

## Healthnote on Canola Oil from Paul Pitchford

Here are some things you should know about canola oil, one of the most popular "health" oils in America. I've put a "+" by the positive attributes and an "X" by the negatives.

### CANOLA OIL

+ Omega 3s for circulation

+ Monounsaturated—more stable

X Refined

X Generally genetically modified

X Animal Studies: permanent scarring of kidneys, heart, adrenals and thyroid [These studies cannot be performed on humans because they involve killing the animal to check for organ damage]

X Human reports: growth retardation, decrease in blood platelets, high blood pressure, stroke, and numerous allergies

This above information was sourced directly from Dennis Willmont's book "Fat Chance". There are numerous other sources of this information both online and elsewhere.

In my clinical practice I've found that canola oil damages people's health and lives in many ways. Nearly everyone who stops using it improves in health status.

Does this mean canola has no uses that I would approve of? Certainly not! In the last few months canola has been discovered to be a possible remedy for our current energy problems. This common family of weeds that grows over most of the earth produces oil, that when mixed with diesel fuel and perhaps other fuel, has these properties:

### Canola-based bio-fuel means...

1. **50% longer engine life**
2. **Dramatically increased fuel economy**

This is where canola excels. And it produces bio-fuel many times more efficiently than corn or other crops. Please don't put it in your body. And be on the lookout for the ideal use of canola oil--as a fuel for your car or truck!

