

Canola Report

The following is adapted from and contains exact quotations from reports beginning in 1996 by Tom Valentine under the trade name of Search for Health and True Health. These are quarterly publications that contain Valentine's personal investigations as well as material from other publications. Tom Valentine is based in Naples, Florida. Carotec Inc., 941-353-2348. He is a life sciences investigative reporter of long standing. He is personally acquainted with many of the famous names in nutrition. One of these is the internationally acknowledged leading expert on trans-fatty acids and hydrogenated fats, Dr. Mary Enig, Ph.D., formerly of University of Maryland.

CANOLA OIL

It has been very much in vogue in healthfood circles to praise canola oil as very healthy oil-high in polyunsaturates, while condemning tropical oils such as coconut or palm oil as being saturated and unhealthy.

The high praise for canola is propaganda put forth by the Canadian government because canola, the genetically engineered form of rapeseed oil, is one of that nation's chief export products. It cannot be certified ever, as organic. Any manufactured foodstuff with *canola* in it cannot be certified or called *organic*. Rapeseed oil contains toxic erucic acid. Canola is hybridized rapeseed with much less erucic acid in it. It is a major crop in Canada, hence the name Can(ola).

American healthfood store operators merely parrot the hype without checking all the facts. Consumers search out various products with canola oil in them because they believe this is somehow much healthier than other oils. All foodgrade canola, including the varieties sold in healthfood stores, are deodorized from its natural terrible stink with **300 degree F. high-temperature refining. You cannot cook a vegetable oil at that temperature and leave behind anything much edible.**

Research at the University of Florida- Gainesville, determined that as much as 4.6% of all the fatty acids in canola are "trans" isomers (plastic) due to the refining process. Contrary to popular opinion, saturated fats, especially those found in coconut oil are not harmful to health, but are important nutrition. There are no trans isomers in unrefined coconut butter, for example. (this refers to many published research papers by Mary Enig, Ph.D. that refutes all the establishment propaganda condemning saturated fats. Mary Enig cannot be bought or suppressed by the hydrogenated oils and margarine industries.)

In 1996, the Japanese announced a study wherein a special canola oil diet had actually killed laboratory animals. Reacting to this unpublished, but verified and startling information, a duplicate study was conducted by Canadian scientists using piglets and a canola oil based milk replacer diet.

In this second study published in Nutrition Research, 1997, v17, the researchers verified that canola oil somehow depleted the piglets of vitamin E to a dangerously low level.

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In the abstract of the study, the Canadian researchers made the following remarkable statement: *It is known that ingestion of oils containing polyunsaturated fatty acids (PUFA) of the n-3 and n-6 series results in a high degree of unsaturation in membrane phospholipids, which in turn may increase lipid peroxidation, cholesterol oxidation, free radical accumulation and membrane damage.* All very bad attributes.

That statement is remarkable because PUFA is considered essential to a healthy diet. Yet none of the above listed results of eating it may be considered healthy. So now we have something seemingly brand new to the dietary health arena.

Here the Canadians are condemning any oil that contains *essential fatty acids*. EFAs cannot stand heat. They turn rancid quickly. Proper processing, i.e., cold pressing, and protection from oxygen for storage is paramount with EFAs. Mainstream toxic commercial food making requires complete removal of EFAs lest shelf life disappear in smelly rancidity.

Absent the removal of EFAs, few manufactured toxic chemical foods would make it out of the warehouse. So, here we have Canadians telling us that their country's main oil export kills little animals. They suggest that perhaps it was the health giving EFAs left in the canola oil after it had been scorched at temperatures above 300 degrees fahrenheit to get rid of the EFAs. They don't tell you that whatever EFAs are left in the oil, are now poisonous rancid fats. It may be that the now toxic remnants are what's killing the vitamin E, and killing the little piggies. I think the Canadians produced that deceptive half truth to protect their careers from grant drought.

Firstly, the idea of something depleting vitamin E rapidly is an alarming development. Vitamin E is absolutely essential to human health, and when so much PUFA is available to diet as it is today, the demand evidently becomes even more imperative because tocopherols control the lipid peroxidation that results in dangerous free radical activity, which causes lesions in arteries and other problems.

Canola oil now has been shown to be a very heavy abuser of tocopherols or vitamin E, with the potential for rapidly depleting a body of the important vitamin. The researchers did not know what factors in the canola oil were responsible. They reported that other vegetable seed oils did not appear to cause the same problem in piglets.

*** * * ALERT * * ***

Genetically Manipulated Canola Seed Gets Loose In The Fields

Monsanto announced in April 1997, that it was recalling genetically engineered canola seed because an unapproved gene slipped into the batch by mistake. The canola seed had been genetically manipulated to resist the herbicide toxicity of Roundup, which is Monsanto's top money making product. The recall involved 60,000 bags containing two types of canola seed, which is enough to plant more than 700,000 acres. Both types of seed have the wrong gene in them. The genes in the recalled seed have not been approved for human consumption.

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A spokesman for Limagrain Canada Seeds, which was selling the seeds under a Monsanto license, said that experts are trying to determine how the mistake occurred. *We may never know how this happened* he lamented.

The implications of this error are serious. No one in his right mind is unconcerned about genetic manipulations getting lost.

On January 26, 1998 *Omega Nutrition*, one of the major producers of organic, cold pressed oils for the health food store market published a press release. The release states that if you are cooking with canola oil of any quality, you might as well be using margarine. In the case of refined canola oil, the important health benefits have been processed away- leaving the consumer with the nutrition of say, white flour- and, dangerous trans-fatty acids have replaced a lot of the beneficial omega 3 essential fatty acids.

Oils high in omega 3 are not capable of taking high temperatures. Heating canola distorts the fatty acid turning it into an unnatural form of trans fatty acid that has been shown to be harmful to health.

SUMMARY

According to Mary Enig, unrefined coconut oil is safe to use in cooking. Finding it is not so easy as a result of the American establishment's highly successful attack on all imported palm and coconut oils which come from the Pacific area. Udo Erasmus, Ph.D., another highly regarded international expert on fats and oils, both are the same. They are named for their physical state at room temperature. Udo says the only safe oil to use to fry or bake with, is water.

He says no fat can stand the temperatures used in food processing without being adversely affected. I personally use a little low temperature melted *organic* butter to flavor my (water) poached eggs so that I think I'm eating fried eggs. Melting the butter does not fry it or adversely convert it into a dangerous substance. I would never again eat toxic chemical fed *commercial* butter. It has stuff in it, including pus from sick cows, that would make you gag if you knew it.

MARGARINE isn't raised as an issue on these pages. So I will make a brief statement here about it. **(Oleo) Margarine isn't food. Margarine is a poison. It is a manufactured grease concocted in a machine from various oils and chemicals. It does not exist in nature and cannot be grown or converted from a natural food as butter and cheese is. It was invented to win a prize when Napoleon III was surrounded and ran a contest for a palatable grease for his otherwise dry bread. Most restaurants substitute it for butter without notice to you. Commercial manufactured imposter foods use margarine wherever canola cannot be used in their recipe that otherwise would use butter. Your mythical cholesterol count in your bloodstream does not shrink in the presence of this toxic invention. There are licensed dieticians and physicians who, in complete and total ignorance, will urge you to eat this poison in pursuit of better health.**