**NEWSTART + 6 - Nutrition**

**Is Canola Safe to Consume?**

(Psalms 103:4-5/Isaiah 55:2)

***Website:*** [Healthy Christian Living - Living by the Blueprint](https://livingbytheblueprint.com/)

**“…EDUCATION SHOULD BE GIVEN ON PROPER DIET…”** (CD 406.4)

**3 John 2 – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”**

**“…Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. Pure air, sunlight, abstemiousness, rest, exercise, PROPER DIET, the use of water, trust in divine power--** **these are the true remedies.”** {MH 127.1-.2}

**“…become more intelligent in regard to the laws of life. . .”** {11MR 187.3}

**EDUCATE IN REGARD TO THE LAWS OF LIFE:**

**“…Educate people in regard to the laws of life…”** {GCDB, January 30, 1893 par. 2}

**“…EDUCATE, EDUCATE, EDUCATE…”** {6MR 379.1}

**WHY?**

**“…Educate people in the laws of life****so that they may know how to preserve health…”** {MM 259.3)

**“True religion and the laws of health go hand in hand…”** (7T 137.1)

**“…In violating the laws of health…you misrepresent your maker…”** {KC 20.4}

**“…It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life** and **conscientiously to obey them…”** (MH 128.1)

**“We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way…”** (CG 361.2)

**“Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted…”** (MH 128.1)

**BIBLE:**

**Proverbs 26:2** **– “...the curse causeless shall not come.”**

**“Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health…”** (MH 234.1)

**Job 29:16** **–** **“...the cause which I knew not I searched out.”**

**\*\*\*Note:** Find out which law of health has been violated, remove the violation, offer a prayer of faith and then sit back and see the glory of God.

**SOP:**

**“When the abuse of health is carried so far that sickness results,** the sufferer can often do for himself what no one else can do for him. **The first thing to be done is to ascertain the true character of the sickness and then go to work** **intelligently to remove the cause...”** (MH 235.1)

“Be sure that as a rational Christian sentinel you **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}

**“Our food should be plain and free from all objectionable elements,** but let us be careful that it is always palatable and good.” {LLM 545.3}

**“We bear positive testimony against…all exciting substances used as articles of food…”** (CD 468.3)

**“Abstinence from all hurtful food and drink is the fruit of true religion.”** (9T 113.1)(CD 457.1)

**“The idea SHOULD NEVER BE GIVEN that it is of but little consequence what we eat...”** (CD 198.4) (CH 151.1)

**“It is as truly a sin to violate the laws of our being as it is to break the Ten Commandments. To do either is to break God's laws.”** (CTBH 53.1)

**“The Lord loves us, and he does not want us to do ourselves harm by following unhealthful recipes.”** {CD 297.4}

**“…Let our people discard all unwholesome recipes.”** (CD 349.2)

**THE CONSUMPTION OF CANOLA OIL IS RELATED TO MANY DISEASES:**

**“Disease never comes without a cause.** The way is prepared, and **disease invited, by disregard of the laws of health…”** (MH 234.1)

**\*\*\*Note:** Find out which law of health has been violated, **remove the violation,** **offer a prayer** of faith and then **sit back and see the glory of God.**

**WHAT IS CANOLA OIL?**

* 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:**

* Anemia
* Blindness in animals and humans
* Constipation
* Emphysema
* Irritability
* Respiratory problems

**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.

**WHAT IS ERUCIC ACID?**

**Erucic acid** is a [monounsaturated](http://en.wikipedia.org/wiki/Monounsaturated_fat) [omega-9](http://en.wikipedia.org/wiki/Omega-9_fatty_acid) [fatty acid](http://en.wikipedia.org/wiki/Fatty_acid), Erucic acid has many of the same uses as mineral oils, but it is more readily biodegradable than some. It has limited ability to polymerize and [dry](http://en.wikipedia.org/wiki/Drying_oil) for use in oil [paints](http://en.wikipedia.org/wiki/Paint). Like other [fatty acids](http://en.wikipedia.org/wiki/Fatty_acid), it can be converted into [surfactants](http://en.wikipedia.org/wiki/Surfactant), lubricant and is a precursor to [bio-diesel](http://en.wikipedia.org/wiki/Biodiesel).

Derivatives of erucic acid have many further uses, such as [behenyl alcohol](http://en.wikipedia.org/wiki/Behenyl_alcohol) (CH3(CH2)21OH), a [pour point](http://en.wikipedia.org/wiki/Pour_point) depressant (enabling liquids to flow at a lower temperature), and [silver behenate](http://en.wikipedia.org/wiki/Silver_behenate), for use in photography.

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

* Anemia
* Cancer
* Constipation
* Disruption of the central nervous system
* Increased incidence of heart disease
* Irritability
* Loss of vision
* Low birth weights in infants and
* 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.**

There are many case scenarios, and I will name just a few here.

**The names have been changed for the protection of the patients:**

Jeremy came to the Center with **unexplained exhaustion** and **numbness** and **tingling** in his extremities.

Anna's husband was concerned because, he said, she was hypersensitive.

A 3 year-old **child cried all the time** and was considered a “difficult child.”

Michael was diagnosed with **Multiple Sclerosis.**

Lorraine 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....Their symptoms were side effects of the prolong use of Canola Oil.**

**MILES OF NERVES**

The nervous system, once the insulation is stripped, can be likened to your home with bare wires inside the walls – **This is a dangerous situation.**

**IN THE BODY, SYMPTOMS MAY BE MULTIPLE:**

* Tremors, shaking, “palsy” due to malfunction of nerve impulse transmissions
* Incoordination when walking, writing and other automatic physical movements
* Slurred speech
* Excessive salivation
* Deterioration of memory and thinking processes
* Blurred vision
* Fuzzy or low audio levels
* Difficulty urinating
* Incontinence
* Environmental sensitivity/allergic to smells, food, clothing, electrical equipment
* Breathing problems/shortness of breath
* Nervousness/nervous breakdown
* Numbness and tingling in extremities
* Heart problems/arrhythmia's

**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 Oil 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.

\*\*\*If you would like to learn more about the dangers of Canola Oil, just do a Google search or go on YouTube and type in **CANOLA OIL DANGERS.**

**“Fruits, grains, and vegetables, prepared in a simple way,** **free from** **spice and** **grease of all kinds...make…the most healthful diet…”** {CD 314.2}

**WE ARE COUNSELED TO READ THE BOOK ‘How to Live’ TO KNOW HOW TO COOK: IN THAT BOOK, THEY DON’T USE ANY OLIVE OIL OR OIL OF ANY KIND:**

“During the last seven months we have been at home but about four weeks. In our travels we have sat at many different tables, from Iowa to Maine. Some whom we have visited live up to the best light they have. **Others**, who have the same opportunities of learning to live healthfully and well, **have hardly taken the first steps in reform**. **They will tell you that they do not know how to cook in this new way. But they are without excuse in this matter of cooking; for in the work, How to Live, are many excellent recipes, and this work is within the reach of all.** I do not say that the system of cookery taught in that book is perfect. I may soon furnish a small work more to my mind in some respects. But **How to Live teaches cookery almost infinitely in advance of what the traveler will often meet, even among some Seventh-day Adventists.”** {1T 680.2}

**GOOD TO KNOW:**

* **One Drop Of Canola Oil Or GMO Corn Oil Inhibits The Body To Synthesize Vitamin D**
* **Vegetable Oil Clogs The Arteries**
* **Corn Oil is NOT Pure Corn And Most of it is GMO**
* **Peanut Oil Clogs The Arteries**
* **Oils Heated Are Carcinogenic**

**ALSO, A RECOMMENDED BOOK IS TITLED:**

**Food Additives: A Shoppers Guide For What's Safe**

<http://www.foodadditivesbook.com/>

**To be honest, our food should not be cooked in any oil, not even coconut or olive oil, no matter what some research claims.**

**WE ARE COUNSELED:**

**“Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven…” {**CD 63.3}

**“…Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds…”**

{CD 92.1}

**Q: WHAT IS GREASE?**

**From Noah Webster’s 1828 dictionary**

**GREASE, n.**

**1. Animal fat in a soft state; oily or unctuous matter of any kind, as tallow, lard; but particularly the fatty matter of land animals, as distinguished from the oily matter of marine animals.**

**NOTE: If olive oil is to be ingested at all, it should be cold pressed, extra virgin, and no heat put to it at all.**

**DON’T USE:**

* **Peanut oil**
* **Safflower oil**
* **Vegetable oil, etc.**

\*\*\*Questions on next page\*\*\*

**NEWSTART + 6 - Nutrition**

**Is Canola Safe to Consume?**

**(Questions)**

1. Our food should be \_\_\_\_\_\_\_ and free from all objectionable \_\_\_\_\_\_\_\_\_\_\_.

2. Should the idea be given that it is of but little consequence regarding what we eat? YES or NO

3. Why does the Lord not want us to do ourselves harm by following unhealthful practices?

 Because He L\_\_\_\_\_\_\_\_ us.

4. We are to discard all \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ recipes.

5. Is the consumption of Canola Oil related to many diseases? YES or NO

6. What is Disease? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

7. Disease never comes without a \_\_\_\_\_\_\_\_\_.

8. Disease is invited by disregard of the \_\_\_\_\_\_\_ of \_\_\_\_\_\_\_.

9. We are to eat to eat that which is \_\_\_\_\_\_\_.

10. Canola is an Acronym for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11. Canola is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ rape plant.

12. Rapeseed oil contains toxic \_\_\_\_\_\_\_\_\_\_ acid.

13. Is plastic found in Canola oil? YES or NO

14. List 6 symptoms rape oil is strongly related to

15. Is Canola Oil genetically engineered? YES or NO

16. What is Euricic Acid?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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17. Please list 9 side effects related to the consumption of Canola Oil

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

18. Strange new diseases involving the \_\_\_\_\_\_\_\_\_\_\_ system may be caused by Canola oil.

19. What does Canola Oil do to the Myelin Sheath off of the nerves throughout the body? \_\_\_\_\_\_\_\_\_\_\_\_ it.

20. Is it true that the heating of most oils does the same thing? YES or NO

21. Can numbness and tingling in the extremities be caused by the consumption of Canola Oil? YES or NO

22. Can Multiple Sclerosis be caused by the consumption of Canola Oil? YES or NO

23. What about arrhythmias? YES or NO

24. What about hearing problems? YES or NO

25. List 14 other health problems brought on by the use of Canola Oil

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

26. Frying with Canola Oil produces highly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_smoke.

27. Does an Increase of Lung Cancer occur in people who breathe the smoke of cooked Canola Oil?

 YES or NO

28. Does the use of Canola Oil Deplete Vitamin E from the body? YES or NO

29. What makes the most healthful diet? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

30. Which book are we counseled to read to know how to cook properly? \_\_\_\_\_ \_\_\_ \_\_\_\_\_\_\_.

31. Vegetable and Peanut oil \_\_\_\_\_\_\_\_\_\_\_\_ the arteries.

32. Is Corn oil Pure Corn oil? YES or NO

33. Oils heated are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

34. What Is a good book to read regarding which food items are and are not safe to eat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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