What is a Canola Anyway?

Olive oil comes from **olives**, coconut oil comes from **coconuts**; but where does canola oil come from? What is a **canola**?

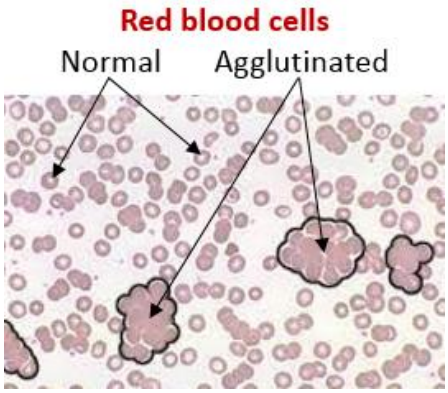
Canola Oil is originally from **Rapeseed Oil** (from the Latin *rapum*, meaning turnip). Canola is genetically engineered from the Rapeseed Plant, which is part of the mustard family (see left). For obvious marketing reasons, there was a desire to move away from the use of the term ***rape-seed*** when trying to sell their oil.

Canola manufacturers are adamant that rapeseed and canola are <u>not</u> the same; and surprisingly they are correct. Canola is a *hybrid* of rapeseed. What other elements are mixed in, who knows.

It turns out there was another reason besides the name that prompted food manufactures to want to develop a 'new' and 'better' oil. That was because rapeseed oil contains large amounts **Erucic Acid**, which is poisonous. The new canola oil still contains some **erucic acid**, just not as much. So anyone consuming this oil can be poisoned at a lower dose.

What's in a Name?

Back to the name of canola. **Canola** is not the name of a natural plant or seed but is a made-up word. From the words "**CAN**adian **O**il, **L**ow **A**cid" we get **CANOLA**. One of the main reasons for hybridizing rapeseed into "CANOLA" was to breed a variety of seeds that would yield *lower amounts* of the toxic oils and other poisons. Thus, the terms used in the construction of the name makes reference to a *Low Oil* and should give the game away, yes? The manufacturers are basically saying: ***"Yes it has toxins, but at Lower levels than it used to"***.



This plant variety also contains **Haemagglutinin**, a substance that causes red blood cells to agglutinate or clot (see left). There are also traces of **Glycosides**, which contain cyanide, a toxic disruptor of normal metabolism. Many of these toxic substances have been reduced through the hybridization processes. The question is, **why** go to all this trouble to make a toxic, inedible oil into a central ingredient in most processed foods? Is it really because it's "Heart Healthy"? Or because it's cheap? FYI: Butter does not make RBC's agglutinate.

Canola is a Cheap Oil

Canola oil is one of the cheapest oils on the market. This is because the Canadian government subsidizes this crop for industries involved in food processing. Ask yourself why a government needs to subsidize a product for these multi-million dollar industrial food companies?

When crops are subsidized by a government it means **you**, the citizens, are paying for it to be so artificially 'cheap' and therefore available everywhere, replete and found in most processed food items.

The top subsidized crops in the US are:

1. Corn
2. Wheat
3. Soybeans
4. Rice
5. Sunflower Oil

This is why you'll find most or all of those **5 items** listed as ingredients in practically all processed foods that are manufactured in this country. Since these are all subsidized crops, this is the main reason why a product like "Trix" breakfast cereal will be cheaper to purchase than a bundle of carrots. The carrot did not have to go through 26 stages of industrial processing in a large factory, or get marketed on television, or go through design meetings to decide how to implant the seductive subliminal imagery on the box. The carrot had to be grown and then pulled out of the ground, maybe washed, and sent to market. But carrots are not a subsidized crop, so their price is not kept **artificially low**. And if you want *organic* carrots that are **not** sprayed with expensive toxic pesticides and growth stimulants, well that will cost you a lot extra too.

Speaking of the listed ingredients in these products, just for a laugh let's take a look at what's in Trix. Before we even start, think about the name of this breakfast cereal for children. "Trix". Note the spelling and indeed how the crazed white rabbit looks as if it's casting a spell on the floating balls of toxins. Or is the poor rabbit so addicted it has become desperate for its Fix of Trix? Think the rabbit might do better with the carrots. Also, the term trick or trix has another connotation, right? A rather adult themed meaning, if you get my meaning. That's odd for a kid's cereal. Some might say it's just an innocent play on the fact that kids love tricks. Uh huh. Healthy children nor adults like being trick***ed***. Or poisoned for that matter. Look at the top ingredients listed (above right): Corn x 3, canola and rice. Plus sugar (another topic for another day), not to mention all those artificial colors and preservatives that are toxic to human health. Also, the only reason to "fortify" it with synthetic vitamins is if it has been completely depleted of any nutrients.


Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Canola and/or Rice Bran Oil, Salt, Trisodium Phosphate, Red 40, Yellow 6, Blue 1 and Other Color Added, Natural and Artificial Flavor, Citric Acid, Malic Acid. BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B_6 (pyridoxine hydrochloride), Vitamin

Lastly, on the front of the box of Trix it brags about the first ingredient being a *Whole Grain*. Do you think that's a good thing, or another trix? Per the FDA, there is no legal definition of what constitutes a "**whole grain**". Therefore, the terms "Multi Grain", "Whole Grain", etc., **have no legal meaning**. These foods often cost more, or give the manufacturer false bragging rights, even though they may not contain much or any whole grain. It's mostly beige coloring and filler, that is, tricks. The FDA has been promising to define the term whole grain since **1993**; they are still studying the issue. Obviously it is extremely complex.

Back to the Canola. Canola oil has become central to US food processing because the Canadian government paid the US Food and Drug Administration (FDA) **$50 million dollars** to have canola oil placed

on the "Generally Recognized as Safe" (GRAS) List. Apparently, studies of feeding canola oil to lab animals showing rats that developed fatty degeneration of heart, kidney, adrenal and thyroid glands makes it generally safe. When canola oil was withdrawn from their diets, the deposits dissolved but scar tissue remained on all vital organs. No long-term studies on humans have been done. But don't worry, the FDA reports that is it *GRAS*. Here is a clue, whatever an agency like the FDA declares, do the opposite. These horrible toxic products have been made **synthetically** by **inverting** nature, not from revering nature, or working with it. Your body is precious and extraordinary, do not poison it because it is cheaper to do so.

But Canola Oil has been used for Centuries…

In China and India, rapeseed oil has been used since ancient times because it was easily extracted from the seed. It can be argued that since these cultures have used it for centuries with no ill-effect, it must be safe; however it was in an **unrefined** form. *Modern processing of this plant is very different* - the oil is removed by a combination of high temperature mechanical pressing and solvent extraction. Traces of the solvent (usually hexane) remain in the oil, even after considerable refining. Like margarine and all modern polyunsaturated vegetable oils, canola oil goes through the process of caustic refining, bleaching and degumming at high temperatures. As proof, modern Rapeseed oil used for stir-frying in China was found to emit cancer-causing chemicals. See the article on **Margarine vs Butter** for an idea of how utterly ridiculous margarine actually is. Also see the article "**7 Reasons Why Butter is Good For You**" which provides scientific evidence for the benefits of butter, dissolving the long term falsehoods about butter.

The Facts about Canola Oil and the *Potential* Health Benefits

Canola oil is high in **omega-3 fatty acids**, and in theory that is good. But these fats easily become **rancid** and **foul-smelling** when subjected to **oxygen** and **high temperatures**. The standard deodorization process removes a large portion of the omega-3 fatty acids by turning them into trans fatty acids (**trans fats**). Yes, those poison oils that really cause disease. Canola oil hydrogenates much better than corn oil or soybean oil, due to the high omega-3 fatty acids. The more trans fats created the longer the shelf life for processed foods – so bingo – it is the go to oil for industrial foods.

What about the Heart Healthy Claims?

In the recent past scientists have endorsed **canola oil** as "heart-healthy" because it is:
1) A source of Omega-3 Fatty Acids
2) Low in Saturated Fat
3) High in Mono-Unsaturated Oils

The Problems are:

1) As just mentioned, most of those **omega-3s** are either **turned rancid** or **transformed** into **trans fats** during the ***deodorization*** process;
2) Research shows **saturated fats** are necessary for health, protective and **do not cause heart disease**;
3) Excessive consumption of **mono-unsaturated fats** is problematic, since too much oleic acid (found in canola oil) creates cellular imbalances that can inhibit **prostaglandin** production.

Thus the selling points above about canola as a "healthy oil" were easy to dispel. There are many other studies (see references below) concluding that canola is really not a healthy oil.

It is worth re-examining everything you may have heard about canola and most any other "vegetable" oils. No need to be pessimistic but be aware enough to realize that some of the giants of the "Health Care Industry" can only stay in big business if people remain uninformed. Know better.

References

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