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The Worst Ingredient for Your Immune System

Analysis by Dr. Joseph Mercola ✓ Fact Checked

January 27, 2022
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STORY AT-A-GLANCE

- Trans fat is a cruise offender than sugar for your immune system and overall health. Industrially processed seed oils, often referred to as "vegetable oils"
- At the root of the harmful biochemical reactions triggered by seed oils is linoleic acid, the primary fatty acid found in polyunsaturated fatty acids (PUFAs)
- The dramatic increase in seed oil intake in recent decades is a key culprit behind the soaring rates of heart disease, cancer, age-related macular degeneration, diabetes, obesity and dementia
- Unsaturated fat intake is associated with increased mortality from COVID-19, while saturated fat intake lowers your risk of death
- Linoleic acid is found in most processed foods, including sauces and salad dressings, along with "healthy" foods like chicken, pork and olive oil

What you eat plays a significant role in how well your immune system functions. As a result, you can actively support your body's ability to ward off acute and chronic conditions with each food you put into your mouth. However, depending on your food choices, you can also hinder it.

What's the worst ingredient for your immune system? If you guessed sugar, nice try, but there's an even worse offender that's just as prevalent but not as widely recognized for its pernicious influence on health: industrially processed seed oils, often referred to as "vegetable oils."

At the root of the harmful biochemical reactions triggered by seed oils is linoleic acid, which is an 18-carbon omega-6 fat. Linoleic acid is the primary fatty acid found in polyunsaturated fatty acids (PUFAs) and accounts for about 80% of the fatty acid composition of vegetable oils. Omega-6 fats must be balanced with omega-3 fats in order to not be harmful, but this isn't the case for most Americans.

Why Seed Oils Are Even Worse Than Sugar

An immunologist with CNBC News recently named sugar the "worst food ingredient for your immune system," in large part because consuming too much of it can contribute to insulin resistance and obesity, which increases inflammation in your body and causes damage to blood vessels.

While your immune system is busy tending to these areas, CNBC notes, "This creates a major distraction for the immune system and paves the way for dangerous bacteria and viruses to slip through our body's defenses." In fact, it's been known since at least the 1970s that sugar weakens the immune system (while fasting strengthens it),[1] and I recommend limiting added sugars to a maximum of 25 grams per day if it's healthy, or 12 grams a day if you're insulin resistant or diabetic.

But most health "experts" simply do not understand that seed oils are even worse than sugar. These fats become embedded in your cell membranes and stay there for about seven years, wreaking havoc on your health.

Not only are most of the omega-6s you eat, including seed oils, damaged and oxidized through processing, but even if they are unheated and pristine when consumed in any but small amounts, your body degrades them into free radicals that damage virtually every tissue in your body.

"Most of this linoleic acid, when it oxidizes, it develops lipid hydroperoxides and then these rapidly degenerate into … oxidized linoleic acid metabolites," says Dr. Chris Knobbe, an ophthalmologist and the founder and president of the Cure AMD Foundation.[2]

OXLAMs (oxidized linoleic acid metabolites) create a perfect storm, as they are cytotoxic, genotoxic, mutagenic, carcinogenic, atherogenic and thrombogenic, according to Knobbe. Their atherosclerosis and thrombogenic actions are especially concerning because they can produce strokes and clots, however metabolic dysfunction can also occur.

During the lipid peroxidation cascade caused by the excess consumption of omega-6 seed oils, PUFAs accumulate in your cell membranes, leading to a peroxidation reaction. Because there are so many reactive oxygen species in the body, the development of insulin resistance at the cellular level. OXLAMs are also toxic to the liver and are associated with inflammation, fibrosis and fatty liver disease in humans.[3]

Dr. Paul Saladino, a physician journalist, also explained in a podcast that linoleic acid "breaks the sensitivity for insulin at the level of your fat cells,"[4] essentially making them more insulin sensitive — and, since your fat cells control the insulin sensitivity of the rest of your body by releasing free fatty acids, you end up with insulin resistance.

Linoleic Acid Drives Chronic Diseases, Worsens COVID-19

There's virtually nothing more destructive to your body than seed oils in producing heart disease, cancer, age-related macular degeneration, diabetes, obesity and dementia.[5] When I interviewed Tucker Goodrich, who developed an IT-risk management system used by two of the largest hedge funds in the world, then transitioned into medical research, he explained that animals typically develop cancer once the linoleic acid in their diet reaches 4% to 10% of their energy intake.

Yet, most Americans get approximately 8% of their calories from seed oils. "So, we're way over what these thresholds in the lab would suggest is a safe level of these fats based on the laboratory work in animals," Goodrich said, adding:

> *"We've got this huge discrepancy between what the lab science tells us we should be doing and what our dietary guidelines tell us we should be doing. The scientists are saying, 'Oh, look, it's poison. It causes all the chronic diseases,' and the government's saying, 'Eat lots of it. That's not a good thing.'"*

Data also indicate that COVID-19 mortality rates are heavily influenced by the amount of unsaturated fats you eat. Simply put, unsaturated fat intake is associated with increased mortality from COVID-19, while saturated fat intake lowers your risk of death.[6] The authors 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. Goodrich explained:

> *"I did an enormous post on this, looking at the effects of LA [linoleic acid] in SARS COV-2 and SARS in general. SARS is a severe acute respiratory syndrome. SARS kills you by giving you acute respiratory distress syndrome (ARDS).*
>
> *ARDS can be caused by lots of different things, not just these viruses. You can get it from influenza. You can get it from inhaling acid into your lungs. What's fascinating is the human literature is quite clear that you can induce ARDS through feeding seed oils.*
>
> *Very sick people who can't eat are fed intravenously. It's called total parenteral nutrition (TPN). Generally, this is used through a product called Intralipid, which is made out of soybean oil and sugar. When you start to understand all this stuff, it's just mind boggling. Doctors did an experiment after they noticed that a lot of their patients who came into the ICU and got TPN then subsequently got ARDS.*
>
> *So, they started playing with what they were feeding them, and what they discovered was this soybean oil formula increased the patient's rate of getting ARDS. The fatality rate from ARDS is 35% to 60%. Feeding seed oils increased the rate of ARDS by seven times."*

It's Hidden in 'Healthy' Foods, Like Chicken and Olive Oil

Another reason why linoleic acid is so harmful is because it's found in virtually every processed food, including restaurant foods, sauces and salad dressings. Many processed foods high in sugar also contain seed oils, which is why eliminating them from your diet is essential for improving and maintaining your health.

However, even if you cut out processed foods and skip sauces and salad dressings when you eat out, you may still be consuming too much seed oil because it's hidden in "healthy" foods like chicken and pork. The problem is that these animals are fed grains that are high in linoleic acid,[7] which makes the meat a major source as well. So if you're eating chicken and pork, believing it to be good for you, you're being misled.

Olive oil is another health food that's a hidden source of linoleic acid; however, there are caveats. As Goodrich explained, the linoleic acid content of olive oil can vary significantly. "The percentages that I've seen quoted in literature range from 2%, which is awesome, to 22%, which is not good," he said.

Olive oil also has the benefit of containing beneficial oleic acid, which is protective against both cardiolipin oxidation and LDL oxidation. Cardiolipin is a type of fat located in your mitochondria, and oxidation of cardiolipin is one of the things that controls autophagy.

By altering the composition of cardiolipin in your mitochondria to one that's richer in omega-6 fats, you make it far more susceptible to oxidative damage. Goodrich cites research showing that when the linoleic acid in cardiolipin is replaced with oleic acid like that found in olive oil, the cardiolipin molecules become highly resistant to oxidative damage.

The other variable, however, is that olive oil is often cut with cheaper seed oils, which raises the linoleic acid content. So if you consume olive oil, I strongly recommend keeping close track of your total linoleic acid intake.

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 linoleic acid. You really need to minimize the omega-6 to prevent damage from taking place.

Ideally, consider cutting linoleic acid down to 2 or 3 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 pals you over the limit, consider cooking with tallow or lard instead. Beef tallow is 46% oleic acid and lard is 36% oleic acid.

Remember, linoleic acid is considered an essential fat, so you don't want to eliminate it entirely. It's only when consumed in excessive amounts that linoleic acid acts as a metabolic poison — but virtually everyone is consuming excessive amounts.

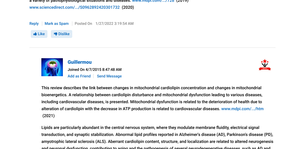
What amount is "excessive"? Anything over 10 grams a day is likely to be problematic, although the exact cutoff is still unknown. In 1909, Americans ate 2 grams a day of vegetable oil, according to Knobbe, but by 2010 this had increased to 80 grams a day.[8]

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 linoleic acid 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 linoleic acid. Again, anything over 10 grams is likely to cause problems. Since there's no downside to limiting your linoleic acid, you'll want to keep it as low as possible, which you do by avoiding high-LA foods. This means eliminating all of the following oils:

Soy
Corn
Canola
Safflower
Sunflower
Peanut

Other high-LA foods include chips fried in vegetable oil, commercial salad dressings and sauces, virtually all processed foods and any fried fast food, such as french fries. I'm currently writing a book on this topic as well, so stay tuned for more information about what I believe is likely the leading contributing cause of virtually all chronic diseases we're encountered over the last century.



By popular demand, I am pleased to share with you an exciting update — my entire Censored Library has finally returned! Through Substack, an information sharing platform, I am once again able to share with you all the valuable research I have gathered through the years. Click below to access my Censored Library now.

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As a reminder, my daily newsletter is still free and content will be released on Mercola.com before anywhere else. After 48 hours, the articles will be transferred to my Censored Library on Substack.

+ Sources and References

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Guillermoo
Joined On 4/7/2015 8:47:48 AM
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As Dr Mercola reports, the goal should be for the omega-6 to omega-3 ratio to be 1/1. Fish oil and a good dose of oleic acid to protect cardiolipin oxidation and LDL oxidation that has serious health consequences. Cooking with high oleic seed oil or lard, and olive and coconut oil to taste raw vegetables or smoothies can be a good option. The olive oil that was overcome of the pizzaal variety is low in omega-6, which highlights its great stability (171.9) and its richness in oleic acid (78.93%). Linoleic / linolenic (3.87 / 1.16). Saturated (15%). Its high content of polyphenols (790) and tocopherols (320), with KZYO (0.19), KZES (0.31). AcdOly (0.3%).

Peroxides (<15). KZTO <0.2 and KZ32 <2.4. Oleic acid should be highlighted due to the importance of protecting cardiolipins (CL) from oxidation, which make up approximately 20% of the phospholipid mass of the inner mitochondrial membrane. LC decarglycan 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.nebi.ncbi.nlm/...htm (2020) Cardiolipin (CL) interacts with and is required for optimal activity of several proteins including enzyme complexes of the electron transport chain and ATP production.

Furthermore, CL plays an important role in the morphology, stability and dynamics of the mitochondrial membrane, in mitochondrial biogenesis and protein import, in mitophagy, and in different mitochondrial stages of the apoptotic process. Abnormalities in CL content, composition, and level of oxidation can negatively affect mitochondrial function and dynamics, with important implications in a variety of pathophysiological situations and diseases. www.nebi.ncbi.nlm/...17/28 (2019) www.sciencedirect.com/.../S0962893420301732 (2020)

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Guillermoo
Joined On 4/7/2015 8:47:48 AM
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This review describes the link between changes in mitochondrial cardiolipin concentration and changes in mitochondrial bioenergetics. A relationship between cardiolipin disturbances 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.nebi.ncbi.nlm/...htm (2021)

Lipids are particularly abundant in the central nervous system, where they modulate membrane fluidity, electrical signal transduction, and synaptic stabilization. Abnormal lipid profiles reported in Alzheimer's disease (AD), Parkinson's disease (PD), amyotrophic lateral sclerosis (ALS). Aberrant cardiolipin content, structure, and localization are related to altered neurogenesis and neuronal dysfunction, contributing to aging and the pathogenesis of several neurodegenerative diseases, such as AD and PD. www.sciencedirect.com/.../S1043276021000256 (2021)

Melatonin stimulates antioxidant enzyme 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.nebi.ncbi.nlm/...htm (2021)

Mark as Spam · Posted On: 1/27/2022 3:20:13 AM
Like · Dislike

Pete Smith
Joined On 10/11/2015 9:19:55 AM
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Gratitude Girl for excellent contribution. Only a little mistake as you write "LC deregulation has been observed in cancer". I know you wanted to write CL, which is short for Cardio Lipin. Your change is so I can know this remark, no need to answer me on this ^^. Longevity expert David Sinclair use to take resveratrol for anti-aging, but the body don't absorb it very well. Now he don't take it any more as he found out that also and in olive oil there are some fats, but so much better. David said that "A stanning paper finds mono-unsaturated fats (oleic acid) such as the ones made in our bodies and in olive oil, which is cool. It means that resveratrol from stressed plants is mimicking fasting, but also olive oil and avocados, nuts, that have this oleic acid also. So I'm increasingly eating olive oil, walnuts and avocados, that have this compound. And actually it's very potent. I think it's about 10 times more potent than resveratrol, maybe a hundred, actually" (and quote David Sinclair) ^^ Is that why Stanley eats 4 avocados a day?

Mark as Spam · Posted On: 1/27/2022 4:42:06 AM
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ChappyOB
Joined On 12/26/2021 9:11:36 AM
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What about Black seed Oil is big in LA

Mark as Spam · Posted On: 1/27/2022 8:58:58 AM
Like · Dislike

WarriorForFab
Joined On 1/5/2011 11:46:21 PM
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Mark as Spam · Posted On : 1/27/2022 9:00:33 AM

Like · Dislike

MaryBN
Joined On 11/23/2009 11:22:14 AM
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Several years ago, before we had a computer, my husband had broken his neck and was having eyesight problems, and was told he would be blind within 1 year. A friend of ours gave us a book to read which said canola oil could be responsible for eyesight problems and switch to olive oil. I am not remember the name of the book. So we switched and my husbands eyesight came back to normal, he received a commercial drivers license, we use coconut oil now for cooking and extra virgin olive oil for salad dressing. MMCBR121

Reply · Mark as Spam · Posted On : 1/27/2022 3:16:52 AM

Like · Dislike

balhawk
Joined On 12/11/2009 3:56:56 PM
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Excellent, glad to read of your husband's healing. Might the book have been 'Fats that Heal, Fats that Kill', by Udo Erasmus? That was the book that inspired my oil change.

Mark as Spam · Posted On : 1/27/2022 7:38:00 AM

Like · Dislike

grulia
Joined On 1/17/2012 8:03:55 AM
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You, and other forum members, might also be interested in this natural eye supplement supplier: www.naturaleyecare.com

Mark as Spam · Posted On : 1/27/2022 7:39:30 AM

Like · Dislike

Ambassador777
Joined On 12/22/2011 6:34:55 AM
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Phospholipids in cell membranes are what you eat in terms of fat. Consume PUFA in vegetable oils that still advertise as being good for your heart and you'll have fatty acids in cell membranes that "ignite" easily as PLA2 and 3Q enzymes release them from the glycerol backbone of phospholipids. In the 70s, the advice was to drop saturated fats and consume vegetable oils. Somehow biochemistry on the cellular level got ignored. Several decades ago, we noticed flaws in Ancel B. Keys' Seven Nation Study and today, we see it was a manipulated study focusing on some nations, ignoring others. Today, we realize that no single, esteemed scientist did more harm to the health of humanity than Keys. Myths tied to the harm of cholesterol, statin use, weight gain, and the exponential rise in chronic, inflammatory diseases all lead back to him. He was the Fauci of that day.

Reply · Mark as Spam · Posted On : 1/27/2022 7:51:53 AM

Like · Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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OXLAMS are one inflammatory danger, but damaged cell and mitochondrial membranes don't transport oxygen, electrons/protons and nutrients efficiently causing suffocation at the cellular level, poor ATP output, hence cancers/heart disease/ Deprived of O2 and VI, C, HF ? Hypoxic induction factor kicks in turning aerobic metabolism into anaerobic fermentation with low ATP electron output and provokes angiogenesis/cross capillary growth to feed the potential tumor...as a failing charge terrain allows oxidation of vessels, DNA, every other cell structure as it reduces oxygen survival in body fluids; oxidative stress. The pharmaceutical paradigm ignores these basic essential necessities for life and has caused this pigeonholing of a thousand "diseases" and instead ignores commonalities.

For a most student to be plunged into this complex ocean of individual diseases is to cripple his thought process and prevent him from ever finding common threads...doomed to an endless search for a good downstream from original insults. So a virtually decapitated public and bogus healthcare system have been turned the public into neurotic hypochondriacs ...scared to breathe and praying for a vaccine while ignoring the general condition of their organisms...Divide and conquer became divide and confuse with the pharmaceutical way of thinking...

keep waiting for "the Science" to find a drug and a cure, always over the next hill. I had to ignore all and become an empty vessel to receive an objective view...far from the century old narrative crammed with false belief. Industry supported universities became the ultimate authority on everything complicated to criminally standardize medicine, agriculture and other profitable technologies. Science is not science or government or belief system. It's an objective search for certain truth and what works to benefit humanity, not an expedient tool for dollars. cut-back my/flagulload.com/forum-comments

Reply · Mark as Spam · Posted On : 1/27/2022 7:32:36 AM

Like · Dislike

Pete.Smith
Joined On 10/11/2013 8:19:55 AM
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Thanks FORRDDDN. There are captains of the Sea, and there are captains of the C. Hello, you captain of both, Yes indeed vitamin C. Sa just I looked into Uric Acid, as it is a critical marker in Covid-19, because it causes inflammation, but also in Gout and also it promotes Atherosclerosis. The pathway involves also HIF-1, which promotes cancer growth, you can see the pathway to Atherosclerosis in this simple figure, see www.ahajournals.org/...AT0SBAHL119.2120224 . So I search for Uses Vitamin C and lowers Uric Acid levels? I looked the first article on the search page, it said: Recent studies have found that higher vitamin C intake reduces uric acid levels in blood. Whether this ultimately affects the risk of gout, however, has been unknown.

Those who took 1,500 milligrams per day had a 45% lower risk than those who didn't take any. www.nih.gov/news-events/nih-research-matters/vitamin-c-may-reduce-risk ... So this is another way to prevent atherosclerosis and the importance to Covid-19. ^ ^ ^ For those Dr. Mercola Health Gardians who dont know what ionic Uric Acid the most. Uric Acid is raised by fructose, the sugar in fruitjuices, on half of cristal sugar molecules are fructose, and ofcourse fructose is in High-fructose corn syrup (HFCS), which is in countless foodproducts, also know as Corn syrup, and by so many other names.

Mark as Spam · Posted On : 1/27/2022 8:29:52 AM

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Pete.Smith... Uric acid is poorly understood, yet one of the body's chief antioxidants...VII C reduces gout just for sure, and the bigger point is that VII C's antioxidant electrons go to neutralize oxidative/acidic protons...why I call electrons "promiscuous" Read this paper on uric acid as evolutionary adaptation to the loss of internal VII C production...and doses of VII C electrons are individually dependent upon the level of inflammation/aka oxidative stress, 1-10 grams or 100 grams IV.... www.ncbi.nlm.nih.gov/...PMC2945042

Mark as Spam · Posted On : 1/27/2022 8:44:43 AM

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Gbergerson
Joined On 1/19/2011 11:58:15 AM
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I can feel it in my stomach when I've had one of those bad oils. Thank you Doctor Mercola! Your the best!

Reply · Mark as Spam · Posted On : 1/27/2022 9:42:15 AM

Like · Dislike

Keyhong
Joined On 3/3/2021 12:07:23 PM
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The blunt answer is try to avoid all plant matter, including oils or fats, even if they are mostly mono unsaturated oils or saturated fats, that includes all seed, nut, and fruit oils, including Coconut, because even extra virgin extracted plant oils will probably contain some plant toxins, which can also cause damage. Also avoid products of any animals fed plant matter which is not that natural diet, including cows fed waste processed food. Apparently the alleged nutrients in plant oils are actually toxins, including so called anti-oxidents, like polyphenols, which are incompatible with our body chemistry, thus pro-oxidants.

They maybe useful as temporary medicine, but don't make good food. Animal fat contains both oils and fats, without any plant toxins, so we don't need any plant matter to get the full range of useful fatty acids. Rendered animal fat can should preferably be minimized and most animal products should be cooked by steaming, boiling, or pressure cooking, to minimize toxins from frying, roasting, smoking, and butter clarifying. (The paragraph formatting seems broken in these comments)

Reply · Mark as Spam · Posted On : 1/27/2022 9:11:37 AM

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Chappy68
Joined On 12/30/2021 9:11:36 AM
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I read from Dr. mercola that Black seed oil is good for you, even is good against Covid spike protein. Black s seed Oil is high in Linoleic Acid and now he is saying that Linoleic Acid is very bad for you. Is he contradicting himself?

Reply · Mark as Spam · Posted On : 1/27/2022 8:57:42 AM

Like · Dislike

Bicycleboy
Joined On 6/26/2007 12:22:22 AM
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Canola does not look like a good fatty acid. Why are we saying it is bad? Is Linoleic acid? Safflower oil: 78% Grape seed oil: 73% Peppawood oil: 70% Sunflower oil: 65% Hemp oil: 60% Corn oil: 59% Wheat germ oil: 55% Cottonseed oil: 54% Canola oil: 31% Walnut oil: 51% Sesame oil: 45% Rice bran oil: 39% Pistachio oil: 32.7% Peanut oil: 32% Canola oil: 21% Egg yolk: 16% Linseed oil: 10% Lard: 10% Olive oil: 10% Palm oil: 10% Cocoa butter: 3% Macadamia oil: 2% Butter: 2% Coconut oil: 2% Avocado oil: 2% In 17%, depending upon source (average rat mitcapra.com/knowledge-base/linoleic-acid-content-in-various-oils/

Reply · Mark as Spam · Posted On : 1/27/2022 8:48:57 AM

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balhawk
Joined On 12/11/2009 3:56:56 PM
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Balance is the key. I've been on a virtually not and seed free paleo diet by necessity (food allergies), and found it to literally be a pain in the a55 when I took too much omega 3 and/or had too little omega 6. Get hormonitoid/ Taking a bit more omega 6 from grapeseed oil kept refrigerated and in opaque containers and cutting back the omega 3 a bit got rid of the hemorrhoids within days. I do eat chicken and pig frequently but from good sources, and often cook with the fat from bacon and pork I make (pork belly pie a favorite when I can get them), and otherwise use predominately saturated fats for cooking. So the keys, based on my experience are balance, quality, and proper use, including proper storage to protect such essential oils from oxidation due to heat or light.

Reply · Mark as Spam · Posted On : 1/27/2022 7:26:46 AM

Like · Dislike

juststreve
Joined On 1/5/2012 11:15:54 AM
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How many ears of corn does it take to make a quart of corn oil? If that much omega 6 oil was critical to life, it would have already been in abundance in the plants for us to consume.

Reply · Mark as Spam · Posted On : 1/27/2022 5:30:48 AM

Like · Dislike

stonehardor
Joined On 6/30/2008 1:05:17 PM
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I have read studies comparing the amount of linoleic acid (omegas) contained in cells raised cattle with the amount contained in Wild game, and in grass fed beef. The omega6/omega3 ratio goes from 3/1 for game up to 6/1 for feedlot beef and may be just 4.5/1 in totally grass fed beef.

Reply · Mark as Spam · Posted On : 1/27/2022 2:41:34 AM

Like · Dislike

Roland_A
Joined On 3/30/2021 3:29:01 AM
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I avoid seed oils. I love nuts, but I'll use this article as a guide to safe quantities. What I'm still not clear on is the difference between: A. Raw nuts B. Raw nuts that have been 'activated' i.e. soaked in water to begin the germination process, and C. Roasted nuts

Reply · Mark as Spam · Posted On : 1/27/2022 3:14:21 AM

Like · Dislike

mindig
Joined On 2/27/2010 8:38:08 AM
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Mercola has mentioned in previous letters, to refrigerate olive oil and then pour off whatever didn't solidify. My whole bottle turned solid! There was no liquid to pour off. I use a good organic olive oil and will continue to use it. How would one find out what present a particular olive oil has of the bad stuff?

Reply · Mark as Spam · Posted On : 1/27/2022 6:52:02 AM

Like · Dislike

sleekirish
Joined On 1/8/2009 7:12:26 PM
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Can you recommend a good quality olive oil ? Thank you

Mark as Spam · Posted On : 1/27/2022 8:09:06 AM

Like · Dislike

Wulfhardt64
Joined On 3/24/2021 3:08:25 AM
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Bonjur from the Basque Country! As a faithful reader of your newsletters, I would like to ask you a question today. We have lived in Germany a specialist in oil and fats. Dr. Johanna Budwig, who was very strong against trans fats. Her absolute favorite was linseed oil and the linseed oil that she used often has, especially the linseed flax. Her findings and discoveries were ignored and swept under the rug. Why doesn't she show up in your recommendations and elaborations? I am impressed with your corrupt and of course I have subscribed to your exclusive newsletter. All the best in these turbulent times and " merci beaucoup " or better " Darkeschun "

Reply · Mark as Spam · Posted On : 1/27/2022 7:23:07 AM

Like · Dislike

grulia
Joined On 1/17/2012 8:03:55 AM
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You caught my curiosity mentioning linseed oil. Turns out that it's another name for flaxseed oil which is high in omega3 fatty acids, something I've been used in the distant past as a wood polish ingredient for rifle stocks. I did not know (or remember) that they were one and the same, thanks for the info. www.healthline.com/.../flaxseed-oil-benefits

Mark as Spam · Posted On : 1/27/2022 7:49:26 AM

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Bicycleboy
Joined On 6/26/2007 12:22:22 AM
Add as Friend · Send Message

Linseed / Flax oild looks good at 15% linoleic acid. See my list of linoelic sources with %

Mark as Spam · Posted On : 1/27/2022 9:08:06 AM

Like · Dislike

Catz21
Joined On 4/27/2021 2:51:47 PM
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The other day I was at Costco and was looking at some tasty crackers to buy. It said Organic on the box, so I looked at the ingredients. I started to laugh when it listed Organic Canola Oil. I try not to buy anything with soybean oil. Our honey is adulterated with high fructose corn syrup. Try to buy local honey. Unfortunately, it is quite expensive. $30 a quart jar. There is no labeling that tells the truth. I think Connecticut is the only state that requires GMO products to be listed. Now we are dealing with adulterated Virgin Olive Oil. Has Organic now been adulterated as well? Can we truly trust the Organic label.

I buy organic product, but now don't know how true that description is. How organic can a product be that is fertilized by human feces, thus the scat contamination? I live in an area with a short grow season (get snow into June) and too much shade in my yard. Thus, I am limited with what I can grow. Fortunately I have lots of herbs and tomatoes. That's it. I'm thinking I may need to convert a room to utilize sunlight lamps to grow indoors. Any body have any suggestions on how to grow produce when there is a short season and too much shade?

Reply · Mark as Spam · Posted On : 1/27/2022 6:30:35 AM

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Cak-Smith
Joined On 1/27/2022 3:50:43 AM
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Good morning, you didn't mention flax seed oil or sesame seed oil in your seed oil article. Are you avoiding those also? Thank you ^^

Reply · Mark as Spam · Posted On : 1/27/2022 3:52:36 AM

Like · Dislike

bethhouse
Joined On 6/19/2006 6:57:55 PM
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And Hemp Oil. It is recommended to me by my doctor for a membrane wash to rid myself of LAs. Because it is in no list I need to make sure.

Mark as Spam · Posted On : 1/27/2022 7:43:04 AM

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Almond
Joined On 2/26/2008 4:23:33 PM
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Please read the article carefully and notice that it refers to "industrially processed" fused oils. Fits its name from seeds, on their wood, and from nuts. Cold pressed, unrefined, organic oils are healthy. Hydrogenated oils are not healthy

is redundant and hardly necessary. I do not believe harm comes from oils, per se. There are some to especially be avoided, such as soy and corn (GMO). I still believe that extra virgin olive oil has incredible healing properties when used cold (such as salad dressings) and not overheated. The other key to health is moderation, balance and harmony in all things. I think statements that overgeneralize about oils, as if fact, are harmful. At the very least, readers should pay attention to the exact wording.

Reply | Mark as Spam | Posted On 1/27/2022 5:25:53 AM

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BicycleBoy
Joined On 6/26/2007 12:32:23 AM
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I interpret that differently. Seed oils are bad because they contain linoleic acid and are even worse when industrially processed. See my entry showing the % linoleic acid per oil source. I have questioned why canola is on the list since it is only 20% linoleic acid.

Mark as Spam | Posted On 1/27/2022 9:18:33 AM

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navisos34
Joined On 10/9/2017 12:07:57 AM
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Perhaps the best is coconut oil which contains no linoleic acid?

Reply | Mark as Spam | Posted On 1/27/2022 12:56:27 AM

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bethhoxie
Joined On 6/19/2006 6:57:55 PM
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Am interested in any information for good quality help oil. It is recommended for a membrane wash which is to remove LA.

Reply | Mark as Spam | Posted On 1/27/2022 7:47:09 AM

Like Dislike

BicycleBoy
Joined On 6/26/2007 12:32:23 AM
Add as Friend | Send Message

If you mean hemp not help oil, it is high in lineolic aicd 60%

Mark as Spam | Posted On 1/27/2022 9:04:15 AM

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scuppi
Joined On 6/20/2006 2:28:50 AM
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Personally, I believe Dr Peat, 'essential fatty acids', essential for disease. The proof is out there.

Reply | Mark as Spam | Posted On 1/27/2022 8:37:41 AM

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