

Canola Oil

Isaiah 55:2 – Tells us to “...eat that which is good.”

“Because we, from principle, discard the use of those things which irritate the stomach and destroy health, the idea should never be given that it is of little consequence what we eat ...” {CD 196.4}

“Abstinence from all hurtful food and drink is the fruit of true religion. He who is thoroughly converted will abandon every injurious habit and appetite...” {CD 457.1}

“...every man that striveth for the mastery is temperate in all things.” (1 Corinthians 9:25)

“True temperance teaches us to dispense entirely with everything hurtful...” (TE 138.2)

“...guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life.” (CD 102.1)

WHAT IS CANOLA?

Canola is an acronym for Canada oil, low acid, and was contrived by the Canadian oil industry in 1978. Canadian scientists genetically modified the rapeseed plants for the express purpose of processing the oil for human consumption.

“Can-ola,” a hybridized rape plant, is one of that nation's chief export products. Rapeseed oil contains toxic erucic acid. Canola has much less erucic acid in it. 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.

Rape oil is strongly related to symptoms of emphysema, respiratory distress, anemia, constipation, irritability, and blindness in animals and humans. Rape oil was widely used in animal feeds in England and Europe between 1986 and 1991, when it was discontinued.

A FEW RELEVANT FACTS:

***It is genetically engineered rapeseed.**

*Rapeseed oil is loaded with erucic acid, which has been shown to cause lesions of the heart - not a good side effect. So a little genetic manipulation by some plant breeders in Canada created a variety of rapeseed that produced an oil low in erucic acid. They called it LEAR oil, an acronym for Low Erucic Acid Rapeseed.

CLAIMS OF SEVERAL HUMAN HEALTH SIDE EFFECTS FROM CANOLA OIL ARE:

- Anemia
- Constipation
- Disruption of the Central Nervous System
- Increased Incidence of Heart Disease and Cancer
- Loss of Vision
- Low Birth Weights in Infants and Irritability
- Respiratory Illness

Strange new diseases involving the nervous system may be caused by Canola oil which dissolves the myelin sheath off of the nerves throughout the body.

As a matter of fact, **the heating of most oils during the cooking process does the same thing.** Very gradually over the years, symptoms develop, which at first are perhaps only annoying, but which eventually will be diagnosed as a disease.

1. Robert came to the Center with **unexplained exhaustion and numbness and tingling in his extremities.**
2. Mary's husband was concerned because, he said, she was **hypersensitive.**
3. A 2 year-old child cried all the time and was considered a **"difficult child."**
4. Ray was diagnosed with **Multiple Sclerosis.**
5. June had **heart arrhythmias** and a **hearing problem.**

All these symptoms were linked to loss of myelin sheath.

Most of these people knew **they had used Canola oil** over the years.

MILES OF NERVES

The nervous system, once the insulation is stripped, can be likened to your home with bare wires inside the walls -- **a dangerous situation.** In the body, symptoms may be many and varied:

- Blurred vision
- Breathing problems/ short of breath
- Deterioration of memory and thinking processes
- Difficulty urinating/ incontinence
- Environmental sensitivity/ allergic to smells, food, clothing, electrical equipment
- Excessive salivation
- Fuzzy or low audio levels
- Heart problems/ arrhythmias
- Nervous/nervous breakdown
- Numbness and tingling in extremities
- Slurred speech
- Tremors, shaking, "palsy" due to malfunction of nerve impulse transmissions
- Incoordination walking, writing and other automatic physical movements

Little wonder. **Canola oil contains erucic acid in the oil and glucosinolates in the meal, both toxic to humans and animals.**

WHAT CAN YOU DO?

Do not use Canola Oil. Read labels. If you eat out often, choose restaurants that don't use Canola Oil. (Ask!)

VITAMIN E DEPLETION

Studies have conclusively shown that canola depletes vitamin E, which is necessary for life. The most well-known studies were done by Canadian researchers in 1997 and involved piglets fed milk replacer containing canola and fortified with vitamin E. Their vitamin E levels dropped dangerously low. Part of the test included piglets on milk replacer with soy oil and fortified with vitamin E, and their levels did not drop. In 1998, the same research group reported problems in platelet count and platelet size in piglets on canola-based feed.

CANCER

Rapeseed oil used in China for stir-frying produced highly carcinogenic smoke.

According to The Wall Street Journal on June 7, 1995, an increased incidence of lung cancer occurs in people who breathe the smoke.

WHAT IS ERUCIC ACID?

<http://www.3dchem.com/molecules.asp?ID=381>

LEARN MORE ABOUT CANOLA OIL BY GOING TO THE FOLLOWING LINKS:

http://aspartame.ca/page_ofo3.htm

<http://www.sdadefend.com/Health/Canola-Hist.htm>

http://aspartame.ca/page_ofo3.htm

http://www.ehow.com/about_5414785_dangers-canola-oil.html

<http://www.breathing.com/articles/canola-oil.htm>

My blog link:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/11/the-truth-about-canola-oil.html>