

## Part 4, Chapter 36: Hydrogenated Oil

The health ranger, Mike Adams, published an article titled "Why Hydrogenated Oils Should be Avoided at All Costs".<sup>{1}</sup> He describes the process for making hydrogenated oil. It lends new meaning to the phrase "you are what you eat." To say this 'stuff' is toxic ...

Hydrogenated oils are oils that are often healthy in their natural state, but are quickly turned into poisons through the manufacturing and processing they undergo. Manufacture[r]s take these naturally healthy oils such as palm, kernel, soybean, or corn oil and they heat it to anywhere from five hundred to one thousand degrees under several atmospheres of pressure.

They then inject a catalyst into the oil for several hours. The catalyst is typically a metal such as a[n] nickel, platinum or even aluminum. As this bubbles up into the oil the molecular structure changes and increases in density and rearranges its molecules so that instead of a liquid at room temperature we now have either semi-solid or solid oil. This creates either partially hydrogenated or fully hydrogenated oils.

The molecules in this new product are now closer to cellulose or plastic than to oil. In fact hydrogenated oil is only one molecule away from being plastic. When you eat anything containing this material, just as the oil is now thicker and more viscous (dense), so too does your blood become thicker and more viscous right along with it. The heart now has to work much harder to pump blood throughout the body. This is one of the major ways that consuming hydrogenated oils contributes to high blood pressure.

As you can imagine, this thicker blood with this gummy substance flowing with it can easily lodge in the arteries and build up the arterial plaque. It doesn't take anywhere near as much time as you may think for this to occur. Some studies have shown that negative health effects of eating foods cooked in this oil occurs within only minutes of consuming such foods.

In some studies it has been shown that such oils contributes to high cholesterol because it actually scars the internal walls of the arteries. This is due to the nickel that is often used in the hydrogenation process. This causes the body to then produce cholesterol to heal the walls of the arteries which is one reason that the plaque builds up on the arterial walls. As the walls are continually scarred, this slowly shrinks the opening for blood to flow through making the heart work much harder, placing a great strain on the heart that eventually wears the heart out.<sup>{3}</sup>

It's pretty obvious at this point what this oil is doing to your vascular system, your pipes as Dr. Bragg would call them. Keep in mind that this is the kind of oil used in most fast



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food frying processes. When you eat those fries or a piece of extra crispy chicken, this fat is going directly into your body and flowing through it. It gets worse.

Cell walls are normally made up of healthy oils such as Omega-3 and Omega-6 fats, also known as essential fatty acids (EFA's). The walls of your cells are the cells defense mechanism so it's crucial that they have sufficient EFA's in the cell wall. Once hydrogenated oils reach the cell, they [your cells] try to assimilate them into the make up of the cell wall. The presence of hydrogenated oils in the cell walls actually prevents nutrients from entering the cell but at the same time allow[s] pathogens, microbes and viruses to pass through. It also prevents waste material [from] getting out of the cell.<sup>{4}</sup>

The end result is that cells often mutate because of severe imbalances which can lead to cancer, tumors or other serious health issues. In addition, the incorporation of this oil disrupts the electromagnetic fields in the cell wall. The net effect is that:

This opens the flood gates for invaders to enter the cell and destroy it from within. With the cell wall functions now compromised and with little or no nutrients getting into the cell, it is basically defenseless and all manner of serious negative health effects can arise. Cellular toxicity will also rise at the same time due to the increased presence of waste matter that hydrogenated oils traps inside the cells.<sup>{6}</sup>

Anyway you look at it, there is nothing good about hydrogenated oils. They are extremely toxic to the body and, in practical terms, should be avoided like the bubonic plague. A diet that is 90%-95% vegan with the bulk of that in its raw natural state is the best defense. Of oils, consume only extra virgin olive oil and coconut oil. The oil in avocados is excellent, too, as well as others that are derived from whole food.