Canola Oil: The #1 Hidden Health ‘Danger’ at the Prepared Food Bar

(NaturalNews – S. D. Wells) Step right up to your favorite food bar, whether at Whole Foods, Harris Teeter or Farm Fresh, and “get you some” potato salad, coleslaw, egg salad, pasta salad, chicken salad, tuna salad, baked goods, or just make your own salad with lots of salad “dressing” and you are most likely getting a few heaping tablespoons of rapeseed oil with each serving, better known these days as canola oil. Now, whether or not there really is any such thing as organic canola oil, well, the jury is still out on that one. Regardless, canola oil is not good for you, and it ALL goes through a “deodorizing” processing stage that removes the “stink” of rapeseed, in case you didn’t know.

Canola oil can have detrimental effects on your health, especially the genetically modified (GM) canola that Monsanto so conveniently manufacturers for the masses to consume. It’s all mixed into those fancy, condiment-loaded, creamy salads at the friendly grocer, and it’s FRESH! Step right up to the fresh bar! Add in some tasty conventional spices and keep it hot or cold in those little bins for those “whole” food enthusiasts. Lots of people pack a few of the canola “mixtures” into plastic (BPA) containers and take them home. What exactly are you taking home, though?

There is no such thing as a canola plant

Wait, did you think there was a canola plant, like corn, soy or sunflower? Did you think making canola is just about pressing seeds? How DOES rapeseed oil magically turn into

canola oil? It's "deodorized" with a chemical component. Do you want to put a "hex" on your health? Insert "hexane" and wait for problems to rear their ugly head. Hexane, a **vapor component of gasoline**, is used to process oils and has been since World War II. And yes, hexane is flammable. Hexane is a chemical made from crude oil, the mainstream solvent extraction method of the entire Western world. So how is this organic? Good question.

The omega-3 fatty acids of processed canola oil are transformed during the deodorizing process into **trans fatty acids**. The reason why canola is particularly unsuitable for consumption is that it contains a very-long-chain fatty acid called **erucic acid**, which under some circumstances is associated with **fibrotic heart lesions**.

Here's an interesting fact: In 1985, the Federal Register (official journal of the federal government of the United States) stated that the FDA outlawed canola oil in infant formulas because it retarded growth. So, 25 years ago it was not good for babies, but now it's suddenly okay for everyone else? (http://www.functionalmedicineuniversity.com)

There's a "not-so-heart-healthy" nation just below Canada

Just when you think that you're eating healthy, you get fooled again. It's the "cash crop" canola con! They've exploited that "gray area" so well for years. If you're not sure, it probably "ain't pure." Oh, but its Canada's top export to the USA by the millions of pounds of seed, oil, and meal per year.

But wait, some fast food chains were bragging recently because they are getting rid of their trans fat oils and switching to canola oil, like it's some big move toward a "heart-healthy" nation, instead of using that pesticide-ridden soybean oil. So they must have been using that "close by

choice" sales trick, where the **consumer chooses from a lesser of evils** but still falls for the gag. Sounds like two-party politics. So what's your mayonnaise made with? What is the most prominent ingredient of your salad dressing, meaning what are the first few ingredients listed, because you know food manufacturers must list ingredients from the most first to the least last, right?

Oh, but the backlash will come, because people love their canola! Either that or they have no idea how much they are eating each day. They're not doing the math. Add up those items from the canola food bar, condiments at home and some baked goods and what have you got? A "little bit" of rapeseed oil is **moving through your digestive tract and your cleaning organs**, and your body is not happy about it. Do you think Whole Foods uses organic canola for the food bar, or should you ask? Should it say? Everything that is prepackaged says so on the label. Too bad you can't "Fooducate" the food bar items using the phone app (http://fooducate.com). Would it even matter if it was organic? I mean, can you have organic fibrotic heart lesions?

A biochemist would tell you that canola oil has higher levels of trans fatty acids than soybean oil and other toxic GMO "hybrid" oils that the masses use on a regular basis. This would include the hydrogenated vegetable oils cottonseed, safflower and corn.

Avoid the "All-You-Care-to-Eat" Canola Food Bar!

Take a quick look at the short-term and long-term damage you could be doing to your body by consuming canola regularly:

• Canola depletes vitamin E.
• Canola increases the rigidity of membranes, which can trigger degenerative diseases.

• Because of canola's **high sulfur content**, it goes rancid easily, which can exacerbate allergies and compound problems for people with bronchial or asthmatic issues.
• Human studies reveal canola causes an increase in lung cancers.
• Canola can shorten lifespan of animals and lower platelet count.
• Daily canola consumption can raise your triglycerides **over 40 percent**.
• Canola oil molds quickly and also inhibits enzyme function.
• It opens the door for free radicals, undermining natural antioxidants, and can be linked to increased incidence of many diseases.
• Canola leaves **no foul taste when it's spoiled**, so it's hard to tell if you're eating rancid erucic acid.

The Harvard School of Public Health stated decades ago that there is no safe level of trans fats, yet still, if there are less than 500 mg per half-cup serving, the FDA allows food manufacturers to use the label saying "no trans fats." So who measures that half-cup at the food bar? Maybe you're getting **A HALF-CUP of CANOLA** for lunch and dinner. Do you know the chemistry of your own cell membranes? Maybe you should. (http://www.bostonglobe.com)

Did you know that canola was man-made by a scientist at a university lab in Canada? The genes of the rapeseed plant were actually bred to produce less toxic erucic acid. Great, design a poisonous crop to meet FDA guidelines, then ship it to the USA! After creating this infamous genetically modified "invention," this same scientist, **Dr. Baldur Steffanson**, went to work for Calgene, which was later bought by the biotech giant **Monsanto**! Who do you think also developed the "Roundup-Resistant" variety of GMO Canola? You guessed it – Dr. Steffanson, the "Father of Canola." Thanks doc – for your contribution of weed killer and rapeseed oil hidden in our food! (http://timemachine.siamandas.com)

Still want to fill up those handy “to-go” containers at the “whole” foods bar? Still think all those creamy salads are the “bomb”? Think again. Don’t be fooled by canola just because the “debate” isn’t settled. Thanks to the “cloud” around the debate, it infiltrates the “whole food” market. Try grape seed oil or coconut oil for your own salads that YOU put together and can trust. Both of those oils can also tolerate high heat. Organic extra-virgin olive oil is good for you, but only if you don’t cook it at high heat. Stay healthy my friends.

Sources for this article include:

http://www.greencradle.net
http://www.youtube.com
http://www.organicconsumers.org
http://timemachine.siamandas.com
http://www.naturalnews.com
http://www.laleva.cc
http://preventdisease.com
http://www.functionalmedicineuniversity.com
http://www.bostonglobe.com