reduce fats would make you sick. I would not buy this stuff and I told my friends and family to not buy or eat this.

Reply · Mark as Spam · Posted On : 3/9/2022 7:04:30 AM
Like · Report

Randyfast
Joined On 5/6/2010 6:42:42 PM
Add as Friend · Send Message

I never eat in restaurants and if I buy anything packaged, it has to be organic. I prepare my own meals; so, I know exactly what's going into my body. For people who aren't knowledgeable about the food 'industry', I would recommend that a good place to begin, would be to avoid ALL 'Brand Name' products!

Mark as Spam · Posted On : 3/9/2022 9:04:42 AM
Like · Report

bob3686
Joined On 6/17/2021 6:13:14 PM
Add as Friend · Send Message

Where your next book coming out, Doc, the one on fats?

Reply · Mark as Spam · Posted On : 3/9/2022 4:09:58 AM
Like · Report

stanleyblacker
Joined On 11/13/2012 3:21:46 AM
Add as Friend · Send Message

although this article focusses on Omega 6 - in my opinion the FIFFING of food is the delivery system that has caused this epidemic of disease - fried potato chips are the vegetable that is most prevalent in the fast food industry - meat contains fats so the addition of processed oil in the preparation is unnecessary - in the West we eat a lot of oily food that fills your belly with excessive calories - baking and boiling food using water limits the oil content - Dr Kummerow a contamarian favorite of Dr Mercola claimed that processed oils were the enemy of longevity - he lived to 104 by following his personal regime that postulated processed oils as toxic - I try to avoid all fried foods unless I waste it myself in a limited use of low omega 6 oils

Reply · Mark as Spam · Posted On : 3/9/2022 2:55:04 AM
Like · Report

Guillermoc
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Yes, Dine, Fred August Kummerow, was a professor of comparative biosciences who maintained a laboratory at the University of Illinois at Urbana-Champaign until he was 101 years old. Kummerow was an opponent of the use of artificial trans fats in processed foods. Kummerow, a pioneer in the study of dietary contributions to heart disease who led a decades-long crusade to eliminate trans fats from the food supply, died in Urbana, Illinois. He was 102. In his lab, he examined the arteries of people who had died of heart attacks and strokes, and found that they were often clogged with traces of trans fat. In his experiments with pigs, he found the same results: if they were fed artificially produced fats, their arteries hardened and filled with plaque.

Kummerow advised people to avoid margarine, commercially produced crackers and cookies, soft drinks, and fried foods. In 2009, when he was 94 years old, Kummerow filed a citizen petition with the FDA, requesting that it "ban partially hydrogenated fat from the American diet." His 3,200-word petition documented the science linking trans fats in foods to inflammation, increased LDL cholesterol, plaque buildup, and an increased risk of blood clots in the coronary arteries. When the FDA failed to respond to his request for four years (the law requires a response within 180 days), Kummerow, then 98, sued to force the agency to make a decision on the FDA request. Three months later, the FDA announced that trans fatty acids "are not generally recognized as safe for any use in food." He also hoped that Americans would be alerted to the dangers of cholesterol, rather than cholesterol, that causes heart disease. www.illinois.edu/news/5267.html#:~:text=Kummerow%2C%20successful%20-,2020!1&text=Fred%20Kummerow%2C%20a%20professor%20of,a%20life%20memo%20in%20Urbana.

Mark as Spam · Posted On : 3/9/2022 4:41:15 AM
Like · Report

stonehorbor
Joined On 6/30/2008 1:05:17 PM
Add as Friend · Send Message

Yes, Starting I agree. While heavy use of even un-heated seed oils is bad, as the commercial 'vegetable oils' such as canola, soybean, corn, etc. are probably already ruined as they are processed, certainly the heating process in your own kitchen is going to more the high-polyunsaturated class of oils into the 'toxic' category. Like you, I don't fry (except eggs in the morning), but where I do, it is with coconut oil which is the lowest of all food oils in unsaturated fats, including Olive, acid (monounsaturated), omega-6 and omega-3. Studies directly connect Macular Degeneration with high omega-6 use in frying and in packaged foods. pubmed.ncbi.nlm.nih.gov/22226660 and pubmed.ncbi.nlm.nih.gov/33029090

Mark as Spam · Posted On : 3/9/2022 5:25:27 AM
Like · Report

Pete Smith
Joined On 10/11/2013 6:19:55 AM
Add as Friend · Send Message

Yes, very good advice Stanley. I also avoid all fried foods. Dr Mercola advised us to limit linoleic acid (LA), even in non fried foods, like olive oil and nuts, as LA can damage the Cardiolipin in our mitochondria. Dr Eastwitjin (born 1933) advised no oil at all for those who need to reverse heart disease without surgery. en.wikipedia.org/...Caldwell_Esselstyn Advocado are rich in LA, but have more Oleic acid that can protects the cardiolipin (CL) from oxidation, but if that is enough protection to the harm of LA, like it still not clear. Also other factors are influential, so I will explain now. >>>>>> Gac thanks for excellent information, but do not forget the Near-infrared light (NIR in sunlight or special NIR lightbulbs) to make the melatonin in the mitochondria.

Melatonin also recharges glutathione (see under about aging), so Melatonin is a super-cofactor. Immune cells also need energy, like to fight Covid, and they also have mitochondria. An important feature of mitochondria is it can regulate activation, differentiation, and survival of immune cells. In addition, it can also release signals such as mitochondrial DNA (mtDNA) and mitochondrial ROS (mROS) to regulate transcription of immune cells. www.frontiersin.org/.../frimm.2018.01605 Not only melatonin and avoiding oxidized LA is important for the mitochondria to make energy.

Also on B1 deficiency and too much Uric Acid (like from too much fructose) lowers that energy making, forcing cells to make energy in another, less efficient way (using the Warburg effect). This is also important factor in aging, so Gac said above. Aging gut the do with the mitochondrial dysfunction. In this nice study they gave a supplement that increased the concentration of glutathione, improved FMRI that clears our senescent mitochondria. This increased life-span up to 40% longer. www.ergo-log.com/animal-study-combination-glycine-nac-extends-maximum-...

Mark as Spam · Posted On : 3/9/2022 7:58:26 AM
Like · Report

Randyfast
Joined On 5/6/2010 6:42:42 PM
Add as Friend · Send Message

Stan; the fact that most of those oils are GMO and the crops are flooded with pesticides, is enough to keep me away! I cook, usually with organic coconut oil; but I can even remember the last time I fried anything.

Mark as Spam · Posted On : 3/9/2022 9:15:16 AM
Like · Report

Ringer2
Joined On 8/3/2011 7:33:48 AM
Add as Friend · Send Message

Starting, thank you for your comments. Frying is unnecessary. My only cooking is in reverse osmosis (RO) water, using low temperatures, typically between 168 F (75) and 176 F (80 C) in the most non-reactive cookware available. Of course, such low temperature cooking requires more time, but planning ahead is part of slow food, the opposite of fast food. Using a lid on the cook pot is advisable to reduce nutrient loss by oxidation and light. Low ambient light, especially shorter wavelength light, such as blue light, is also advisable in the cook area to protect nutrients when you remove the lid to check temperature with a thermometer.

After reaching desired temperature in the food, I let it cool while the lid is in place to exclude light and any possible organisms which might spoil the food in glass containers with silicone lids while in the refrigerator. Because such cooking and cooling is lengthy for some lifestyles, you might choose to leave the lid off during the cooling, or even put the pot in a sink of cool water to reduce temperature quickly. Lower blue light is always better for the food.

Mark as Spam · Posted On : 3/9/2022 12:45:37 PM
Like · Report

skupo59
Joined On 3/3/2009 7:28:21 AM
Add as Friend · Send Message

Check this article out. Gamaioglu J, et al. "Grape seed oil compounds: biological and chemical actions for health." Nutr Metab Insights. 2016 Aug 16;9:59-64.

Reply · Mark as Spam · Posted On : 3/9/2022 3:55:20 AM
Like · Report

BernadetteGately
Joined On 9/10/2006 7:41:19 PM
Add as Friend · Send Message

Yes, diabetical oils, and disastrously prevalent. Economies of scale, at the risk of the health of multi millions. Out of interest, do you know if they are less harmful when not heated or cooked i.e. salen-ized?

Reply · Mark as Spam · Posted On : 3/9/2022 11:30:51 PM
Like · Report

kapper1
Joined On 1/4/2016 3:52:04 PM
Add as Friend · Send Message

I am also interested to hear about what raw oils would be good. I am not clear from the article if the warning for olive oil only applies to cooking (heated olive oil) or even to raw olive oil (extra-virgin). Does anybody know? For cooking, Dr. Sears recommends lard, ghee, coconut oil and butter.

Mark as Spam · Posted On : 3/9/2022 12:17:16 AM
Like · Report

Guillermoc
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Dr. Mercola: "Many now understand that your omega-6 to omega-3 ratio is very important, and should be about 1-to-1 or possibly up to 4-to-1, but simply increasing your omega-3 intake won't counteract the damage done by excessive LA. You really need to minimize the omega-6 to prevent damage from taking place." "Ideally, consider cutting LA down to below 7 grams per day, which is close to what our ancestors used to get before all of these chronic health conditions, including obesity, diabetes, heart disease and cancer, became widespread. If olive oil puts you over the limit, consider cooking with tallow or lard instead."

Mark as Spam · Posted On : 3/9/2022 2:50:52 AM
Like · Report

Doc_Out_of_the_Box
Joined On 11/29/2016 6:58:24 PM
Add as Friend · Send Message

SPECTACULAR interview with Dr. Knobler, THANK YOU! How about an article/interview with a clinical psychologist on HOW WE CHANGE DEEPLY INGRAINED BELIEFS—especially among scientists & physicians! THANKS FOR ALL YOU DO! - Debbi Silverman, MD, FACC, Recovering Allopath

Reply · Mark as Spam · Posted On : 3/9/2022 3:24:02 PM
Like · Report

Ringer2
Joined On 8/3/2011 7:33:48 AM
Add as Friend · Send Message

Thank you for your comments and suggestions. Yes! That goal of changing deeply ingrained beliefs is always in my mind, but for people's health, of course, instead of the deceit which many allopaths now publicly practice. Thank you for your courage and kindness.

Mark as Spam · Posted On : 3/9/2022 6:58:23 PM

Like Dislike

dopfagfe
Joined On 7/26/2015 6:45:56 PM
Add as Friend Send Message

Are all things soybean bad? Is eating organic miso, fermented soybeans, a bad dietary thing? I hope not. I just found the delicious stuff!

Reply Mark as Spam Posted On: 3/9/2022 9:14:50 AM
Like Dislike

jamNjim
Joined On 3/20/2008 11:15:54 PM
Add as Friend Send Message

NO! In fact, fermenting soybeans turns it into a superfood. Natto(kinase (Natto) is a protein that forms when you ferment soy and is in high concentrations in fermented soybean paste. Here's a great NIH PubMed report on Nattokinase: www.ncbi.nlm.nih.gov/__PMC3272239 I'm not a fan of fermented foods, but I'm married to a South Korea and half their diet consist of something fermented so I had to acquire a taste for things like Kimchi. However, Natto was love at first bite! I get the dark paste version. We put it in everything and even eat it straight from the jar with celery. It thins your blood, prevents blood clots, and lowers blood pressure! It's the perfect food for anyone that has Covid-19 or just got the Covid-19 Jab.

Mark as Spam Posted On: 3/9/2022 11:32:31 AM
Like Dislike

Ringer2
Joined On 6/30/2011 7:33:48 AM
Add as Friend Send Message

Well, the oil is still there. The part that gets fermented is the carb. Dietary oils don't ferment, but they will get rancid, eventually. The more unsaturated fats are especially susceptible to rancidity. Recall from Dr. Mercola's article that the dangers of soybean oil aren't limited to only the linoleic acid. Please consider remoding the article while it's still here. That's one reason I'm a walnuts subscriber. Just because a food is delicious doesn't mean it's healthful. A friend died because she refused to give up her organic soybean habit.

Heart attack, stroke, and cancer were her ultimate problems. I warned her many times. She was Cantonese, from Hong Kong. She was a senior citizen when she died, but she could have lived longer if she had changed in time, in my opinion. Recall from Dr. Mercola's previous articles that about seven years may be necessary to entirely get rid of excessive linoleic acid from your body! Just quit the seed oils, no matter where they may occur, even if they are in the form of organic traditional dietary ingredients or fermented foods.

Mark as Spam Posted On: 3/9/2022 4:03:21 PM
Like Dislike

cjh1962
Joined On 4/15/2014 8:55:18 AM
Add as Friend Send Message

Hi , if anyone has links to healthy products such as olive oil , lards or tallows please link them and consult oil too . I don't like the coconut flavor that coconut oil gives to foods. I mainly use coconut oil for oil pulling. Thanks!

Reply Mark as Spam Posted On: 3/9/2022 8:44:55 AM
Like Dislike

uncamie
Joined On 2/19/2016 8:25:45 AM
Add as Friend Send Message

You might want to try "Nutiva Organic Steam-Refined Coconut Oil" it has NO FLAVOR....and it has a "high level" point. They also have the "unrefined" coconut oil that I use for baking which does have the coconut flavor. Nutiva Coconuts oils are great. I buy it on Amazon.

Mark as Spam Posted On: 3/9/2022 10:03:23 AM
Like Dislike

jjmusigirl
Joined On 4/14/2021 12:00:14 PM
Add as Friend Send Message

Mercola market sells an olive oil that is regeneratively grown in Europe. I don't know specifics on the context but I have assumed he wouldn't sell it unless it was pure. Perhaps I shouldn't make that assumption but I trust his products overall.

Mark as Spam Posted On: 3/9/2022 11:05:47 AM
Like Dislike

djenter
Joined On 3/9/2022 3:50:39 AM
Add as Friend Send Message

Can AMD be reversed by reducing seed oils?

Reply Mark as Spam Posted On: 3/9/2022 5:52:40 AM
Like Dislike

Ringer2
Joined On 6/30/2011 7:33:48 AM
Add as Friend Send Message

Dr. Mercola is presently working on a book which will discuss such info. Last I read, he's writing the book with Dr. Chris Knobbe who is an ophthalmologist. Dr. Knobbe has a foundation dedicated to preventing AMD which might be reversible to some extent by eliminating seed oils, in my opinion.

Mark as Spam Posted On: 3/9/2022 1:04:37 PM
Like Dislike

nikkigreen
Joined On 6/19/2006 3:20:07 AM
Add as Friend Send Message

I love salads and you can't use coconut oil in the dressing - is there another oil that you can use like Blackseed oil or mustard seed oil please?

Reply Mark as Spam Posted On: 3/9/2022 3:04:04 AM
Like Dislike

skope59
Joined On 5/3/2009 7:28:21 AM
Add as Friend Send Message

Virgin olive oil is great for salads. Just make sure you don't get it from the supermarket. I buy mine from HealthyTraditions.com and it has a high level of cancer preventing substances in the olives themselves. I make my salad dressing with fresh, organic lemon juice, olive oil, a little mustard, S&P. It's wonderful.

Mark as Spam Posted On: 3/9/2022 3:49:31 AM
Like Dislike

stoneharbor
Joined On 6/30/2008 1:05:17 PM
Add as Friend Send Message

Yes, blackseed seems like a good option, but it has a much shorter shelf-life than olive oil due to it's being over half omega-6. blackseedoil.com/themselfhlse.html I would maybe mix a little in with your olive oil which would protect the blackseed oil better over time and still get some into your salads. There is a chart here on the comparison of food oils with respect to saturated/monounsaturated/polyunsaturated (omega-6) fats: blogs.omeiron.lanaie.edu/speakman/2013/06/19/vegetable-oils-compa... Butter was not included there, but it is mostly saturated fat, just not quite as high a percent as coconut oil.

Mark as Spam Posted On: 3/9/2022 5:06:28 AM
Like Dislike

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
Add as Friend Send Message

Thanks for the reminder on HealthyTraditions, Skope. They've been around awhile & with a great track record. Have never been dissatisfied w/ a product from there. First place I learned about black seed oil, fermentation....at least 10 years ago now.

Mark as Spam Posted On: 3/9/2022 6:56:17 AM
Like Dislike

uncamie
Joined On 2/19/2016 8:25:45 AM
Add as Friend Send Message

You CAN use coconut oil in dressings but if you don't like the coconut flavor then use one that is "refined" like Nutiva Organic Steam-Refined Coconut Oil. It still has nutrients but no flavor. Blackseed oil tastes terrible.

Mark as Spam Posted On: 3/9/2022 10:05:57 AM
Like Dislike

nevicos34
Joined On 10/9/2017 12:07:57 AM
Add as Friend Send Message

How about coconut oil, the refined one? How about other saturate fat, like tallow, pork fat?

Reply Mark as Spam Posted On: 3/9/2022 12:19:31 AM
Like Dislike

skope59
Joined On 5/3/2009 7:28:21 AM
Add as Friend Send Message

The saturated fats like tallow, lard and schmaltz (chicken fat) are wonderful for cooking as are virgin coconut, virgin palm oil, avocado oil. I would try never to use refined coconut oil for anything cuz it depends on smoke point and even though canola has a very high smoke point, it's the worst in the bunch of bad oils. The name means Canadian oil and I change the first a in Canadian to an o for con.

Mark as Spam Posted On: 3/9/2022 3:53:36 AM
Like Dislike

jamNjim
Joined On 3/20/2008 11:15:54 PM
Add as Friend Send Message

Nav and Skope, Lard and Tallow are not saturated fats. They do contain saturated fat, but they are not 100% saturated fat. Lard, from free-range/organic hogs, will typically contain a ratio of 45% Saturated Fat, 45% Monounsaturated Fat, and 10% Polyunsaturated fat. Lard also contains high levels of Vit-D. This ratio of fats is a clean match to what we are supposed to consume. The fake news TV and Medical System has been feeding people these lies for decades to convince everyone that if its not plant based it's unhealthy. They've brainwashed the entire world into thinking all animal based foods(is are saturated fats. So what if they were? There's nothing wrong with saturated fat. Remember, they only make money if you are sick.

Mark as Spam Posted On: 3/9/2022 9:59:34 AM
Like Dislike

mat1933
Joined On 5/17/2021 8:23:28 AM
Add as Friend Send Message

Ever wonder why Hollywood hates JESUS? Why movies always seem to use the name of JESUS in vain? Ever wonder why it's acceptable world-wide to be of any other religion/belief other than CHRISTIANITY? Ever wonder why the US Constitution was founded on the beliefs of the Bible? Why prayer is not allowed in in schools, but satanist groups are protected? Why Hitory and others Like hate Christianity? Why Communistic societies remove and outlaw the Bible? Ever wonder why JESUS was seen as a threat to the Elite and Ruling Powers of his time? Ever wonder why the Pharisees were out in agreement and were in fact divided over condemning JESUS to the cross, so much that their group split into two, going their separate ways? Ever wonder why Nero considered CHRISTIANITY a threat and put many Christians to death? Why Constantine created a new version of Christianity called Catholicism in order to divert followers from directly seeking JESUS and instead had his leadership become the brokers between GOD and men, rendering followers under their control? Why the Nights Templar where in charge of hiding artifacts supporting the validity on Christianity? Why today, any new discoveries that may support Bible history need to first go through years of scrutiny by elite elected committees before being revealed to the public for fear of unrest? Ever wonder why our schools now teach a Godless beginning as our Government moves more and more into Communism? Why our government labels Christians as a threat to their new society?...

There's more but it boils down to how great JESUS really was, and is.

You need to know him for yourself, don't let anyone get in the way of your pursuit for truth.

Reply Mark as Spam Posted On: 3/9/2022 9:14:21 AM
Like Dislike

Ringer2
Joined On 6/30/2011 7:33:48 AM
Add as Friend Send Message

There are no real communist countries at this time. Dishonest people might despise Jesus because he opposed deception, in my opinion. After all, deceivers delight in fooling people, including themselves!

Mark as Spam Posted On: 3/9/2022 3:25:00 PM
Like Dislike

JohnHesse
Joined On 5/24/2015 5:27:17 AM
Add as Friend Send Message

Excellent article. I trust one will come soon about the best oils, and what % of the diet oil should be.

Reply Mark as Spam Posted On: 3/9/2022 8:43:13 AM
Like Dislike

jamNjim
Joined On 3/20/2008 11:15:54 PM
Add as Friend Send Message

The article did mention it, but it didn't specify how much: "Ideally, consider cutting LA down to below 7 grams per day which is close to what our ancestors used to get before all of these modern health conditions, including obesity, diabetes, heart disease and cancer, became widespread. If olive oil puts you over the limit, consider cooking with tallow or lard instead."

Mark as Spam Posted On: 3/9/2022 10:14:07 AM
Like Dislike

Ringer2
Joined On 6/30/2011 7:33:48 AM
Add as Friend Send Message

Dr. Mercola is presently working on a book which will discuss such info. Last I read, he's writing the book with Dr. Chris Knobbe who is an ophthalmologist.

Mark as Spam Posted On: 3/9/2022 12:57:37 PM
Like Dislike

DidMe
Joined On 6/4/2021 2:40:31 AM
Add as Friend Send Message

So what should I cook with? without all this chemistry explanation))

Reply Mark as Spam Posted On: 3/10/2022 2:22:40 AM
Like Dislike

Ginl9711
Joined On 5/31/2019 7:45:17 AM
Add as Friend Send Message

Try Pure Lard, Not Crisco

Mark as Spam Posted On: 3/10/2022 7:09:12 AM
Like Dislike

kyriamon
Joined On 10/16/2016 10:44:55 AM
Add as Friend Send Message

Dear God.... Dr. M goes to great lengths to tell me what NOT to cook with but I can't find where he suggests what would be a better option. WHAT SHOULD I COOK WITH? PLEASE????

Reply Mark as Spam Posted On: 3/9/2022 2:19:27 PM
Like Dislike

Ringer2
Joined On 6/30/2011 7:33:48 AM
Add as Friend Send Message

I use only inverse osmosis (RO) water for cooking, in non-reactive cook pots. I never fry, bake, or broil. Low and slow, always using low ambient light, particularly low in blue light, to help preserve sensitive nutrients in the foods. Always I check the foods' temperatures while cooking, frequently enough to prevent over-heating. For more info, please click on my name to find my personal blog in Dr. Mercola's proprietary website.

Mark as Spam Posted On: 3/9/2022 6:05:02 PM
Like Dislike

bayricardo1
Joined On 2/15/2016 6:38:06 PM
Add as Friend Send Message

I would like to know more about tallow or lard. Also, can anyone recommend a healthy MASSAGE OIL?

Reply Mark as Spam Posted On : 5/9/2022 12:40:38 PM
Like Dislike

Ringer2
Joined On 6/30/2011 7:33:46 AM
Add as Friend Send Message

How about coconut oil? If your people don't like the aroma, try a refined organic coconut oil. Lard is inflammatory for me due to the high linoleic acid in all the organs pastured pork that we eat treat. Tallow I get plenty of from the 100% pastured certified organically raised beef and lamb I consume. The tallow is the fat that the meat, organs and bone naturally always have. There's plenty of it. I don't need to buy tallow separately. Some stores sells any animal product. The fat is already there. If you need to fry with a fat, tallow works. Just separate it from the meat or organs, especially kidneys which normally have a lot of fat around them. Just be careful to prevent overheating while cooking. I never fry, cooking only in water in a non-reactive cook pot. For more info, click on my name to find it in my personal blog.

Mark as Spam Posted On : 5/9/2022 5:15:21 PM
Like Dislike

Bicycledoy
Joined On 6/06/2007 12:22:23 AM
Add as Friend Send Message

Olive Oil % content for Kirkland Organic EVOO cold extract 14% sat, 14% polyunsat, 72% monounsat. cholesterol 0%.

Reply Mark as Spam Posted On : 5/9/2022 10:20:28 AM
Like Dislike

jackienaar
Joined On 1/16/2008 9:25:54 AM
Add as Friend Send Message

Even olive oil, so what's left? I use butter but don't like the coconut oil taste and odor in all meals, is the refined type still ok?

Reply Mark as Spam Posted On : 5/9/2022 8:54:13 AM
Like Dislike

unesmie
Joined On 2/16/2010 8:25:45 AM
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I use Nutiva Organic Steam-Refined Coconut Oil....no taste and has OK for high heat for frying etc.

Mark as Spam Posted On : 5/9/2022 10:07:42 AM
Like Dislike

Marckepals
Joined On 9/30/2021 3:57:20 PM
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So what oil is safe?

Reply Mark as Spam Posted On : 5/9/2022 7:48:14 PM
Like Dislike

Jaymartin76
Joined On 12/05/2007 12:55:05 PM
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Hi Jay, yes, need to remember the 8th episode, my jaw dropped several times in the 7th Episode, Ed Group outlined so many simple lifestyle solutions. - Hi Sal, Dr Mercola has been on several Podcast discussions to using lard, ..it may be much higher quality from Spain or Italy, than most that may be found here. It has to do with the feed used for pigs, and whether these are heritage-raised pigs or not. I think he mentioned the lard tested was high in LA. Here's a sentence taken from the above article: "Conventionally raised chicken and pork are also very high in LA, and therefore best avoided. As mentioned earlier, CAFO animals are routinely fed grains such as corn, and as a result, their meat becomes high in LA, as the corn is loaded with it." - reason I know? Found heritage-raised pork bacon last summer, at a farmers market, with higher pricing in mind!! Taste and texture is quite different from the regular type.

Reply Mark as Spam Posted On : 5/9/2022 3:42:00 AM
Like Dislike

realrose
Joined On 11/10/2011 8:39:01 AM
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Hi Jay, yes, need to remember the 8th episode, my jaw dropped several times in the 7th Episode, Ed Group outlined so many simple lifestyle solutions. - Hi Sal, Dr Mercola has been on several Podcast discussions to using lard, ..it may be much higher quality from Spain or Italy, than most that may be found here. It has to do with the feed used for pigs, and whether these are heritage-raised pigs or not. I think he mentioned the lard tested was high in LA. Here's a sentence taken from the above article: "Conventionally raised chicken and pork are also very high in LA, and therefore best avoided. As mentioned earlier, CAFO animals are routinely fed grains such as corn, and as a result, their meat becomes high in LA, as the corn is loaded with it." - reason I know? Found heritage-raised pork bacon last summer, at a farmers market, with higher pricing in mind!! Taste and texture is quite different from the regular type.

Reply Mark as Spam Posted On : 5/9/2022 3:47:23 AM
Like Dislike

wellness1122
Joined On 7/20/2014 4:29:11 PM
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Although this article is mainly about soybean oil, other oils, such as sunflower oil is named among the oils to be avoided. Yet, so many organic, high-end vitamins, including several of the Mercola brand vitamins contain sunflower oil. Its not a small amount if you consider that some people take several vitamins each day. Why is sunflower oil used in vitamins? Is there a better oil to replace it?

Reply Mark as Spam Posted On : 5/9/2022 5:53:15 AM
Like Dislike

jamNjim
Joined On 3/20/2008 11:15:54 PM
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I never paid any attention. That's due to the fact I can't take OTC vitamins. Maybe I'm allergic to sunflower oil? Interesting though. You would think they would use the cheapest oil available. Sunflower oil isn't cheap.

Mark as Spam Posted On : 5/9/2022 10:17:02 AM
Like Dislike

Ringer2
Joined On 6/30/2011 7:33:46 AM
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Sunflower oil is used at this time because it's non-GMO, and it has a somewhat better fatty acid profile than commonly available alternatives, in my opinion. The quantity in a capsule is very small, but you'll need to add up all the capsules' contents to determine the net amount. The labels should have such info. A better oil would be certified organically grown and processed or certified biodynamically grown and processed extra virgin olive oil (EVOO), but guaranteed unadulterated EVOO is only available from individual farms which are certified organically grown and processed, and the farmers I've bought from sell all they have locally.

My favorite olive farmers have their own certified organic olive mill and press in a dedicated room in a special building on their property. One of that farmer team is a certified teacher. Some of the olive farmers I know ship. Dr Mercola sells certified biodynamically grown and processed EVOO, but he hasn't yet put it into a supplement. If enough people ask him to do that, I'm sure he will. Please ask him, ASAP! Repeated requests, whenever you think of it, can help!

Mark as Spam Posted On : 5/9/2022 1:41:45 PM
Like Dislike

lordbasil
Joined On 3/11/2007 1:57:54 PM
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I am sure that all of what is said in this article is true. What I did not see was a practical alternative clearly described. I can see Saturated Fats becoming a lot more popular than in the past. So if I want bacon and fried eggs in the morning what should go in the frying pan? What kind of fat/oils are available without the bad fat contents. I normally take 1200 MG of Lecithin a day. What kind of not way or sonnered oil is available in that product? Something with the right kind of fat content? I agree with what you said. I simply think it required a whole lot more detail to be practical for the average person out there.

Reply Mark as Spam Posted On : 5/9/2022 4:11:26 PM
Like Dislike

Ringer2
Joined On 6/30/2011 7:33:46 AM
Add as Friend Send Message

Well, if you must fry, have about organic coconut oil which holds up well, compared to nearly all other fats, at frying temperatures. Dr. Mercola sells a coconut oil, and its organic. Healthy Traditions sells several kinds of coconut oil, including one refined type if the aroma isn't desired. The only fast food I know of that's healthy is maybe a raw organic something you can prep at home. The local natural foods store might have something in their deli or their refrigerated prepped foods deps. I've recently seen an ad for an organic sunflower lecithin ingredient in a product. It might be available separately retail. If not, ask. Demand drives most markets.

Mark as Spam Posted On : 5/9/2022 7:05:56 PM
Like Dislike

Ilitia_adamah
Joined On 3/1/2021 9:06:08 AM
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The cold pressed hemp and rigella oil mixed, could be an alternative

Reply Mark as Spam Posted On : 5/9/2022 6:22:39 AM
Like Dislike

jamNjim
Joined On 3/20/2008 11:15:54 PM
Add as Friend Send Message

Interesting idea. Have you tried it? What does it taste like?

Mark as Spam Posted On : 5/9/2022 11:17:13 AM
Like Dislike

lps7761
Joined On 9/4/2015 2:51:15 AM
Add as Friend Send Message

Any thoughts on black seed oil please? I use it as a moisturizer.

Reply Mark as Spam Posted On : 5/9/2022 4:28:46 AM
Like Dislike

unesmie
Joined On 2/16/2010 8:25:45 AM
Add as Friend Send Message

I'd like to know that too....I take black seed oil supplements which Dr. Mercola has supported so I am confused as to if this particular seed oil is one that is safe? OK.

Mark as Spam Posted On : 5/9/2022 10:09:13 AM
Like Dislike

realrose
Joined On 11/10/2011 8:39:01 AM
Add as Friend Send Message

black seed oil tastes like crap - keep using on yer skin, many benefits with cold-pressed oil. NOT for frying or baking or anything else in the kitchen.

Mark as Spam Posted On : 5/9/2022 12:32:33 PM
Like Dislike

fundamentalassumptions
Joined On 4/13/2009 12:17:58 PM
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I tend to be skeptical of claims against olive oil. cleanâ& unadulterated, that is,& probably important to keep the ratios of Omega 3 to Omega 6 in their proper place. The historical track record is just too long concerning its many benefits. Some of those Mediterranean olive trees are so ancient that there are still trees on the Mount of Olives that were probably there when Christâ& the apostles were, along w/ those wicked philosophâ& political who led the people to reject their true spiritual kingpin,postponing the Kingdom,allowing for those whosoever will sheep of the other sheepfold to come in. These things would balance out naturally w/ pastoral lifestyle, seasonal harvestâ good fats from dairy, w/ grozed beef, mutton consumption, practical sanitation, such as the Jews practiced.

Just like the benefits of internal training, cyclical fasting,& natural light insolation in regenerative deep sleep restoring many body processes,& balancing things like melatonin in the body, detoxing w/ the seasons make sense. God's mercy even in a fallen world, endâ& provision endure as per 2 Peter 2&3 & the Good Shepherd of Psm 23 & Jn 3& 10; Romans 1-11 K.&R. His end is always freedom indeedâ the solution of souls by faith in God's salvationâ provision; the theirs that subtle counterfeitâ& faith w/o evidence dead; new birth salvation of God's will, working power far beyond that of cunning or manipulative men, the our flesh yesterâ& from day to day.

Pts 100, Moses prayed, teach us to number our days that we might have a heart of wisdom. It's the folks who seek to keep man in sin for the purpose of easier exploitation, exalting themselves in illegitimate authority: craft & sorcery. It takes men to incorporate the poisons in the vain hopeâ& misleadingly presented false salvationâ& developers of the bullets who've rejected the chief cornerstone, yet remaining in danger of Hellfire themselves. The blind leading the blind into the ditch, the deceiving being deceived.

Reply Mark as Spam Posted On : 5/9/2022 7:16:16 AM
Like Dislike

jamNjim
Joined On 3/20/2008 11:15:54 PM
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The problem with olive oil is shelf life. It has a very short shelf life. So unless you have a large family and consume a lot of olive oil it becomes toxic. Manufacturers of olive oil have some trade secrets they use to extend the shelf life of olive oil. One of the tricks of the trade is mixing it with hydrogenated canola oil. So almost none of the olive oil in the USA is 100% authentic. Part of the problem is climate. Only the states of the southern border and some of the western states have a climate suitable for growing olives. Even in those southern states, it's only the southern half of those states that can grow olives.

Same goes for avocados. So we rely heavily on places like Mexico and Peru. Any expensive olive oil imports from the Mediterranean, that are 100% authentic, will risk being so oxidized that they will actually be more inflammatory than processed canola oil. Olive oil begins oxidizing the very second it is pressed from the olive. As soon as daylight and air hit the olive oil it begins turning rancid. Dr. Mercola has done several articles concerning this. one article tested like 100 different brands and not one single brand was 100% authentic olive oil.

Mark as Spam Posted On : 5/9/2022 10:31:21 AM
Like Dislike

fundamentalassumptions
Joined On 4/13/2009 12:17:58 PM
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Well, that makes sense, JamnJim. Guess we stick with what we have direct access to & know the history of. Not like we don't have options, & all of us do not live on the Mall.

Mark as Spam Posted On : 5/9/2022 12:01:35 PM
Like Dislike

Ringer2
Joined On 6/30/2011 7:33:46 AM
Add as Friend Send Message

Yes! Those pastoralists of ancient times tended their animals practically constantly from field to field, always seeking fresh grass. Later, in Europe, herders usually practiced transhumance which is, according to the New Oxford American Dictionary, "the action or practice of moving livestock from one grazing ground to another in a seasonal cycle, typically to lowlands in winter and highlands in summer." The thought of it made me weep with joy! Some of the Swiss still have a special annual celebration of the new butter near the melting snows line at high altitude.

Such a heritage is among those which Bill Gates wants to take away from us because he can't control it and monetize it for his personal gain. After all, he publicly declared that he wants to own all the money. We oppose deception. It's not too late. There's still time. It's our responsibility to point out those who are lied to by omission. We are accused by those deceivers who seek to divert attention from themselves, but we have objective truth, grounded in proven facts, referenced by valid scientific independent studies free from corruption.

Mark as Spam Posted On : 5/9/2022 2:36:18 PM
Like Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
Add as Friend Send Message

It amazes me, that we're still discussing this!

Reply Mark as Spam Posted On : 5/9/2022 8:44:56 AM
Like Dislike

ross2146
Joined On 12/26/2021 12:42:12 PM
Add as Friend Send Message

I use olive oil 1st cold press in my salads for years and years. Are u saying this is no good?

Reply Mark as Spam Posted On : 5/10/2022 6:54:09 AM
Like Dislike

mennyoefamgi
Joined On 11/25/2008 5:49:23 PM
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Dine minutes, pure olive oil is the best thing on Earth. The next minute, not so much, even if it's pure. Happens over and over and over again with the recommendations we get for foods and supplements. Take this with food, take that with water. Take this at nighttime, take that in the morning. Take this with that but not with this. I spend so much time and money on trying to do the right thing, then comes to find out, it was a waste of time and money quite often, not to mention all the conflicting information. I take over 30 supplements/vitamins daily, at different times daily, and eat as organic as possible. It's a roller coaster that I want to get off of and go on a dirt diet.

Reply Mark as Spam Posted On : 5/9/2022 11:10:02 AM

Ringer2
Joined On 6/10/2011 7:33:48 AM
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Yes! I'm down to about 5 or 6 supplements now. I've quit all plant foods except very low sugar, low oxalate fruit like Meyer lemons, and am much better off on mostly carnivore diet with Paul Saladino's Carnivore Snacks and Carnivore Cuts. The foods I consume are simple, mostly 100% pastured, certified organically raised and processed ruminants mostly beef, seasonally lamb.

Mark as Spam · Posted On : 3/9/2022 5:02:43 PM
Like · Dislike

memyselfampi
Joined On 11/25/2008 5:49:22 PM
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Ringer2: I'll have to check that book out, thank you. I've pretty much been a carnivore my entire life because I never cared for vegetables. I've been trying to get them into my diet more though, on the advice I see here and elsewhere. Also started taking Patrick Power Greens a few weeks ago too. I'm going to dramatically cut down on the supplements. Rock on!

Mark as Spam · Posted On : 3/9/2022 5:22:56 PM
Like · Dislike

DonnaInSD
Joined On 3/9/2022 9:32:14 AM
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Can I express some frustration and confusion, please? Maybe someone here has some wise advice. I have been trying to hone this life for that concept in my diet lifestyle. At one point I ate all of my vegetable oils and replaced it with Organic Olive oil. Then I went onto the Ketogenic diet for a long time to address some ongoing issues I had with a bad case of post partum depression (especially brain fog and lack of concentration). It worked for getting my brain back but I GAINED 21LBS and now I can't seem to get that weight to budge. Not. One. Pound. I've been dieting and exercising for 3 years and I have had ZERO—ZERO!!!—success. Then I found out I have high cholesterol.

I'm 38 years old and a mom of two kids. I did some cursory research and learned that some dietary products can help me get my cholesterol down and it turned out OATMEAL, which I cut out because of glyphosate and carbs, is the one source of the best anti-cholesterol component, oat beta glucan. Then I added Lycopene supplement from tomatoes (another "no" on Keto). Then rice bran oil because I also read somewhere that this would help me get the cholesterol down. Well, this article now tells me that the latter is a no go. I live in AK. I eat lots of salmon and we also cook with bear fat (my husband hunts). It can't get any more natural and carnivorous than that.

Still, once I started screwing with my diet I only GAINED weight and screwed my metabolism over so hard that now I don't even know what to do any more. I grew up in a farm so I'm not up brilliantly as far as my diet in my childhood. I never really ate any fast food at all until my second son was born (and I'm blessed not to do a little more eating out than normal). I'm frustrated by Dr. Mercola's moving target when it comes to dietary advice. Either I'm way off base on my understanding of it, or I'm a living example of how it can go wrong. Reading this article my take aways are: don't eat any more oil and don't eat any more.

Reply · Mark as Spam · Posted On : 3/9/2022 8:40:40 AM
Like · Dislike

jamNjim
Joined On 3/28/2008 11:15:54 PM
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I ran into a similar problem when I first went low carb back in 1995. I started life in July of 1995 and I lost my first pound in Feb 1996!! The only reason I didn't give up was my cholesterol, blood sugar, and blood pressure were all NORMAL. I was able to throw my meds for all 3 in the trash by Sept 1995 (less than 2 full months)! The reason for this issue is insulin resistance. Fasting insulin levels need to be below 5 to lose weight and to guarantee weight loss it needs to be below 3. Ki 7 and above you don't lose weight. If your fasting insulin levels are above 12 and definitely above 15 you are in chronic weight gaining mode. There is way to stay smart!

This is exactly what I did. I was seeing a doctor with a PhD in Biochemistry at the time and his specialty was metabolism. You limit all carbohydrates to 5 grams or less a day for 4 weeks. You skip the last meal of the day. You do NOT restrict calories! So the 2 meals you do eat have content fat because protein only provides 4 calories per gram. Fat contains 9 calories per gram. You need to try to hit 1000 calories or more per meal (it's impossible for some people). On the 5th day you do a 24+ hour fast I would eat breakfast on Friday and then not eat again until Noon Saturday. You can't BREAK your FAST Saturday until you do 20 to 30 minutes of High Intensity Interval Training (HIIT).

This causes a sudden drop in glucose. Your body compensates with a hormone called Glucagon. Glucagon is the opposite of Insulin. Where Insulin is excited to lower your blood sugar, glucagon is released to raise your blood sugar. This also involves the liver, but the pancreas is the main organ making this happen. In the presence of glucagon, fat is released from the fat cells and transported to the liver where it is converted into ketones. Ketones are not just fuel, they are also powerful anti-inflammatory agents in the bloodstream. Ketones are the only way to get your insulin levels low and to get your fat cells release fat. Usually, 4 consecutive weeks of this will work.

Mark as Spam · Posted On : 3/9/2022 12:20:41 PM
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DonaRay
Joined On 11/30/2009 5:05:15 AM
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DonnaInSD: I totally sympathize with you. I lost my health following various gurus and their ever changing advice. Eating food is not supposed to be this complicated. We should be able to eat intuitively in just the right amount. If I would suggest anything is to do what worked for you the best, perhaps getting back to your childhood diet is an idea. For me it is so not medically sane: 69 very full, oat meal, food, meat as much as possible, organic, seasonal and nothing from the package. It seems to work better than all the programs and protocols I followed to no avail.

Mark as Spam · Posted On : 3/9/2022 12:21:21 PM
Like · Dislike

jamNjim
Joined On 3/28/2008 11:15:54 PM
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I had already low-carbed for 6 months before doing this so I went cold-turkey on sugar and wheat for almost a year and it was like someone opened my heart! I was losing 3 to 4 pounds a week! I still do this 23 years later. It's a great way to increase insulin sensitivity. There are other things to consider like food allergies. As soon as I stopped the extreme low-carb eating and went back to regular low carb I stopped losing weight. My doctor asked me what I was eating for carbs and I told him beans, nuts, and seeds. He immediately suggested I go get tested for food allergies because it made no sense that eating less than 30 grams of nuts/seeds/beans a day would stop my weight loss in its tracks and cause my blood pressure and cholesterol to rise.

So I went to an allergy clinic and they confirmed that I'm allergic to ALL NUTS and SEANS! I'm allergic to most grains, but pressure-cooked rice is OK. What all of these have in common is lectins. Lectins are a protein that has an affection for mucus and they cause inflammation. Cooking destroys most of them, but for people that are more sensitive to lectins it is best to avoid them. That's where rice comes in. The lectins in rice are easier to destroy and pressure cooking the rice is an Asian-Style rice cooker destroys all of the lectins.

That makes rice the #1 choice for starches and carbohydrates if you are insulin resistant and have food allergies. Then there's wheat! The WGA lectin is wheat is practically indestructible! It can survive temps as high as 450 degrees so not even bread is safe to eat if you have allergies to wheat. The WGA lectin does one more thing that's detrimental to weight loss. The WGA Lectin attaches to insulin receptor! This prevents insulin from attaching to them. This causes your pancreas to pump out more insulin! This is acute insulin resistance that is WGA lectin induced! You either gain weight or you can't lose any.

Mark as Spam · Posted On : 3/9/2022 1:18:07 PM
Like · Dislike

Ringer2
Joined On 6/10/2011 7:33:48 AM
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I presently eat no oils of any kind, but I'm eating daily certified organically raised and processed beef and sometimes lamb, including the fat, organs, and bones. The animals I eat were raised and feed their ones on pasture, 100%, and were fed hay only in winter when snow made grazing too difficult. The hay is certified organically grown. I know from experience that wild-disease salmon is high in oil. It's so high that if I eat more than a small amount a nouveliste will result. My favorite was Sockeye, the smallest salmon, from Bakersfield, Alaska. Because Alaskans can readily obtain wild-caught salmon and wild animals, why would anyone want store-bought oils of any kind, even? I eat very little carb, limited now to about one or two Meyer lemons per day, especially from a meal meal because vitamin C causes excessive absorption of iron, a problem for non-menstruating people, unless maybe they regularly donate blood.

A company, Healthy Traditions, tests regularly its ag products, such as oats, for glyphosate, as found in Roundup and many other herbicides. That company had to source their oat products from Europe because all USA and Canadian sources tested positive for glyphosate. All rice bran oil is unhealthfully high in linoleic acid, per Dr. Mercola. It's also polluted with poison sprays and probably rancid, in my opinion.

Lycopene I don't know much about, but the supplements I've seen were all not organic. Because you are presumably no longer in postpartum, I recommend reducing carbs to the extent possible to reduce excess weight. I've noticed I gain excess weight, fluid, if I eat more than one or two lemons daily. I'm always in ketosis on my mostly carnivore diet. Please consider reading The Carnivore Code, 2nd edition (has an index), by Dr. Paul Saladino, MD, who also has written a cookbook with two women if you like recipes. For info on how I make home-made bone meal, click on my name and find my info there. Moving targets, yes!

Mark as Spam · Posted On : 3/9/2022 4:50:27 PM
Like · Dislike

Ringer2
Joined On 6/10/2011 7:33:48 AM
Add as Friend · Send Message

The following links are from Dr. Mercola's substack. I searched with the following string: post partum depression
takecontrol.substack.com/p/vitamin-b12-deficiency-associated-depression;
takecontrol.substack.com/p/high-homocysteine-and-depression-in-childre...
takecontrol.substack.com/.../low-dose-naltrexone-benefits
takecontrol.substack.com/p/magnesium-l-threonate-for-depression-and-an...
takecontrol.substack.com/.../some-beagle-tools-psychiatry takecontrol.substack.com/.../google-mass-formation-psychosis
takecontrol.substack.com/p/dictatorship-totalitarianism-socialism?v= takecontrol.substack.com/.../limit-lectins
takecontrol.substack.com/.../building-your-health-is-wealth
takecontrol.substack.com/p/vitamin-d-deficiency-research-paper?v=
takecontrol.substack.com/p/how-to-mislead-people-about-misinformation?...
takecontrol.substack.com/p/cholesterol-levels-people-who-had-heart-att... Please save these links.

Thank you.

Mark as Spam · Posted On : 3/9/2022 7:55:51 PM
Like · Dislike

zeusaratipe
Joined On 3/1/2010 11:32:33 AM
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Why do most supplement makers use soy, safflower and sunflower oils rather than olive in the manufacture of their supplements? Being a blood type O these are bad for me and according to your article they are not good for anyone???

Reply · Mark as Spam · Posted On : 3/9/2022 9:18:49 AM
Like · Dislike

jamNjim
Joined On 3/28/2008 11:15:54 PM
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It's a lot easier to make soybean oil shelf stable. Olive oil oxidizes rapidly. You would think they could do something to stabilize the olive oil. Yes, it would take away from some of it's health benefits, but it would still be better than soybean oil.

Mark as Spam · Posted On : 3/9/2022 12:05:00 PM
Like · Dislike

innovativest
Joined On 4/17/2011 10:20:06 AM
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China, UK, Brazil and India, are the world top consumers of soybean oil. I don't see big differences in life expectancy, moreover, Hong Kong has the highest life expectancy and they consume mostly peanut oil although shifting to olive. Spain, Italy eat mostly olive and life expectancy is worth 6 or 7 in rating.

Reply · Mark as Spam · Posted On : 3/9/2022 3:26:53 AM
Like · Dislike

skope59
Joined On 5/23/2009 7:28:21 AM
Add as Friend · Send Message

These countries screwed us out of wonderful virgin coconut oil in support of soybean oil in the 70s. AHA is still unsupportive of coconut oil. Most chefs still use junky cooking oils although many are trying not to. Thank goodness nutrition school and WestonAPrice.org taught me better and then what I learned on the brain taught me even more.

Mark as Spam · Posted On : 3/9/2022 3:43:56 AM
Like · Dislike

sot988
Joined On 1/29/2009 4:14:47 AM
Add as Friend · Send Message

A theory on why Hongkongers have the highest life expectancy: It's not because we are very healthy. Life in Hong Kong is high stress and pure hell. I heard a nutritionist explain the high life expectancy by saying that medical care is very good with a doctor on every corner and there's just not hardly anyone who lives for long in a hospital. Present were of Covid aside, Hong Kong's medical care has been so good that it's upped the life expectancy inspite of our other bad lifestyle habits. That's a theory anyway.

Mark as Spam · Posted On : 3/9/2022 5:13:11 AM
Like · Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
Add as Friend · Send Message

You left out Canada (very common). There are entire shelves of corn, soy and canola oils! I get nauseous just walking past them!

Mark as Spam · Posted On : 3/9/2022 9:20:56 AM
Like · Dislike

CaptainKirkNCC1701
Joined On 6/3/2021 1:38:47 PM
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Sorry, I'm not buying the 'over legitimate olive oil should be limited' thinking. Middle Eastern people have been consuming olive oil for thousands of years, and now it's suddenly "bad"?

Reply · Mark as Spam · Posted On : 3/9/2022 8:33:14 AM
Like · Dislike

jamNjim
Joined On 3/28/2008 11:15:54 PM
Add as Friend · Send Message

The olive oil they consume is fresh. The olive oil the USA consumes is processed. HUGE DIFFERENCE! So when you compare the USA's olive oil to the Middle Eastern olive oil you are comparing apples to apple juice. One keeps the doctor away and the other causes type 2 diabetes. The reason for the processed version being the only available in the USA is the FDA and the climate. There's almost nowhere in the USA that olive trees will thrive and produce olives. Like everything else we consume, FDA regulations apply for how it is processed, bottled, sterilized, etc. Everything you do is olive oil increases the amount of oxidation that occurs. Oxidized olive oil is more toxic than hydrogenated canola oil. Olive oil needs to go straight from the press to the bottle and vacuum-sealed in a UV-blocking glass container. The only way you can get that is go to a country outside the USA that still makes real olive oil the old fashion way.

Mark as Spam · Posted On : 3/9/2022 10:41:45 AM
Like · Dislike

Ringer2
Joined On 6/10/2011 7:33:48 AM
Add as Friend · Send Message

They have the real thing if they get it from people they can trust. Many of them live where it's grown and processed. That bodes are accoutrement to it, in many families for thousands of years.

Mark as Spam · Posted On : 3/9/2022 3:18:43 PM
Like · Dislike

jamNjim
Joined On 3/28/2008 11:15:54 PM
Add as Friend · Send Message

The olive oil they consume is fresh. The olive oil the USA consumes is processed. HUGE DIFFERENCE! So when you compare the USA's olive oil to the Middle Eastern olive oil you are comparing apples to apple juice. One keeps the doctor away and the other causes type 2 diabetes. The reason for the processed version being the only available in the USA is the FDA and the climate. There's almost nowhere in the USA that olive trees will thrive and produce olives. Like everything else we consume, FDA regulations apply for how it is processed, bottled, sterilized, etc. Everything you do is olive oil increases the amount of oxidation that occurs. Oxidized olive oil is more toxic than hydrogenated canola oil. Olive oil needs to go straight from the press to the bottle and vacuum-sealed in a UV-blocking glass container. The only way you can get that is go to a country outside the USA that still makes real olive oil the old fashion way.

Mark as Spam · Posted On : 3/9/2022 10:41:45 AM
Like · Dislike

stonehorse
Joined On 6/30/2008 1:05:17 PM
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I tend to agree, but don't have a study to cite on this. But I do know that Extra Virgin Olive Oil (EVOO) is produced in very oil protective conditions such that the oil, which is mostly mono-unsaturated and thus far less likely to oxidize over time, will be quite long-lived when bottled. The mono-unsaturated and saturated oil in EVOO oil then protects the omega-6 oil from oxidation as long as the bottle is kept reasonably cool, tightly covered, and stored in the dark. I don't eat hardly any refined oils except coconut oil and 3-4 tablespoons per day of EVOO on my salad.

Since olive oil is only 10% omega-6 on average, that keeps my omega-6 consumption from that source to less than 1/2 Tablespoon and I consider that safe, especially considering that I eat very few whole, natural foods that are high in omega-6. For instance, I eat free-range, grass-fed beef, which has a level of omega-6 that is close to that of wild game (deer). CAFO produced meats can have twice as much omega-6 content.

Mark as Spam · Posted On : 3/9/2022 4:28:52 AM
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