

## 15 REASONS TO AVOID VEGETABLE OILS

Because of some of the comments and e-mail I receive about a no-added fat diet, I decided to list and document, in no particular order, 15 reasons to avoid vegetable oils and go very low fat vegan. I hope they are useful and I dedicate this List to Dr. Esselstyn who, two years ago in an interview with him, changed my life forever. The post is very long so I've just provided the List here and below you can read the expanded version with links, cites, etc.

1. THEY ARE NOT FOOD
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[Full expanded and cited list below; here's a PDF version]

### 15 REASONS TO AVOID VEGETABLE OILS

#### **1. THEY ARE NOT FOOD:**

"...Chemically speaking, free oils are chains of carbon found in a purified state. Extraction processes have removed all of the other ingredients of the whole food. Thus, free oils are no longer intermixed with the naturally-designed and balanced environment of proteins, carbohydrates, vitamins, minerals, and ten thousand other chemicals found originally in the plants. Free-oils are not food..."

...and don't forget the 100+ pure fat calories PER tablespoon.

FROM:

<http://www.drncdougall.com/misc/2007nl/aug/oils.htm>

#### **2. PREMATURE AGING:**

"In a study released today by The Lancet Oncology, Dean Ornish, M.D., and colleagues found that comprehensive lifestyle changes, including a low-fat vegan diet, increase the body's ability to fight premature aging, cancer, heart disease, and other chronic diseases... Among other beneficial effects that were previously reported, the intervention led to increased levels of telomerase, an enzyme that protects and repairs DNA. Blood levels of telomerase increased by an average of 29 percent during the study..."

PCRM PRESS RELEASE:

<http://www.pcrm.org/news/archive080916.html>

STUDY CITED:

<http://www.thelancet.com/journals/lanonc/article/PIIS1470204508702341/abstract?isEOP=true>

#### **3. CLOTTING FACTORS:**

"...One of the most important clotting factors predicting the risk of a heart attack is an elevated factor VII. All five fats tested-rape seed oil (canola), olive oil, sunflower oil, palm oil, and butter-showed similar increases in triglycerides and clotting factor VII..."

FROM:

<http://www.drncdougall.com/misc/2007nl/aug/oils.htm>

**STUDY CITED:**

Larsen LF, Bladbjerg EM, Jespersen J, Marckmann P. Effects of dietary fat quality and quantity on postprandial activation of blood coagulation factor VII. *Arterioscler Thromb Vasc Biol.* 1997 Nov;17(11):2904-9.

**4. ALZHEIMER'S DISEASE:**

"... A review published in the Nov 2008 issue of *Current Opinion in Clinical Nutrition and Metabolic Care* suggests... that by restricting your intake of calories, a practice known as caloric restriction, you may not have to contract Alzheimer's disease in the first place. The review led by Gillette-Guyonnet S and Vellas B. from aGérontopôle Toulouse, France blnserm, U558, Toulouse, France says caloric restriction does not just extend lifespan, but may benefit brain functioning as well.

**SOURCE:**

<http://foodconsumer.org/7777/8888/>

G\_eneral\_H\_ealth\_34/101506092008\_Want\_to\_prevent\_Alzheimer\_s\_disease\_Eat\_less.shtml

**5. PLAQUE FORMATION RUSSIAN ROULETTE:**

"...Every forkful of fat, he [Esselstyn] says, causes an immediate biochemical assault on the endothelium, the lining of the arteries. White blood cells collect there, gobbling up bad cholesterol and creating fatty deposits over time. For many people, especially those who smoke or have other risk factors, accumulation of plaque is a time bomb for a coronary event..."

**INTERVIEW SOURCE:**

[http://www.cleveland.com/healthfit/index.ssf/2008/06/exsurgeon\\_caldwell\\_esselstyn\\_e.html](http://www.cleveland.com/healthfit/index.ssf/2008/06/exsurgeon_caldwell_esselstyn_e.html)

**SHORT VIDEO ON PLAQUE FORMATION:**

<http://www.youtube.com/watch?v=YNeWCvLZaFM>

**6. BLOOD VESSEL ELASTICITY/PRESSURE:**

"... Back in 2000 Vogel ...wanted to see how olive oil, salmon (fish oil) and canola oil actually affect the blood vessels. Using the brachial artery tourniquet test he had 10 healthy volunteers with normal cholesterol ingest 50 grams of fat, in the form of olive oil & bread, canola oil & bread, and salmon. Measuring their arterial blood flow before & after each meal Vogel could tell whether or not a meal was causing damage to the endothelial lining of the brachial artery, based on how the blood was flowing through the artery after the meal was eaten. The results really surprised him. The olive oil constricted blood flow by a whopping 31% after the meal; the canola oil constricted it by 10%; and the salmon reduced it by only 2%. Why should we care? Because when the arteries constrict, the endothelium (the vessel's lining) is injured, triggering plaque build-up, or atherosclerosis..."

**SOURCE:**

[http://www.happyhealthylonglife.com/happy\\_healthy\\_long\\_life/2008/07/im-going-to-miss-my-olive-oil---who-knew-it-wasnt-so-healthy-after-all-drs-esselstyn-ornish-vogel-rudel-did.html](http://www.happyhealthylonglife.com/happy_healthy_long_life/2008/07/im-going-to-miss-my-olive-oil---who-knew-it-wasnt-so-healthy-after-all-drs-esselstyn-ornish-vogel-rudel-did.html)

**STUDY:**

Vogel RA, Corretti MC, Plotnick GD. The postprandial effect of components of the Mediterranean diet on endothelial function. *Journal of the American College of Cardiology.* 36(5):1455-60, 2000 Nov 1.

**ALSO:**

"High-Fat Fast-Food Meals Cause the Heart to Beat Harder and Blood Pressure to Rise: A new study from the *Journal of Nutrition* finds that a single fatty meal can cause the heart to beat harder and blood pressure to rise..."

**STUDY:**

<http://jn.nutrition.org/cgi/content/abstract/137/4/935>

**7. HEART ATTACK PROOF YOURSELF:**

"Every day, nearly 2,600 Americans die of some type of cardiovascular disease, an average of one death every 34 seconds, and 7.1 million Americans have had a heart attack during their lifetimes." --- (American Heart Association. *Heart Disease and Stroke Statistics - 2005 Update.* Dallas, Texas: American Heart Association; 2005)

20 years of peer-reviewed research by Drs. Ornish and Esselstyn, independently shows that a very low no-added fat vegan diet can reverse and prevent heart disease. Modern science has NOT accomplished this feat by any surgery, drug, or mechanism.

THE ORNISH "LIFE CHOICE" DIET:

[http://diet.lovetoknow.com/wiki/Dean\\_Ornish\\_Diet](http://diet.lovetoknow.com/wiki/Dean_Ornish_Diet)

DR. ESSELSTYN'S WEBSITE:

<http://www.heartattackproof.com>

#### **8. THE MEDITERRANEAN STUDY MYTH:**

"After four years on the Mediterranean Diet, 25 percent of the people either died or had another major cardiac event. To me, that has absolutely nothing to do with the arrest and reversal of heart disease; that is simply slowing the rate of progression. We want to use nutrition that can arrest and reverse disease, not slow the rate of progression... When you think about it, what does olive oil have in it? A tiny bit of vitamin E, no minerals, no other vitamins, and no fiber. All you are getting is 100 percent fat, 14 percent of which is artery-clogging."

FROM AN INTERVIEW WITH DR. ESSELSTYN:

[http://findarticles.com/p/articles/mi\\_m0876/is\\_97/ai\\_n21193775/pg\\_5](http://findarticles.com/p/articles/mi_m0876/is_97/ai_n21193775/pg_5)

#### **9. DIABETES:**

"Eating a low-fat vegan diet may be better at managing type 2 diabetes than traditional diets, according to a new study... Researchers found 43% of people with type 2 diabetes who followed a low-fat vegan diet for 22 weeks reduced their need to take medications to manage their disease compared with 26% of those who followed the diet recommended by the American Diabetes Association (ADA)... Forty-nine of the participants followed a low-fat vegan diet consisting of about 10% of daily calories from fat, 15% protein, and 75% carbohydrates..."

FROM:

<http://diabetes.webmd.com/news/20060726/low-fat-vegan-diet-may-treat-diabetes>

#### **10. IMPOTENCY:**

"... when you control your risk of a heart attack, you also control your risk of stroke, impotence, kidney failure and even wrinkles. A major cause of all of these is arterial aging, and while arterial aging is typical, it is neither normal nor necessary."

FROM:

<http://telegraphjournal.canadaeast.com/magazine/article/509629>

#### **11. BREAST CANCER:**

"... The researchers found that doubling fat intake, from 20 percent to 40 percent, was associated with a 15 percent increase in breast cancer risk. The increase in risk was similar for all types of fat-saturated, monounsaturated and polyunsaturated..."

FROM:

<http://www.sciencedaily.com/releases/2007/03/070321161542.htm>

#### **12. COLON & PROSTATE CANCER:**

"Most importantly, population studies tell us that, worldwide, the lower the total fat intake, the less the risk of common cancers, such as breast, colon and prostate."

FROM:

<http://www.drmcDougall.com/misc/2007nl/aug/oils.htm>

STUDIES CITED:

21) Carroll KK. Experimental evidence of dietary factors and hormone-dependent cancers. Cancer Res. 1975 Nov;

35(11 Pt. 2):3374-83.

22) Rao GN. Influence of diet on tumors of hormonal tissues. Prog Clin Biol Res. 1996;394:41-56.

23) Weisburger JH. Worldwide prevention of cancer and other chronic diseases based on knowledge of mechanisms. Mutat Res. 1998 Jun 18;402(1-2):331-7.

### **13. OBESITY:**

LOW-FAT VEGAN DIET MAY SPUR WEIGHT LOSS: (09/23/05):

"A diet free of animal products and low in fat may help trim the waistline without the task of strict calorie watching, a new study suggests. Researchers found that of 64 postmenopausal, overweight women, those assigned to follow a low-fat vegan diet for 14 weeks lost an average of 13 pounds, compared with a weight loss of about 8 pounds among women who followed a standard low-cholesterol diet. The weight loss came despite the fact that the women were given no limits on their portion sizes or daily calories -- and despite the fact that the vegan diet boosted their carbohydrate intake.

[Dr. Neal] Barnard and his colleagues at George Washington and Georgetown universities report the findings in the American Journal of Medicine. Despite the restrictions of going vegan, Barnard maintained that it's easy to take on the lifestyle. "Just eat fruits, vegetables, beans and whole grains," he said. "Everything you're eating is good for you." It is wise, he noted, to take a multivitamin, particularly to get enough vitamin B12, which is found naturally only in animal products."

SOURCE: American Journal of Medicine, September 2005.

Note: the write-up above is no longer on the web, but you can read about the study, including abstract, at:

[http://www.sciencedirect.com/science?\\_ob=ArticleURL&\\_udi=B6TDC-4H3H3D5-D&\\_user=10&\\_coverDate=09%2F30%2F2005&\\_rdoc=12&\\_fmt=summary&\\_orig=browse&\\_srch=doc-info\(%23toc%235195%232005%23998819990%23606135%23FLA%23display%23Volume\)&\\_cdi=5195&\\_sort=d&\\_docanchor=&\\_ct=37&\\_acct=C000050221&\\_version=1&\\_urlVersion=0&\\_userid=10&md5=206b5ede2e92106c530fa68ba0b213b2](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6TDC-4H3H3D5-D&_user=10&_coverDate=09%2F30%2F2005&_rdoc=12&_fmt=summary&_orig=browse&_srch=doc-info(%23toc%235195%232005%23998819990%23606135%23FLA%23display%23Volume)&_cdi=5195&_sort=d&_docanchor=&_ct=37&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=206b5ede2e92106c530fa68ba0b213b2)

### **14. CRAVINGS FOR FAT:**

MC: "... What happens to the cravings for fat?"

Esselstyn: "Within about 8 to 12 weeks you've down-regulated the fat receptors and it's no longer an issue."

[You can read the full interview (with embedded links) and downloadable copies of the Interview to Print and/or Distribute at:

[http://www.madcowboy.com/02\\_MCIview05.000.html](http://www.madcowboy.com/02_MCIview05.000.html)

### **15. DR. T. COLIN CAMPBELL:**

Author of "The China Study" (history's largest study on diet and health):

"S.J.: What kind of treats do you use when you are feeling like a treat?"

T.C.C.: Oh, a treat. I had some of my wife's cookies for one thing. She makes cookies now with no fat and just a very minimal amount of sugar and she puts in fruits, dried fruits and things like that and grains.

S.J.: Ground nuts.

T.C.C.: Yes.

S.J.: So that takes the place of oil, for example, using the whole food nut.

T.C.C.: Exactly, I just find that I am adapted to that taste now and that to me is a great treat. Just to get her to make some of those cookies."

INTERVIEW (AUDIO AND TRANSCRIPTS, THIS IS FROM PAGE 114) AT:

<http://climatehealth.net/Interviews.html>

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[2009: by Mark Sutton -- please include my blog address if distributed: <http://www.soulveggie.com> - Thanks!]