

## A Word or Two About Oils

(From Going Back to the Basics of Human Health)

“One hundred years ago, heart attacks were practically unheard of in the United States. The first recorded case of arteriosclerosis was in 1910; the first reported heart attack was in 1912. Alzheimer’s disease did not exist. One person in 100,000 had diabetes. Now about two-thirds of Americans develop arteriosclerosis; 50% die of cardiovascular disease. One in 20 has some form of diabetes. One in four (28%) develops cancer – 500,000 of them die. Other degenerative conditions which have exploded in numbers since the turn of the century include multiple sclerosis, kidney degeneration, liver degeneration and others. One hundred years ago, people ate fresh, whole foods including plenty of meat, butter and lard. But they did not ordinarily eat any refined, processed or chemicalized foods, did not eat any refined and altered oils or fats. All of these are now commonly consumed.”

Many of the steps used to process vegetable oils can affect the nutritional content and balance of these products. Expeller-pressed oils and hydraulic-pressed oils are first subjected to temperatures of 200 degrees Fahrenheit and up. The oils are then de-gummed, which removes chlorophyll, vitamin E, lecithin and many minerals and trace elements. Then an alkaline wash separates out even more nutrients. Next, the oil is bleached and then deodorized by steam distillation at temperatures over 450 degrees F.

“The resulting oil is colorless, tasteless, odorless, altered and, of course, devoid of nutrients. Any vitamin complexes in the original food are gone; any possible remnants of nutrients are only fractions.”

The raw materials for oils now come from large, chemically farmed fields. Very often, these over-refined oils contain pesticide residue, which interferes with nerve function and oxidation processes in the human body. These pesticide residues are only some of the toxic substances that are found in altered oils.

Trans-fatty acids, another toxic substance, make up, on the average, almost 10% of the total fats in the American diet. Trans-fatty acids are made by forcing hydrogen into raw, polyunsaturated oil molecules under high temperature and pressure. The oil is chemically altered so that the oil is more solid. This makes pastries flakier, breads moister, and cookies fresher-tasting. It also gives foods a longer shelf life.

Nutritional researcher, John Finnegan, states in his book *The Facts About Fats*: “There is more and more evidence showing that the main cause of heart disease and one of the main causes of cancer is the harmful effects from poisonous trans-fats and other compounds in refined oils.”

If you are confused about how to identify trans-fatty acids, here are the key markers:

1. The words “Partially hydrogenated” are included in the list of ingredients on a product. Margarine, “composed of diacetyl, isopropyl, stearyl citrates, sodium benzoate, benzoic or citric acid, diglycerides and monoglycerides, is also loaded with trans-fats. The Harvard School of Public Health found that just four servings of white bread, cake, or cookies that contain partially hydrogenated oils can increase the chance of heart trouble by 67%...2 ½ pats of margarine can increase it by 100%.”
2. Look for oil that is packaged in a clear bottle. Sunlight can penetrate and cause the oil to go rancid. Unfortunately, you will even find these in most health food stores where almost all “are usually manufactured by the same refineries as supermarket oils.” Buy oil in cans or dark brown glass bottles.
3. Smell your oils. Oils that are odorless and tasteless are rancid. Fresh, natural oils have their own delicate flavor and aroma.

We need the unsaturated fatty acids from good oils for many reasons: healthy skin and hair, maintenance of normal growth, hormone production, proper digestion, wound healing, calcium metabolism, etc. We have to be careful to choose good oils, like fresh flax seed oils and fish oils, to get the job done.

What we put into our body is just as important as what we do with our body. To help your body function at its peak both inside and out, it is absolutely necessary to have good communication between the brain and the body. When a vertebrae in the spine moves out of alignment, it blocks or slows this communication, which can show itself as pain, disease, fatigue or many other things. Find out if chiropractic can help you live a healthier life with a new patient exam. A better you is waiting.

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