

forbiddenhealing

Cell membranes are composed of saturated and unsaturated fats...Fats are fragile...easily damaged, twisted oxidized fat molecules don't conduct electrons properly, so this hinders membrane transport and oxygen delivery...which dumps cell-energy levels and leads to oxidative stress/inflammation/acidity which disrupts DNA expression and body chemistry. AS time goes by the situation declines into cellular suffocation, immune exhaustion and a laundry list of symptoms of this industrial disease. Junk fats/oils and high fructose corn syrup are everywhere...since they won't be banned, read labels and know what is in processed foods if you consider indulging and keep them on the do not eat list along with strychnine and plutonium.

Posted On 01/27/2013

bodyman47

orbiddenhealing..."read labels and know what is in processed foods" Can we really trust labels? There's on going discussions, here and and in the media, concerning labeling. Prop 37 and several others demanding disclosure, through proper labeling. Should this battle be won the war will still be on going. Who's to say the labels can be trusted to be truthful or accurate? I am beginning to wonder if the labeling issue is worth our time. How can we trust any company that has fought so hard against labeling to be honest with, proper labeling. What's to keep them from circumventing the truth?

We already have misleading, deceitful and outright bogus labels on shelves today. Caloric manipulation by claiming candy-bars, small potpies and snacks have several servings. Bold print stating less than 90 calories. Then discovering small print stating, per serving, claiming 4 ounces to be 6 servings Using multiple sweeteners to mislead the amount and many, many more. How do we trust a company, to give accurate disclosures, that has been lying all along about the poisons they put into their products. We may yet win one battle but the war will be never ending. As long as our government continues to allow profits before people. This old mans opinion....God bless

Posted On 01/27/2013

bodyman47

Another government agency, such as the FDA or EPA, right! Put your trust in God. Even if you're a nonbeliever and think him to be a myth. Better to have faith in a myth than a known corrupt government....Lord help

Posted On 01/27/2013

Thorgrym

It is truly sad that even foods that don't come packaged with labels (false or otherwise) - i.e. 'natural' foods - can't always be trusted. Go organic.

Posted On 01/27/2013

RenegadeWellbeing

As I always ask, are "they" really this stupid or are they trying to kill us on purpose?

Posted On 01/27/2013

VonSchneider

Was looking at buying some yellow banana peppers the other day, surprised, they all had yellow dye #5. So I skipped it. Saw some sick looking, lacking bright colors, pickled vegetables and thought hummm, these might actually just be pickled food. No artificial colors listed, but had listed "natural flavors", whatever that means. NO. If you can't TELL me what it is, then I'll buy pickles from grandma at the farmers market, make my own, or forget it.

Posted On 01/27/2013

MollyMalone

Thank you forbiddenhealing. I realize that you're not recommending packaged foods, but instead are advising that people read the labels carefully if they choose to make this choice.

Some packaged foods are pure poison, while others are much better; some gluten free foods and some organic ones. They are still packaged, however, meaning processed and usually refined and even the good ones generally contain at least one undesirable ingredient.

My favorite scam ingredient is natural flavors. These are nothing but chemicals - a proprietary chemical cocktail designed to taste like the real thing, while containing nothing real. They may taste and smell "natural", but they aren't, and they fool people every day. Check your tea, people, even organic flavored teas are usually flavored with these chemical mixtures - which ruins them and I won't buy or feed them to anyone.

Posted On 01/29/2013

forbiddenhealing

True all, labels lie...see Uncle George...www.brasschecktv.com/videos/spin-1/the-leading-export-of-the-usa.html Sardines for example come in mustard sauce, soybean oil, olive oil and spring water...coconut oil can be cold pressed, organic or virgin, or not...root beer can be sweetened with corn syrup or cane sugar....docww has the best answer, start with the raw item and handle accordingly.

@ young bicep...One's conception of a deity is very relevant to health, healing and outlook on life...My problem with organized religion is that it precludes personal intent for the fickle benevolence of a grandfatherly figure in the sky. I don't think you were awarded those biceps on a wish and a prayer, you pumped iron and grew them by your strong will and intent. Where religions operate on worship and control with the promise of things now and free beer after death, the prophets like the physicists pointed to one's states of consciousness....low vibrating ego/fear/dependence vs high frequency love and its actualization.

So define "God", faith and miracles and square those definitions with science and the undeniable human ability to influence the material world according to personal intent which man made religions have stolen. And then apply that will and personal responsibility to your health...and voila; biceps, healing and a Mercedes Benz. The church narrative is aligned with governments and mind control...it is instrumental in fomenting wars and regulating behaviors (not always a bad thing)...it creates a handle used by the scheming priestly class. This is not agnosticism or atheism, just enlightenment. We as a psychologically dis-empowered species have not realized our personal divinity, instead allowing unscrupulous egotistical men (not satan) to rob us of Eden.

Posted On 01/27/2013

John.3.16

forbiddenhealing -- The "church narrative" you refer to is found ONLY in Mainline Churches, churches that have abandoned "original text" teaching, and today known as Apostate churches. Mainline churches are "going out of business" all over the world as people come to fully understand the true message of the original text Hebrew Old and original text Greek New Testaments. The King James Version Bible (1613) was translated from a Latin version of the bible, not the original Hebrew and Greek, and, subsequently, is fraught with translational errors from start to finish.

One extremely important and current fact is the mistranslation of the fourth of the Four Horsemen of the Apocalypse (Rev.6:7) as being a "pale" horse. The correct translation of the original Greek is Green! KJV translators didn't think anyone had ever seen a "green" horse nor would they embrace such an idea. So, they translated the word as "pale," though Green is the proper translation. Only two other Bible translations got it right.

Rev. 6:7: -a) KJV & NKJV use "pale horse" and "pale" rider." -b) NASB uses "ashen" and "sickly pale" for horse. -c) Wyckliffe uses "pale" horse. -d) NIV uses "pale" horse. -e) NEW NLT use "pale green" (CORRECT). -f) 1984 NLT uses "pale" horse. -g) NCV uses "pale" horse. -h) The Message skips over the fourth horse and makes no mention of it. -i) Douay-Rheims (1899) uses "pale" horse. -j) Good News Bible uses "pale" horse. -k) English Std uses "pale" horse. -l) J.B. Phillips uses "sickly green" horse (CORRECT). -m) Darby Bible uses "pale" horse. -n) AMP uses "ashy pale, black and blue" horse. -o) 21st Century KJV uses "pale" horse.

Only two Bible translations got it correct; New New Living Ttranslatn, and J.B. Philips versions. Why this important? The Four Horsemen represent the four major religio-economic systems in the last days. White= Christendom. Black= false religion. Red= communism. Green= Islam! Islam is the rising world power in the world today.

Posted On 01/27/2013

forbiddenhealing

@ John.3.16....I would like to know more on what apostate's preach. I'm also not sure if Revelations was speaking about the Roman Empire or the distant future...I do know that we are here now, historical information is sketchy and unreliable...And our dreams and intuitions are just as valid today as any prophet or disciple of the foggy past.

Why do self fulfilling ancient prophecies doom us Today?... and preclude visions of peace in a garden like environment? My point is awakening to the idea that WE the living have the power to shape our destiny, apart from control by miscreants anchored to the past. We can write a fresh narrative.

Posted On 01/27/2013

John.3.16

forbiddenhealing - You cannot prove that an atom exists using faith and miracles. No one has ever "seen" an atom! You cannot prove that God, faith and miracles exist (and do happen) using science, BUT WE CAN see the results of faith and fervent prayer. (I could tell you stories.) It is NOT only the "scheming priestly class" that foments wars, etc., tho' they once did promote wars and The Crusades of long ago. It was Pope Urban 2nd that commanded the King of Spain to commence the Crusades against the barbaric Muslims that had captured Jerusalem. Unfortunately many Jews were killed in the pogrom because they dressed and looked like Muslims, NOT because they were Jews.

There is a class of demonic elitists in the world that have worked their way into positions of power and influence in the last 100 yrs that dictate "wars and rumors of wars." A few of them bear the name Boooooosh. A vote for anyone named Boooooosh is a vote for a Satanic cult wielding power of the "leader of the free world," including the present occupant of the oval office. The "cult" is known as the Council On Foreign Relations. 'Nuff said.

Posted On 01/27/2013

HerbDefender

Fluoride Chloramines Aspartame Statin Drugs* The four horsemen of the apocalypse.* *Statin drugs make the list because they impair the mental and spiritual abilities of powerful men.

Posted On 01/27/2013

forbiddenhealing

@ John....I have photographs of atoms...they appear as cottonballs surrounded by light..and Einstein blew up Japan...

Faith and fervent prayer may have focused your intent to produce very real miracles...just an externalized deity does not decide who wins the football game on Sat afternoon or who drives a Cadillac.

Posted On 01/27/2013

wr7476

I kind of mix up my cooking oils to get the benefits of all of them. My favored oil is coconut, but I frequently use pork lard, butter, and duck fat. For a time, I actually favored red palm oil over coconut oil due to the higher smoke point and the carotenoid and tocopherol benefits. I quit using it after discovering that a lot of jungle destruction was taking place in order to grow, and hence, produce more. In addition to using healthy oils, the next most important thing to remember is "DO NOT LET YOUR OIL SMOKE." If you allow a healthy oil to heat to the point where it begins to smoke, it is no longer healthy. It is oxidized and carcinogenic.

The biggest mistake I see health conscious people make is using olive oil for cooking. Real olive oil is very healthy, until you smoke it. It has a smoke point of about 250dF and can be used in sweating over a tiny flame for kale or spinach. I rarely use it for cooking. I primarily use it for salads, homemade mayo, and other cold applications. My main work horse oils are coconut and butter, with a smoke point of 350dF. Some baking applications call for oven settings of 400-450dF. I use grape seed oil for that. My guilt food is french fries. A health chef who likes french fries, acrylamides and all. About twice a year, I deep fry french fries in avocado oil which has a smoke temp of 500dF.

Posted On 01/27/2013

grulla

Hello "wr7476"; If your guilt food is french fries, then try using sweet potatoes instead of white potatoes. There is a local restaurant where I live that does this, comes out delicious and healthier, provided of course one uses the right cooking oil.

And while I have your attention, I have e-mailed NM State Sen Diane Hamilton and State Rep. Howie Morales with CCs to Sen Carlos Cisneros and "Islander", to vote in favor of the proposed attempt for NM's version of CA's prop 37.

Posted On 01/27/2013

Fastrider

wr7476 Why do you use smoke point as your only measure? Oxidation is a function of temperature/time/access to oxygen. "Anything" will oxidize if exposed to oxygen, even at room temperature. Simply put, I do not consider one has a "free ride" up to the smoke point, oxidation occurs before that.

Grape seed oil has one of the highest Omega 6 to 3 ratios you can find (70% O6 and almost 0% O3). Also, I doubt one can find cold pressed grape seed oil, so the O6 may very well be rancid from the processing. I see not good reason to use it. I also do not use butter for cooking as you will also oxidize the cholesterol in butter. Research on ghee (clarified butter) consumption has linked it to high instances of heart disease (done in the UK on Indian population).

Posted On 01/27/2013

HealthiestChoices

My favorite way for fries, is with sweet potatoes, as grulla suggests, and by making oven fries. We don't have them often, but they're nice with certain dishes, or just if you feel like cheating with something special.

After the potatoes are cut into fries, put into a large glass bowl. I like to use an egg, lightly beaten, to coat them and then, if desired, you can also pour a little melted butter or coconut oil on them, but they don't require a lot. I make a dry mix using a few spices and you can use your choice - a good sea salt like Himalayan, garlic powder, cayenne, paprika, or whatever. Add to the potatoes and mix well to coat.

Place on a lightly oiled tray, or use parchment, and try to keep from touching one another so they will crisp instead of becoming mushy. Bake about 400° for 25-35 minutes and try not to eat them all before serving. Yummm.

Posted On 01/27/2013

HealthiestChoices

Fastrider ~ I'm so disappointed to read your statement about the ghee, but thanks for mentioning this, as I had recently started using it and had no idea it was a health hazard. I don't fry much at all and generally use coconut oil, but at times, add a bit of ghee, as I don't like heating the raw butter. I also melt some to pour over popcorn. Darn :-(

Posted On 01/27/2013

wr7476

Grulla, thanks for the sweet potato idea. They wouldn't be as much of a guilty pleasure though. Thanks also for CC to Carlos. If you send me Diane's e-mail, I'll CC her too.

Fastrider, I never said smoke point was my only measure of oxidation, It was simply the only one I wrote about. I am very aware that age, smell, exposure to light, and exposure to oxygen can have an effect. I'm also aware of the undesirable balance of omega 3/6 in grape seed oil. I use it because it has a high smoke point and being in a liquid state, it is easier to work with in the wet ingredients. I'm not going to sweat about one tablespoon of grape seed oil split up between twelve cornbread squares. The grape seed oil is not cold pressed, however, no oil truly is, regardless of what the label says. Europe has the strictest standards standards of what can be labeled as cold pressed, and that is any oil that is extracted using a temperature of less than 120dF. The U.S. doesn't really have a definition, so it's all fair game.

www.wisegeek.com/what-is-cold-pressed-oil.htm

www.spectrumorganics.com

Posted On 01/27/2013

grulla

@"wr7476"; NM State Sen. Diane Hamilton is e-mail addressed as; "tavish38@gmail.com" and NM State Congressman Howie Morales is e-mailed as, "howiemorales@yahoo.com". Best...grulla.

Posted On 01/27/2013

satseh

As a person born in India, I know of many elderly people, well into their 80's who used to use 2-3 teaspoons of homemade Ghee and did not experience any heart related problems. Again I would argue that it has more to do with quality than the product itself.

Posted On 01/27/2013

wr7476

Gracias grulla, I sent my letter to both you senator and congressman. I have yet to hear from my politicos.

satseh, my mother has a friend who is originally from Burma. They use ghee there as well. She also is eighty something and looking like she'll be around for a while.

Posted On 01/27/2013

seg

healthiest choices, you can still use Ghee for cooking, just don't cook on very high heat..I cook at very low temperatures for a longer period to avoid some of the Acrylamides that's generated..The odd time when i make eggs (sunny side up) i will use Ghee, or even some butter..Again I cook on very low heat and can tell right away the impact of the oil or butter or Ghee has on cooking as the bottom of the egg does not burn when i use butter or Ghee.. If i use olive oil it does burn at the bottom with the same heat..

You can also use Lard which is probably the best choice, but if for whatever reason you don't like lard then i would go with Ghee.. Dr Ron Rosedale recommends Ghee for cooking..

And fast rider i don't think it's the Ghee that is responsible for heart disease,if anything it could be one of the reasons that Indians don't die "younger"..My belief is all the refined high carbohydrate foods,coupled with a lack of good quality meats and fats, not to mention the high heat cooking that could be responsible for the heart disease and Diabetes that Indians suffer ..One thing to note is that Southern Indians suffers from a much higher incidence of Heart Disease and Diabetes than their Northern counterparts do,see WPF for more info...

Posted On 01/28/2013

victoria939

I use exclusively olive oil. I do not eat fried food at all, and I use when cooking very little oil because olive oil expand. I use the Italian olive oil because it is not treated.

Viviane

Posted On 02/03/2013

LeapingLilly

If people were out protesting our poisonous food supply of GMO, GE raised foods the way they are with Guns, our Nation would be and stay a whole lot healthier.

Posted On 01/27/2013

wr7476

With guns, we are lucky to have a Bill of Rights amendment protecting them. Guns liberated America and have kept us free for over 200 years. There is no amendment protecting our food, so it is vulnerable to the greedy ones. Here in NM, there are many of us working to help pass a law that requires GMO labeling. It's a start.

Posted On 01/27/2013

jsgcmhs78

I am amazed at the intelligence and awareness of the posters in this website, in contrast to all the garbage of articles and commenters on most social networks and websites. For that alone, I am excited to click on articles from Dr Mercola when I get them in my inbox. Kudos everyone and thanks for enriching the conversation.

Posted On 01/27/2013

badboy2

There is serious sexual abnormalities when infants are fed soy formula, their phytoestrogen levels are 20 times higher than they would be on breast milk. This leads to a stealing of childhood in girls, with the onset of puberty as early as age seven. With boys, this soy induced high estrogen level has the opposite effect, with a delayed onset of normal puberty. This leads to confused sexual identity, a decrease in the size of the male sex organ, and a dramatic increase of homosexuality (a problem no one wants to address because of its political incorrectness).

Posted On 01/27/2013

John.3.16

Early onset puberty is called medically "precocious puberty."

Posted On 01/27/2013

UnFood Cop

It might be interesting to research how many homosexuals were fed soy formula as babies. Who would undertake such a project?

Posted On 01/27/2013

Islander

Correction: there is no question that elevated phytoestrogen levels can cause precocious puberty...but sexual orientation is determined in the uterus.

Posted On 01/27/2013

Fastrider

@Islander, are you suggesting that the mother's soy consumption would be an influence?

Posted On 01/27/2013

Islander

@Fastrider: no, not at all. I posted farther down the page that throughout history, the percentage of homosexuals of both genders has been fairly constant at somewhere between 5 and 10%, depending on the source. I've found these numbers from anthropological studies of populations worldwide, all the way back to ancient Greece. I don't think the Greeks, the Romans, the Native Americans, were consuming much soy. I try to stay current on the research but to date have found no adequate information yet... meaning, we just don't know why. Maybe it's some genetic quirk? There's a point in early pregnancy when a flush of hormones occurs and that point may be critical in some way. Maybe a better-read person will come along soon and enlighten us.

Posted On 01/27/2013

@UnFood Cop - Using babies in experiments is considered immoral.

@Islander - The single surge of homosexuals occurred in Nazi concentration camps, which probably did not experiment with soy for adults nor for babies.

Under severe conditions of a concentration camp, mothers died in disproportionate numbers, and fathers took over care of babies.

I divide sexuality into two: biological sexuality and emotional. Biological sexuality remains intact from time of conception. Emotional sexuality is something learned between time of birth to beginning of memory (approx. age 5).

Babies that learned to feel comfortable snuggling close to a woman grow up straight. Babies that learned to feel comfortable snuggled close to a man (father, uncle, big brother, granddad) grow up homosexual.

Extra bit to consider: males go straight across in their development. Those male babies that felt comfortable snuggled next to their mother find themselves in a cold and lonely world as adults, and those adults seek women. Those males that felt comfortable snuggled next to their fathers seek other males.

Females undergo a twist: those female children who felt comfortable snuggled next to their mothers become straight: they twist away from their mother and seek comfort in a man as they learn to sense adulthood in a cold and lonely world.

For proper raising of children, a woman interacts with other women and doesn't depend on males for childcare. Members of my gender are disruptive in the raising of children.

I agree gays are human beings, but I disagree that two gays are the equivalent of a man and a woman in raising children. Two gay fellows might adopt children, provided the children have reached school age.

Lesbians can adopt children and raise children the same as straight women. Lesbians qualify as female by appearance, by sound of voice, and by odor, and do not disrupt development of children.

emunah73

I dare to disagree that there exists any substantial data about homosexuality from ancient Greece. Quite opposite is true. First of all, the term itself didn't exist until the end of 19th century. In ancient Greece homosexual behaviors were embedded in social hierarchy and understood in much different way than today. Also, mere 2500 years in history of mankind is nothing and we need to remember that majority of these years was under strong influence of Judeo-Christian morality that considers homosexual behaviors as sinful.

I don't believe that people are born this way. The consensus is that the cause is not established and there is an abundance of vague prose about combination of genetic and environmental factors (I don't mean here only poisons in utero but for instance the style of upbringing). Bottom line: recent rise in soy consumption can be a factor, but my guess is that it's more dependent on culture and especially on ideas how to raise children.

Posted On 01/27/2013

rwloucks

Please check out the book "Extra Virginity, The Sublime and Scandalous World of Olive Oil", by Tom Mueller. There is also a website www.truthinoliveoil.com/. Simply top notch! It is an exposé of the olive oil industry including massive adulteration, mis labeling a and so forth. First rule is to look on the container for the Origin of olive grove (where is the grove, who is the producer)' Date of Harvest, and date of bottling. Do not buy oils in clear containers! Choose Dark bottles or tins. Don't trust pretty Italian flags. You can't even trust the words Extra Virgin cold pressed unless you know where and when it was pressed. An eye opening book. He even tells you which oils are valid. In the US California has stringent rules about purity. Almost a must read for those who use olive oil.

Posted On 01/27/2013

adelimonto

that is why the price of olive oil in our place is becoming cheap...

Posted On 01/27/2013

Islander

rwloucks, great site. Thanks for posting!!

Posted On 01/27/2013

RenegadeWellbeing

We had bought-en Gallons of Olive Oil thinking we got a great deal, now it turns out it is all rancid. This was just a bit before we started learning all this about Oils;-) Know any one with a Diesel?

Posted On 01/27/2013

Fastrider

@RenegadeWellbeing, buy small containers/bottles and just keep a little on the counter, the rest in the fridge. That way the oxidation of the oil after purchase is kept to a minimum.

Posted On 01/27/2013

grulla

It's gotten to the point that buying good olive oil is like buying select fine wine.

Posted On 01/27/2013

wr7476

I have come to trust Bariani as perhaps the purest olive oil available. I also like Spectrum oil products. Excellent resource rwloucks. Thanks.

www.barianioliveoil.com/products.php

Posted On 01/27/2013

bodyman47

While reading today's post you have to take notice as to how many (including me) are quoting legitimate scientific research and studies. Either when making or attempting to prove a point or to sell an idea or product. (Most of us do it.) Research and studies, usually bought and paid for by bias companies hawking their goods. It is easy to find them on both sides of almost all issues. I prefer logic and common sense. At least half of the proven scientific research and studies I was taught in college 45 years ago have been debunked by today's. How much of today's will be debunked by tomorrows?

Are there any such thing as legitimate research and studies, or does the almighty dollar control the results? It is easy to find many conflicting reports from so called experts. I read no less than 6 to get a consensus of the subject. Then I apply reason and logic to get as close to the truth as I can. The majority never claim absolutes. They almost always state this may do that or that may cause this. That's called CYA, (cover your ass-ets) all fear lawsuits. I have lost all faith in so called scientific research.....God bless

Posted On 01/27/2013

Rett

There is an absolute truth of God and there is an absolute true path to health and well being. I believe doctors like Dr. Mercola can put us on that path. Mainstream doctors are corrupted by big pharma and insurance companies and agribusiness is corrupted by Monsanto and their ilk. I am so far from perfect in what I do but I'm way better than I was. lol

Posted On 01/27/2013

extremehands1

Even when there is no money involved the bias to be *right* about your hypothesis can severely skew the results. The best scientists try to prove themselves wrong first. If they can't disprove it then it supports their original assertions. Lets face it. This website is not the ideal place for scientific discussion. The articles almost never give Pros/cons, two sides to the story or opposing views. This is why I typically take my stance...to balance the info.

Posted On 01/27/2013

Fastrider

In addition, when the research is relayed on the internet by various websites in a more easy to understand language, it is seldom quantified so one can asses its health impact vs other aspects affecting the same issue or weather it is a realistic concern/benefit at all. Quantification to reasonable dietary consumption is a must as well.

Sometimes in vitro (e.g. test tube) research gets a lot of attention, but you can always raise questions how well it applies to in vivo (live body), and so on. This aspect is often lost when the info is relayed back.

Sometimes tests done on young healthy subjects is relayed back as the truth for elderly as well, and that may simply be false. The researched did not examine elderly, but the relaying website jumps to conclusion, case in point HGH from HIIT.

Posted On 01/27/2013

jamNjim

The fact that we now manufacture artificial fat shows how significant fat has ALWAYS been to our survival. Quit buying into the "saturated fat is bad for you propaganda". Nearly everything has fat in one form or another. So, why not accept the fact that what GOD made for us as saturated fat is the best form of fat?

Throw away all the veggie oils and man made fats and get you some real fat like lard. Any animal fat will work, but lard is the most readily available and it works in all recipes requiring margerine or crisco.

My FAVORITE is stir fry cooked in bacon grease!! It only takes 1 or 2 strips of bacon. Cook the bacon extra crispy (not burnt). Remove the bacon and let it cool. Add your favorite stir fry veggies to the already hot bacon grease in the skillet/wok. Just bring the ingrediants to a slight sizzle. Chop up the bacon into tiny bacon bits and add it to the stir fry. Then it is ready. 90% of my stir fry is cabbage. For those who hate cabbage because of the smell, you will love this because it does not stink at all! It actually smells and taste sweet.

Posted On 01/27/2013

adelimonto

because of many propaganda and promoting their own individual oil business, I myself is really confused of what is the real right oil to use. But in the old testament, God requires us to pour a little olive oil (without heating) into our food before eating...but beware of those fake manufacturers..

Posted On 01/27/2013

adelimonto, Olive oil is supposed to be good as long as it is fresh. It starts oxidizing the second it is removed from the olive. Living in America has it's challenges and no one in America knows that better than Native Americans. Nearly 90% of Native Americans are type-2 diabetic by their 30's. This fat free monarchy we live in insures that any one that is NOT of European descent will fall victim of the tpye-2 and/or metabolic syndrome.

With that said, I don't trust any of the olive oils on the shelf in America. In fact, it's been ALL OVER the news lately about all of the HEALTHY oils being laced/diluted with TOXIC crap like soybean oil. Same with honey.....diluted with HFCS!!!

I have AVOIDED all of this crap for years because I suspected it was fake. I walk through all the stores and see hundreds of different offerings/brands of olive oils and honey and I know in the back of my mind this is impossible. There is no way to produce these foods/oils at this large of scale unless you dilute it with something.

Now the MEDIA has blown the whole operation/scam. What I suspected ALL along is true. Many (most) of the brands of olive oils and honey are watered down with stuff like soybean oil and HFCS.

Bottom line, the only way you can be safe is make your own. Lard is the easiest one to make. I cook straight uncured pork belly twice a week (about 3 pounds). I render enough lard from that 3 pounds of pork to last me the whole week. I know, Lard (fat from pigs) is against many people's religion. I'm sorry for that. I will not condemn anybody for upholding their religious belief. I hope that no one reading this condemns me for eating pork/lard.

Posted On 01/27/2013

kylulu2u

jamNjim, I've been doing a lot of stir fry lately. I'm going to try it your way, with bacon grease, and add cabbage, since I just got a nice organic cabbage from my produce place last week. I hope it doesn't stink - LOL!

Also, when I was growing up, my mom used to make THE BEST pie crust from a recipe her mother had passed down to her. It used lard, and it made the lightest and flakiest pie crust I have ever had in my entire life! When I can find some lard that is made from pasture raised pigs and not CAFO, you can bet I'll get some, and pull out that pie crust recipe I have tucked away. I can get pasture raised bacon from my produce place, so I'll have to inquire whether or not they can get some good lard from the same producer.

Posted On 01/27/2013

kylulu2u,

It has little or no flavor, but if you have access to free range or pasture raised pork, buy the pork belly. I prefer free range, but it is hard to come by. I used to do my own free range pork. We have thousands of hogs running wild near where I live. If you have time and the resources, you can actually make a living catching and processing the pork from these wild hogs.

The problem is the FDA. When I was young (early teens) there were thousands of mom and pop farms with their own slaughter houses. You could go to any mom and pop grocery and buy beef or pork that came from a local farmer (straight from the source). Most of this meat was from large pastures and most were grass fed. You could ask these store owners where they got their meat and they would tell you. In most cases the farm they were getting their meat from was less than 10 miles away!!

What happened to all of this?? THE FDA!! The FDA shut down all of these mom and pop operations!

So, these farmers are still in business, but they no longer process any meat. Again, this was made possible by the MEDIA dramatizing the whole food poisoning thing. This gave the FDA the ammunition they needed to pass laws that would put STRICT regulations on slaughter houses. Only the HUGE commercial operations would have the money to rebuilt their facilities to meet the FDA's standards.

This opened the doors to even larger CAFO's. Since these small farms were still raising cattle and pigs, they had to have somewhere to sell them. They couldn't legally sell local anymore. So they sell their grass fed livestock to the CAFO farms. The rest is history.

The prices of EVERYTHING (meat) doubled because now there is a middle man. They buy an 800# cow at auction and that cow goes straight to a CAFO where it is fed grains. After that cow gains another 100-200 pounds they resell it at an even higher price per pound. It's highway robbery and our FDA set the whole scam up.

Posted On 01/27/2013

Garlicbabe

Lard is absolutely wonderful! Of course it must be pastured pork. We raise our own. If you have a healthy, pastured hog and render the lard properly, the lard is very mild and has a great flavor. It DOES make the best pie crusts (I usually don't do pies but splurge at the holidays). It can stand cooking temps and has the highest vitamin D content of any land based food (as opposed to those which come from the ocean). I use it daily.

A word of caution about wild hogs, they eat plenty of GMO corn that the hunters put out for deer. Pastured pork and lard will become more available if the consumer market demands it.

Posted On 01/27/2013

Islander

Lard from fatback is ok, but for pie crusts, the very best is leaf lard. This is the white fat around the kidneys, the fat that protects the internal organs.

Posted On 01/27/2013

jamNjim

Garlicbabe, I agree with you on the pie crust. My grandmother used to make wonderful pie crust with lard, but for some reason mine doesn't turn out like hers did.

However, even though my crust is tough, it still taste better than the same crust made with veggie oil! Some people even prefer my tough crust over the light/flaky crust. You can easily pick up a slice of my apple pie and eat it like a piece of pizza. Like you, I only do this on special occasions. It SUCKS!

I love how resilient lard is. I try to keep the temps below 300 just to be extra safe, but I have never seen any burn off with temps as high as 400. It never gets that "burnt" smell like veggie oils do.

Since 1995 I have ignored all the "fat is bad" propaganda. However, I never went out of my way to use lard until 2007. Since 2007 I have used lard exclusively in all my cooking that requires oil. Consequently, I have not had a cold since 2007. I have had cold symptoms, but never a full blown cold. The longest my symptoms have lasted is 24 hours and that was a sore throat. Not one sniffle or sneeze from a cold!

Posted On 01/27/2013

jamNjim

Islander, Thank you for that info. I never separated the fat from different parts of the hog. I'll have to try this.

Posted On 01/27/2013

Almond

Reply to your comment below...

Pie crust is one of those things that takes experience. I suppose it could also have to do with the temperature of your hands and bacteria on them. Humidity makes a difference, too, as it does with any flour product, so you need to learn to adapt recipes to weather conditions or not bake on certain days. Quality of ingredients. Finding the right combination of ingredients (types of flours, oils, etc. that are most compatible). One thing is not to overknead pie crust dough. You may also want to chill it before rolling it out. Experiment with rolling thicker or thinner crusts and see which works for the ingredients you use. If too dry, add more fat. If too flat, add more baking powder (aluminum-free). If bitter, add a bit of stevia. It takes real skill to roll out a whole grain crust made with yogurt instead of milk or water, but this is delicious. Also, use a milk product or substitute for a soft crust--instead of water for a crisp dry crust. There is much more than just getting a recipe--what I call "tribal knowledge", experience handed down through generations until you just do it and no longer think about it.

Posted On 01/27/2013

adelimonto

palm and coconut oil -- these are abundant in poor and developing countries like india, bangla, thailand, phil. burma. Poor people are truly blessed. The problem is, they DO NOT know that they are truly blessed. that is why they are suffering in life and feeling sorry for themselves. if they are sick they feel humiliated in themselves because they cannot afford for a doctor's services or buy a pharma. medicines. where in fact if they only know the value of those plants or trees like coconut growing in their country, they will be far more healthier than any wealthy citizen in the world. Ignorance is the reason for their suffering, and only the truth will set them free. Let us help them know the truth.

Posted On 01/27/2013

Mark Fletcher

Pretty sad that these trees are being bulldozed (in Latin America at least) to make way for GMO soy plantations, etc.

Posted On 01/27/2013

jsgcmhs78

true, many in these third world countries are ignorant. and because the first world rich countries have had a headstart in research and all the resources at their disposal, for many from the beginning of their conquests of these countries, they have pillaged and exploited these countries' natural resources, in many cases, especially big pharma - with a little bit of tweaking and processing - patenting the by-products of these natural resources/produce so much so that it becomes out of reach of the local people who should have primary ownership.

Posted On 01/27/2013

Tommo

Scary indeed. Here in Australia fish restaurants proudly proclaim they fry their chips (french fries) in cottonseed oil but cotton in Australia is more than 90% GM. It is an industrial crop not a food crop and it's sprayed with roundup and anything else handy. Don't tell me all those nasties don't end up in the seeds. We have excellent local olive oil and for higher temp cooking there is abundant lard and beef dripping (not sure what you call that). Our stores are stuffed with low fat this and low fat that and aisle upon aisle of biscuits (cookies) and soft drinks. Only know is there a reaction against cage eggs and overcrowded chicken houses, sow stalls etc. Grain fed beef is promoted as tender and tasty. What are we doing to ourselves? Thanks for all the great material you publish.

Posted On 01/26/2013

adelimonto

we should NOT buy this commercial products. Fruits and vegetables is more than enough to satisfy our hunger, and of course it wil make us much stronger and healthier.

Posted On 01/27/2013

jamNjim

Tommo, It's all about money! The reason for all of this misleading propaganda concerning FAT is MONEY. They can make TONS of oil/fat from veggies at little or no cost. It's all a byproduct of the PROCESSING. They can now sell us crap they would have thrown away or PAID money to discard as hazardous waste.

Now everyone eats this junk thinking it is healthy. How on earth was everyone DUPED so easily? Here is a way for the processors to have their cake and eat it too. Instead of turning this TOXIC waste into cooking oils or transfats, how about using this junk to make BIODIESEL? Then start selling diesel powered cars in America like all the other countries in the world do.

They can make use of all the corn or soy oils/fats by BURNING it in diesel engines! What a novel idea! Instead of shoving it down our throats and calling it health food, we could put it in our gas tanks. The options are endless. There is SO MUCH we could be doing right now to make things better. It seems that ALL of our leaders in charge are totally clueless.

Posted On 01/27/2013

bodyman47

Light Olive oil is best for salads and other food. Dark does well for cooking at higher tempatures, as does sesame. Not sure about others but I call beef drippings grease....God bless

Posted On 01/27/2013

love2garden

Rendered beef fat is called "tallow." I make it when we have our beef processed. Since we use only a grass-fed animal, it is very nutritious. I have found that anything processed tastes like horrible chemicals to me now. People have had their taste sense dulled to be able to eat that junk.

Posted On 01/27/2013

Barking

Tommo if food in Australia is such rubbish why is it so expensive?

Posted On 01/27/2013

docww

Coconut is by far the healthiest cooking oil.

Posted On 01/27/2013

Miroslav Cap

I think beef fat is called "suet", and when rendered it's tallow.

Posted On 01/27/2013

Woodcarver

Beef drippings or rendered beef fat is correctly called tallow. As a teen I used to work in a restaurant where we used it to deep fry. We were famous for our fries and our fish because of the taste and texture of our products because of the tallow. Years later (when I no longer worked for them) they switched to a commercial oil so that they could advertise that they used only vegetable oil, and that was the end of their success in this field.

Posted On 01/27/2013

Islander

BM, I dunno who negged you but it might have been because olive oil is not recommended for cooking, period. Heat transforms it into just another trans fat. Save it for salads, for dipping, maybe for making mayo, and for frying, choose something like lard or coconut oil that can tolerate higher temps.

Posted On 01/27/2013

hemicuda

@BM47 And to add to what Islander stated so well, you should not be consuming "light" colored olive oil because unlike the green extra virgin olive oil, the "light" olive oils are overly processed and filtered. This extra processing to this very fragile oil easily oxidizes it, loading it with free radicals that promote cancer.

Posted On 01/27/2013

bodyman47

Islander &hemicuda We use extra, extra virgin olive oil. It's light compared to the dark one she cooks with. Sesame also seems good to cook with. I love to use coconut. only place to get it is Seoul. Don't get there often enough. Thank you,....God bless

Posted On 01/27/2013

shadowfax123

I am an athiest and would like to see comments stick to soybeans,not creationism ,thanks. I don't mind bodymans God bless at the end of his comments but some others are pushing it.

Posted On 01/27/2013

lovelywesties

Shadowfax, I agree and I'm not an atheist. There are plenty of people who don't miss an opportunity to push their particular brand of religion, even when it has nothing to do with the issues being discussed. Probably best to just ignore it.

Posted On 01/27/2013

hemicuda

@shadowfax Whose comment are you referring to? You should reply to that comment directly rather than creating a separate post, thus confusing the issue. Interesting that you object to the mention of "creationism," but you don't seem to have a problem with all the New Age mumbo jumbo that gets promoted on this forum every day.

Posted On 01/27/2013

lovemywesties

What New Age mumbo-jumbo? Could you be specific. As long as we're objecting, how about the number of times people manage to stuff "LOL" into a comment? And what about lengthy comments with no paragraph breaks? See, there's always going to be something that annoys each of us. As I said, best to ignore it ... ;-}

Posted On 01/27/2013

jamNjim

lovemywesties, In reference to your complaint about lengthy post with no paragraph breaks..... I thought everyone was aware of this forum's tendency to remove all the paragraph breaks.

Most of my post are 1000+ letters in length. I almost always have a paragraph break between each topic. Most of my post are very confusing to read without the paragraph breaks.

When someone replies to my post and I log back on to this forum I find all my paragraph breaks have disappeared. I have to go back and reinsert all the paragraph breaks. I do this several times a day!

Seriously, Dr. Mercola, if you are reading this, PLEASE do something about the paragraph breaks disappearing! It makes all of my post difficult to read. Just for reference, this reply has 5 paragraph breaks. Lets see how long those breaks stay on here.

Posted On 01/27/2013

John.3.16

shadowfax123 - I see you are a man of GREAT faith! Your faith in atheism that denies the existence of God is much greater than my own faith in a holy and righteous God. The day is approaching rapidly when we both shall see which belief is correct. Some of the greatest and most vocal atheists, in their later years, came to a full understanding of their earlier error. A misplaced faith in atheism will yield an eternity of suffering.

Posted On 01/27/2013

severach

Atheists desperately claiming they don't believe anything are quite unawares they are actually agnostics. You can has two choices:

Agnostic with a preference for atheism.

Agnostic with a preference for (your choice of) religions.

Now that I've told you the answer, you go find the question.

Posted On 01/28/2013

ferree

When are you going to get around to telling us that canola oil is GE and unfit for human consumption? When we purchase olive oil at the store are we really buying canola oil or a mixture of olive and canola oil? I really don't trust food product manufacturers.

Years ago I decided one day to make home-made mayonnaise to make a shredded carrot salad. At the grocery store I saw rows and rows of canola oil and the labels said it was the most healthy oil so I purchased a bottle and made some mayonnaise. After eating a portion I noticed some unfavorable symptoms. I called the telephone number listed on the bottle. The first words out of the woman's mouth was about a controversy. When I did research on the subject, I found that there was a controversy. Canola oil is a GM product. That fact got me to thinking about oils. Common sense told me that oils derived from plants intended for food use were safe for food use and others were probably GM to make them so called safe. I may be over simplifying in my reasoning or failing to take other factors into consideration.

Posted On 01/27/2013

adelimonto

yes..it is happening anywhere...Businessman will do everything to earn living even at the expense of our precious health. (same as doctor and pharma?)

Posted On 01/27/2013

malijo789

Two things you can do to protect yourself when buying olive oil: 1. Only buy organic. Look for the organic or nonGMO logo. That way, even if it is cut with canola, atleast it is not GM canola. 2. Before consuming, smell the oil. Olive oil has a faint odor to it. It also tastes slightly bitter. Canola does not, I don't think. You can also buy your oils from Eden Foods. They are pretty trustworthy.

Posted On 01/27/2013

John.3.16

ferree -- If you buy imported Italian or Spanish olive oil you are sure to get "the real thing," since EU countries cherish their truly "natural" food products and shun anything GMO or U.S. approved. EU outlaws most stuff that the U.S. allows. There are some good U.S. olive orchards in Napa Valley, Calif. but I don't know if they have embraced GM anything or not. I just watched a video clip yesterday (Jan.26) about olive orchards in Napa Valley. Worth looking into U.S. made anything that's non-GMO.

BTW, canola is really rapeseed weed, but who would buy something called "rapeseed"? When rapeseed weed is found in pasture land (in Canada), it is so noxious that the cattle WILL NOT EAT IT! That should tell you something about avoiding canola oil at all costs!

BTW, another healthy oil used for salads or cooking is Macadamia oil. It has a high smoke point and will not burn under most cooking temperatures. I NEVER COOK ANYTHING on a heat setting greater than 50%. I POACH ALL FISH AND MEATS EXCLUSIVELY. I DO NOT eat beef anything. Organic beef products are beyond my affordability. I use strictly free range chicken and guaranteed "wild caught" northern Atlantic salmon or cod filets. My daughter found a nearby farm that has some organic home grown meat products like chicken, ham and bacon, RAW milk, butter and eggs. What a difference in flavor!

Posted On 01/27/2013

HealthiestChoices

John.3.16 ~ A few years ago I remember reading that any salmon from the Atlantic is not wild caught, but mostly farm raised, as it was over-fished. Since then, I've heard/read others back up the same information. I won't purchase any salmon from the Atlantic as I'm certain there is no wild-caught there.

Here's one link I just saw: www.farmedanddangerous.org/salmon-farming-problems/frequently-asked-qu..

And another: www.crownprince.com/wild-caught-farm-raised.htm

Posted On 01/27/2013

otis101

@john, you said you will get the real thing if buying olive oil from Spain. I have to disagree, see link about the Spanish passing off palm, avocado, and sunflower oil as olive oil.

www.oliveoiltimes.com/olive-oil-business/europe/operation-lucerna-oliv..

The Greeks and others sending cheap olive oil to Italy where it is added to other oils and labeled Italian olive oil. www.guardian.co.uk/lifeandstyle/wordofmouth/2012/jan/04/olive-oil-food..

btw somewhere I read that there is more olive oil in the world than there are olives.

Posted On 01/27/2013

MollyMalone

I use Napa Valley Organic Olive oil, it's very strong and delicious. It's also organic, so hopefully not adulterated. I react to canola - badly - and do not react to this at all so without really knowing, I do believe it is safe and the real deal in case anyone needs a brand name.

Posted On 01/29/2013

badboy2

Soy oil is found in not only processed foods but in some so called health foods nutritional products, such as lecithin and vitamin E. Egg yolks are a better source of lecithin and wheat germ oil is a better source of vitamin E, though not the only source. I myself avoid most soy for many reasons and soy oil is especially one of them. Hopefully you will understand when you read how it is made.

To make soy oil, the soybeans are cut in flakes which are put in a percolation extractors and immersed with a solvent, normally hexane. Hexane is a byproduct of gasoline refining. It is a neurotoxin and a hazardous air pollutant. Soybean processors use it as a solvent, which is a cheap and efficient way of extracting oil from soybeans, and deemed a necessary step to making most conventional soy oil and protein ingredients. Whole soybeans are literally bathed in hexane to separate the soybeans oil from protein.

The oil-insoluble material are removed with filtration and the soluble materials is removed with different processes including degumming (removing of phosphatides), alkali refining (washing with alkaline solution to remove free fatty acids, colorants, insoluble matter and gums) and bleaching (with activated earth or activated carbon to remove colour and other impurities. This is also done to make the finish product a more appealing yellow-gold color. Kind of reminds me of what they have to do to farm raised fish.

Posted On 01/27/2013

MollyMalone

You're so right! Soy has been touted as a "health food" for decades now. It's an old fad, not even a new one, and certainly not healthy.

My grandfather was a farmer, born in 1899. He told me that soy is planted and plowed under to heal the land [it's a nitrogen fixing legume], but it is never used for feed, not for the cattle and not ever for people. He claimed it was toxic. He knew of no scientific studies, just knowledge passed down from his father.

Posted On 01/29/2013

Fastrider

A subject that has been missed is the NEW type of margarine that has existed for some years. It is called interesterified (omestring) and is the prevalent method used in Sweden. I discovered that the last time I visited and this type of margarine was found in most baked goods incl. bread, but labelled as vegetable fat!

The interesterified (omestring) method does not hydrogenate the molecules instead they use cracking (well know method from the petroleum industry when then crack crude to gasoline), and then they RANDOMLY reattach the cracked short chain molecules into long chain molecules to make it solid at room temperature. I have found NO research showing what type of molecules are synthesized and naturally no reports of the health effects. Another gross experiment with human health that is sold to the public in a deceptive way.

Edit: I just saw it is sold here in the US sometimes labeled as: vegetable oil, high stearate or stearic rich. I bet this is what the fast food industry moved over to after ditching trans fatty oils. With the random nature of these new unnatural molecules, how do you even research it?

Posted On 01/27/2013

Almond

Cottonseed oil ranks right up there with the other nasty oils. Various preparations of the cotton plant have long been known for their contraceptive and abortifacient affects. One has to wonder how anything that disrupts the reproductive system of both males and females to that degree can promote health, since survival of the species is part of nature's plan. Many fertility problems could probably be eliminated simply with a strict diet. (???)

The worst of the junky junk food contains cottonseed oil. So, you can prob assume it also contains lots of other crap, such as white flour, corn syrup, etc., too. Anyhting with cottonseed oil in it should be a red flag.

There are many good oils, depending on what you use them for--olive, sesame, coconut. Whatever you use, please make sure it is "EXTRA VIRGIN". These oils are more expensive, so if a manufacturer goes to the expense, they are going to want to put it on the label so consumers know it is a higher quality product. If these words do not appear on the label, assume it is lower quality. Even so, become familiar with brands that have been tested for quality. Sometimes, what is stated on the label is not what is inside the bottle. There is no need to overheat your food and fry it to a crisp. You can make delicious meals with gentle cooking methods. Maybe I am obsessive, but I definitely prefer to buy oil in glass bottles. Anyone else feel that way?

Posted On 01/27/2013

Miroslav Cap

I think buying extra virgin coconut oil doesn't make much sense. I buy plain coconut oil, which is expeller pressed just the same. Extra virgin is overpriced, and has funny taste which many people (including me) don't like. If the argument that it's stable and withstands high temperatures, is true, then it's OK to buy cheaper one, which is also tasteless. I love it on dark rye bread, almost same as lard (hard to get good lard round here), except it runs, turns almost watery when melted - 24C/76F. As long as it's organic, i am OK with it.

As for EVOO, good luck, you must have missed the huge global scandal about fake olive oil, it turns out NOBODY knows for sure if the olive oil is real. There is no reliable test to prove if it is real or not.

Posted On 01/27/2013

Woodcarver

I bought organic coconut oil for the first time and I love it! It tastes like coconut which is a flavor I always liked, and this stuff just adds that flavor to stirfries, etc. I used to use the other flavorless coconut oil but I will not buy it again. As far as olive oil is concerned, it should be in colored glass bottles, and it should be green. If it is absolutely clear, it may not be extra virgin as the oil I buy often has a slight residue from the juice of the first pressing. You can tell by color and taste if it is the real thing, but it takes a while to learn. I make olive oil mayonnaise and it is green in color, unlike the "olive" oil mayonnaise made by Big Food.

Posted On 01/27/2013

LindaB_203

If you're buying coconut oil that has no taste or smell of coconut, then you're probably buying processed oil. The whole point of buying virgin coconut oil is to get a good, healthy oil that hasn't been processed to within an inch (or less...) of its life. Even though CO has a high heat tolerance, processing all of its goodness out and making it tasteless and odorless makes it pointless for health. It's like drinking pasteurized, homogenized milk as opposed to raw milk.

Posted On 01/27/2013

Almond

Townsend Letter ran an article showing lab research done on which olis were actually extra-virgin. Sorry, I cannot quote the issue and page without taking a lot of time to look it up. At any rate, there is a lot of misrepresentation on product labels.

Posted On 01/27/2013

HerbDefender

Great point. It doesn't take a rocket scientist to figure out that unscrupulous people who deal in economies of scale look for commodities at the lowest price per bushel or barrel to build their food products.

They are quickest to use waste products from other industries if it doesn't alter the flavor too much; and it's not difficult to find willing sellers, as it costs money to dispose of everything, even non-toxic byproducts. They could take it to the dump, or have someone from [insert major food processing company] come pick it up for free.

Fluoride waste peddlers from Alcoa made untold billions with this practice, when they bribed a congressman to push a phony scientific study on congress and make fluoridation mandatory. They paid him a small fortune. Alcoa et al have made that money back 100,000 times over, at least, selling a waste product to municipalities. And at level 4 HAZMAT (the highest level) they even make a fair amount of money off of transporting it.

If you want to get out of this toxic whirlpool circling down the drain, don't buy processed foods. If you make it yourself, you know what each ingredient is.

I've also found that's true even at health food stores. Garlic, for example, is in TONS of health food products for flavor and as a natural preservative. Well, garlic is a very potent antibiotic that crosses the blood-brain barrier and affects mood. I don't want to eat it every day (unless maybe I'm sick). We've all heard that garlic was fed to keep slaves alive in Egypt; and there's no denying it kills everything it touches, including possibly brain cells. But did those slaves really need their brains to do their jobs? Think about it.

Posted On 01/27/2013

LindaB_203

Have you ever read the labels on prepared salad dressings? Virtually all of them list either soybean oil or canola oil as the main oil. Even ones that say "Olive Oil and Vinegar" on the front label, the main oil used is either soybean or canola. There might be some olive oil, but it's not the main oil. Even the "healthy" varieties use soybean or canola, or a combination of both.

I find this very sad because both soybean and canola are such bad oils! But "sheeple" still believe all the propaganda they're fed about how much better soybean and/or canola oil is. And manufacturers aren't going to change because using olive oil, for instance, would be too expensive. Remember, it's all about how much profit they can make.

Anyway, I gave up on prepared salad dressings and now I just make my own whenever I make a salad. I just whip up a quick "vinaigrette" and it tastes great. And I use olive oil. :)

Posted On 01/27/2013

John.3.16

LindaB - Let's all get the message out! Each one teach one!

Posted On 01/27/2013

severach

I gave up on oil completely. It's vinegar or Tabasco for me.

Posted On 01/27/2013

HerbDefender

So true. This particularly annoys me when "health" lines like Annie's do this. I'm sorry Annie's, but it's time to shape up or ship out.

Posted On 01/27/2013

kylulu2u

I'm right there with you, LindaB. I make my own vinaigrette using olive oil, just like you do, and I love knowing EXACTLY what I'm putting on top of my salad!

Posted On 01/27/2013

Temlakos

Soy isoflavones create one other problem that I did not see listed in the article: precocious puberty in girls, delayed puberty in boys. In fact, we are raising a generation of boys that look for all the world like sufferers from Klinefelter's Trisomy XXY syndrome. Nobody seems to find anything wrong with that, because the fashion and entertainment industries look forward to catering to these precocious girls, while the delay of puberty in boys seems to go right along with the theories of other "social engineers." (Including schoolteachers. If you think pre-pubescent boys have trouble sitting still, a boy in puberty is worse.)

Posted On 01/27/2013

seadipper

Unless the hydrogenation process has drastically changed, it takes place at high temperature using a nickel catalyst. The resulting product is probably adequate for things like candles and lubrication of machines but I cannot believe it is good to eat.

Posted On 01/27/2013

multizip

EH1 : I am interested in your opinion of using coconut oil topically as a moisturizer. I added coconut oil to my lunch salads (and for some cooking, and oil pulling) since I have chronic fatigue/energy issues, am very sensitive to food/fats and especially since my father had alzheimers-dementia. I can substitute olive oil for food use and see if it was behind some lost some strength/libido/hair loss (or just aging). But it is not expensive to use topically, compared with the chemistry concoctions in the store- and olive oil on the skin would likely make me a walking pizza smell, with the garlic I consume (for me a big instant energy producer when eaten/swallowed).

Posted On 01/27/2013

extremehands1

your skin is an organ of absorption. coconut oil on the skin is essentially eating it. get back to me if your health returns after eliminating coconut oil. Surprisingly more and more people are seeing a connection.

Posted On 01/27/2013

Bunny2

I am beginning to think that no oils are safe. Canola is one of the worst out there - as bad as soy and definitely mostly GMO grown. I use extra virgin olive oil and sometimes, coconut oil, but we usually do not cook with it. However, we recently found out that a brand of olive oil sold in health food stores is not olive oil. I have been using this for years, almost medicinally, and now I find it may be canola or soy or some other cheap oil that has been damaging my health. I think it is best to get your oils from foods.. Eat avocados and olives and consume coconut. Be careful of what you hear on the internet. There is always fraud involved with most things. Try to consume food that is local and organic, and do not believe the labels.

Posted On 01/27/2013

djd_fr

"In the late 1990's, researchers began realizing this chemical alteration might actually have adverse health effects." During my senior year in college, 1974-75, I wrote a paper about food additives and processing, including hydrogenated fat. The articles which supplied the information were written in the 1950's. It takes a long time for things to go mainstream.

Posted On 01/27/2013

Almond

Many people say lard stinks and tastes bad. That is because fats have not been properly handled or stored. Here are the basics of proper lard making.

Start with a healthy hog and ask what it has been fed. My preference was pig mother's milk and barley--piglets were left with mother on a real farm. Do not buy commercial meat if the butcher cannot tell you the name and location of the farmer and how he feeds hogs. Maybe you know how to butcher a hog. Hogs are the only animal I truly hate butchering--a big mess. So, this is mostly for people who do not know what to do with every part of the hog except the squeel.

You need to cut off most of the fat. The part on the back ("fatback") is considered the best and whitest part. Cut it into cubes or grind it. Set the fat in wide shallow in an oven preheated to below 200F. Never raise the temperature above 200F if you want nice lard. This means it will be a slow job. You may need to refill pans throughout the day. Very carefully, so as not to burn yourself or drop slippery pans, pour off the liquid fat. You may want to pour it through a metal strainer into containers with lids. Put lids on after it is completely cool. Freeze what you will not use within a month or so.

I no longer use lard. When I did, I used very little. We used every part of the hog, but never excessively as so many people do when it only means a trip to the supermarket. A pig lasted a long time. Pork was used almost as a condiment in many dishes. For baked goods, reduce the amount of shortening to 1/2-2/3 of what the recipe calls for. Otherwise, it will be heavy and greasy. I have found coconut oil to be a good substitute for lard. I refrigerate it. Instead of "cutting it into a recipe", I will grate it. It combines very well this way. Instead of adding fat/oil to a pan, wipe it with a piece of side pork/bacon. Save pan after cooking bac. Make a wilted salad dressing--add vinegar, sweetener, onion in same pan

Posted On 01/27/2013

Islander

Almond, what about leaf lard, the very best lard EVER for pie crusts? How could you omit wonderful leaf lard?

Posted On 01/27/2013

Almond

Islander contributes a valuable comment about leaf lard (fat found in the underbelly of the hog). It is esp. white and clean. You may want to set it aside to render separately in different pans and label it for special uses such as pie crusts.

My grandmother taught me to use raw milk (or milk substitute) to make a nice pie crust, not water. <=Yogurt is delicate, but delicious. Instead of salt, I substitute homemade baking powder (equivalent is about 1 t. Rumford baking powder per cup of flour) 1/4-2/3 c. grated hard fat, depending on type of fat and richness of crust desired. Less for everyday pies. Optional--a bit of stevia or cinnamon. Whole grain takes practice

I often run out of word space. :-) I cannot believe so many of you keep reading my long articles when I cannot be brief.

Just because a food is said to be good for you does not mean it should not be eaten in moderation. Some people assume that when there is news about bacon or chocolate contributing to health that you are given carte blanche to indulge to excess. Let us remember traditional ancestral diets and how people consumed every part of the animal. That meant they did not eat an exclusive diet of the fatty parts of an animal. They also ate pork neck, heart, liver, kidneys and used intestines for stuffing sausage. There was no waste and no laziness.

Further, I have a great concern with commercial meat, feed lot meat and confined animal operations. Meat is often further adulterated after butchering.

There will be variations in feeding and livestock raising processes based on regional farming, species of animals, resources available, etc.. There are many ways to do a good job of farming that are best left to the conscientious farmer who knows his land and animals. Rarely is government intervention helpful. I mention this because some consumers become dogmatic and insist that their meat animals only be fed or produced in one way. The main thing is that it be healthful

Posted On 01/27/2013

Almond

As for my pie crust recipe below. I should not assume that people who have never made a pie crust before know that a "standard" recipe calls for 1 1/2 cups of flour. I forget to explain so much that I know by heart and take for granted that everyone knows. Sometimes, I must think things through as others might understand them. So, please take that into consideration when viewing ingredients. I often make a double recipe and freeze open face pie crusts right in pie pans. Thaw (about an hour) and they are ready to bake. If crust is a bit damp from thawing, you can rub it with flour before adding the filling. Open-face pies are good for squash pies, apple crumb pie, etc.

Here are measurements for an everyday pie. You can substitute if you use different ingredients. I use Home-made baking powder, but will write this for a commercial product.

1 1/2 c. whole grain spelt flour

1/4 c. lard or coconut oil, chilled and grated (more if richer pie is desired)

1 t. Rumford aluminum-free baking powder

A sprinkling of stevia and/or cinnamon--optional

Milk or substitute, enough to form a firm dough, not too much too fast.

Flour to dust rolling pin and roll out crusts.

Posted On 01/27/2013

twinkiedooter

My son met a farmer here in Ohio that used to grow soybeans. He would eat them all the time and kept getting ill. He stopped eating them and it took about a month to get better. He no longer eats soybean anything. I used to love eating soynuts until I kept getting horrible digestive distress. Stopped eating them and feel much better. I avoid eating soy anything if I can help it. My tip to those who eat processed foods.....STOP. My tip to those who eat at fast food places....STOP. Last time I ate anything out of a fast food place was back in 2005. I have no desire for greasy french fries as I would rather have a baked potato with real butter on it or real sour cream. You must realize that soy is POISON to your system period and there is NO REAL SAFE SOY products out there. I've even stopped drinking coffee with nondairy creamer (soy) in it and lost 10 lbs!!! Delete soy products and be healthier. I do and I am.

Posted On 01/27/2013

severach

Ironically the venerable soybean isn't any good until it's processed and there's a hundred processing methods that make it worse.

Posted On 01/28/2013

NAVEDAHAM

and we have an idiot heading the agriculture ministry in India, who is having a uniquely dumb view. that the US GM companies are against soybeans cultivation in India. can we afford such idiots? read for yourself.

article.wn.com/view/2012/11/03/Why_is_Sharad_Pawar_promoting_field_trials_of_GM_crops/

epaper.indianexpress.com/c/721759 (read the front page news in Indian express newspaper)

Posted On 01/27/2013

ferree

Here is a brief comment for John 3:16. This comment has to do with his mention of the four horseman of Revelation. The rider of the first white horse is the resurrected Jesus Christ. He starts his ride in 1914 after he is installed as king of God's Kingdom. The white horse pictures righteous warfare. The fiery colored horse pictures man-made international warfare. It is followed by the black horse which pictures stark famine following on the heels of the fiery colored horse. The pale horse pictures death caused by food shortages, deadly plague and earthquakes. These are world conditions that have been happening since 1914 and going from bad to worse.

I make this comment only because the horseman was commented on.

Posted On 01/27/2013

crickywicky

Thank you Dr. Mercola for all your vital information. I am now taking control of my own health. You have shown us that big business and big medicine won't "take care" of us, so we must do it ourselves.

Posted On 01/27/2013

Bradroon

Trying to find good vitamins/supplements and looking at mainstream types to see just how far behind the curve they are. Soy lecithin and soy oil are very common in this trash.

Posted On 01/27/2013

gtbobcat

The hydrogenation process was invented to prolong the oils that were made from natural sources .. whale oil being the main source .. these oils were used to keep the machinery running at the turn of the century hydrogenated oils WHERE NEVER MEANT FOR HUMAN CONSUMPTION !!!!! but in our twisted round up ready, gmo, suicide seed world we live in ????

Posted On 01/27/2013

Miroslav Cap

Whale oil had been used as a standard automatic transmission fluid, until quite recently, late seventies maybe. Now it's made synthetic. Whale oil is a superior lubricant. Finally environmentalists managed to get it out of our cars. Imagine, murdering whales for transmission fluid... But lard is hydrogenated, and it's delicious and healthy, certainly a human food, has been for hundreds of years.

Posted On 01/27/2013

Islander

How can you say lard is hydrogenated? It's simply melted and (in my case) poured into a clean coffee can!

Posted On 01/27/2013

extremehands1

Islander, saturated fat means that the carbon atoms are completely filled (saturated) with hydrogen atoms. This is the norm and natural for pig lard, cow fat, chicken fat etc. plant oils that are poly unsaturated have much less hydrogen on tier carbon molecule chains which gives them more of these double bonded carbon atoms. Oils that are synthetically partially hydrogenated do not fill the carbon atoms completely and you are left with a double bond between two carbon atoms and this is where the molecular twist occurs that makes it go from cis to trans molecular configuration during the unnatural chemical hydrogenation process, hence the term plastic fat that biochem geeks like to use. Even though the molecule is identical in formula the cis and trans form are considered isomers with a different configuration. It is the trans form that is not biologically recognized by the human body and has a tremendous half life in your body...like 4 months if i remember correctly. To your defense vikingstork should have said lard is completely hydrogenated (saturated) for clarification.

Posted On 01/27/2013

Fastrider

Another topic for confusion. Hydrogenated/hydrogenation is mostly used to describe the "synthetic" man made process of adding hydrogen atoms the the molecules, and is usually not used to describe the natural process of adding hydrogen to fat molecules. As always, clarity is king so it would be best to call "synthetic hydrogenation" as just that and not leaving out the word synthetic.

Posted On 01/27/2013

HerbDefender

And guess who demanded that hydrogenated oils replace saturated fat in our diets?

Check out a movie called Fat Head on Netflix Watch Now for the answer.

Posted On 01/27/2013

grulla

@"gbobcat" and "vikingstork"; about 30 years ago, The Mother Earth News ran an article on the virtues of Jojoba oil, a natural replacement for whale oil, and used in industrial applications like cosmetics, various lubricants, fungicides, and even available as a cooking oil. That TMEN article ignited an already small specialized agri-business in the U.S. southwest and Mexico, into a much larger one, and jojoba is now also grown in foreign countries with similar climates like Argentina, Israel, and others.

However, the use of jojoba oil for human consumption is somewhat controversial as it supposedly has a certain toxic level if used too much, not to mention it is rather expensive.

The jojoba seeds come from a wild plant in the low Sonoran deserts of Southern AZ, CA, and northern Mexico and has been domesticated and harvested for mainly commercial/industrial use and also available as a cooking oil from Vitacost, Vitamin Life, and Drugstore.com. Just google "jojoba cooking oil", and lots of info will appear.

Posted On 01/27/2013

VioletTwomey

I never have processed foods. I never did and I never will. I always have home made food. My mother always told me that soybean oil was bad and I did a little bit of research on it. It said that soy bean oil was used in ALL processed foods. That was 4 years ago. Because I knew all this I knew how to avoid it and I ended up living a healthy life up until now. So there was probably no need to read this article.

Posted On 01/27/2013

malijo789

What about vitamin E supplements? They are all made from soy. Does that mean they're all GMO, too? I can't seem to find any that say non GMO on the label.

Posted On 01/27/2013

Mark Fletcher

There's almost no chance that it would be non-GMO. If it was, the companies would use that as a selling point. Nuts and seeds have a lot of vitamin E.

Posted On 01/27/2013

adelimonto

they are worse than GMO because they are supplements (chemically manufactured made).

Posted On 01/27/2013

malijo789

Does anyone know then what I can put in my homemade body care products to keep them from going rancid?

Posted On 01/27/2013

hemicuda

@malijo789 Instead of using vegetable oils in your homemade skin products, try beef or sheep tallow. There's an article in the most recent newsletter from Weston A. Price ("Wise Traditions") that describes the superior qualities of tallow--along with how-to directions. Great article.

Posted On 01/27/2013

denisehosh

Grapefruit seed extract is a good preservative. I make all my own salves and cleaners. I use either tea tree oil or GSE. Use about 1 drop per ounce. Good for you that you are making your own products!

Posted On 01/27/2013

forbiddenhealing

Good fats carry antioxidant carotenes and Vitamin A/D/E/K...Not only do CAFO meat products carry unbalanced omega ratios, they have a low antioxidant content to protect them from oxidation...rancidity/spoilage. Try wheat germ or sunflower seed sourced E.

Posted On 01/27/2013

grulla

@ "malijo789"; Just off the top of my head, I seem to recall that the better Vit E was derived from oranges, you might want to google that. Also, if you have room, try putting your home made body care products in the refrigerator.

Posted On 01/27/2013

bodyman47

Herb ...You have quotted Mr Price so often you sparked my interest. I can't access his site through Google Chrome or Explorer. Have no idea as to the reason....God bless

Posted On 01/27/2013

malijo789

Wow! Lots of answers today. Thanks everyone! I tried to like everyone's answers, but the like button is not working right, right now.

Posted On 01/27/2013

MollyMalone

No, luckily they are not all made from soy. Take a look at Unique E by the A.C. Grace Co, it's been around a long time and is the best E on the planet. It's a mixture of tocopherols - please read their site, they have other products as well.

Posted On 01/29/2013

MollyMalone

In your homemade body care products try essential oils, I get mine from Mountain Rose herbs.

allnaturalbeauty.us/allnaturali.htm

I use peppermint and lavender often, and cinnamon and sweet orange occasionally. The chart at this link is good, I disagree about grapefruit seed extract, it's preserving power has been found to be due to the solvent rather than to the extract itself. I won't use it.

Posted On 01/29/2013

kindelan

I look at comments kind of like talking to my dog. I say, "Frankie, what is wrong with people, why are they so easily conned into being robbed then ruled by psychopaths, tell me what you think?" Now Frankie knows this is not an ordinary request and he's a bit perplexed, usually it's "Stop, not there, here, okay." Whereby I used my scooper and therefore remove "debris" and avoiding offending anyone. But today is different,

Frankie knows I'm in pain. He wants to help but is smart enough to know I'm on my own, but it does help he's there for me. Is it me, Frankie, is it that I'm an alarmist, fearful what seems like the inevitable, that we'll not survive this century as a species and are becoming less viable with each day! On the other hand, it's simply not so and that I'm delusional. That when all the mammals on earth except us are gone, we'll still go on and maybe our great-great-grandchildren will look at photos of the grizzly bear, the lion and the hippopotamus as good riddance thing, and those wolves, gosh, had to be scary, your ancestors remember. I tell you, Frankie, the scariest thing I can think of is the GOP, Monsanto, processed food manufacturers who produce non-food that sticks to your arteries and kills us slowly, and those Wall Street traders, what about them? They would see the end of our species as an opportunity to buy real estate commodities in case they survived and thus become landlord plutocrats.

What if though I'm right, that if we continue in the direction we're going it will lead to our collective demise? You know, Frankie, the United States could, providing politicians get out of the way and let adults who truly know what's best, create paradise. The first thing that would have to go would be government and make a deal with the military and put them to work cleaning up the environment and rather than worship money we worship nature from which we came and will return. I think Frankie understood that part, he licked my face and went out to pee.

Posted On 01/27/2013

sw1226

I've long said that it seems far too prolific to be an accident or just government being stupid....gotta wonder if this is how government keeps people stupid so that they don't challenge the government....eating poor quality food (GMOs, animals grown on antibiotics/steroids, processed foods, excess grains) + drinking fluoridated water = lower IQs. Think about it....

Posted On 01/27/2013

RenegadeWellbeing

Really makes you wonder, are they really so stupid or are they trying to kill us off on purpose?

Posted On 01/27/2013

realfoody

When you look at all the other ways they are poisoning us, you can't help but believe anything other than the fact that they ARE trying to kill us.

Posted On 01/27/2013

adelimonto

this is for the sake of money profits at the expense of our life..

Posted On 01/28/2013

kylulu2u

I have four baby chicks I'm raising organic, and one of them has developed a slight beak malformation. She's the runt of the group, and I don't know if her "runtiness" is related to the beak issue or not. I guess it could be, although the beak malformation wasn't obvious in the first few weeks of life - it's developed over time. In the past week, she has suddenly gone downhill very quickly. I have to wonder if she came from stock raised on GMO feed (I'm pretty sure commercial feed contains soy), and if that's the root of her problems, perhaps? If so, I probably can't save her, but I'm trying. I've removed her from the brooder and set her up separately so she doesn't get trampled by the others, and am hand feeding her throughout the day, but it doesn't look too hopeful. Luckily, the other three seem to be doing ok.

Posted On 01/27/2013

badboy2

Leukemia; There is good scientific evidence that the phytoestrogens common in soy products may lead to leukemia in children. Two other known carcinogens, genistein and daidzen, are also present in soy products.

Posted On 01/27/2013

badboy2

adelimonto; I hope you mean it is good after it is naturally fermented first? Unfermented soy is detrimental to both human and animal health.

Posted On 01/27/2013

jamNjim

Asians have been fermenting soy for thousands of years. It's the only safe way to eat soy. Soybeans contain some of the highest concentrations of toxic lectins. The only way to break down these lectins is through fermentation. It's sort of an oxymorom. Nearly all fermentation requires sugar (carbs). Soy is promoted as being high in protein...NOT! It is high in TOXIC lectins!

Lectins are molecules made up of protein and carbohydrates (mostly carbohydrates). When you FERMENT these foods like soybeans you are basically breaking down the lectins into their protein and carbohydrate elements. The carbohydrate breaks down even further into simple sugars that feed/accelerate the fermentation process. In other words, if it is not fermented and it is a BEAN/SEED do NOT eat it! It is toxic.

Posted On 01/27/2013

bodyman47

Asians consume a lot of soy and soy products. Most are made with organically grown soybeans with no GMO and at least half are fermented as jamNjim states. They don't have a high Leukemia rate and by the number of them they have no problem procreating.

"Most soybeans are grown on farms that use toxic pesticides and herbicides, and many are from genetically engineered plants. When you consider that two-thirds of all manufactured food products contain some form of soy, it becomes clear just how many Americans are consuming GM products, whose long-term effects are completely unknown" Is it the soy or how it's grown?...God bless

Posted On 01/27/2013

hemicuda

@BM47 Asians have high rates of pancreatic cancer. Many studies have now linked soy consumption with pancreatic cancer. Steve Jobs is a famous example, though he's not asian.

Posted On 01/27/2013

bodyman47

hemicudaYou and I both have dealt with cancer and yours is ongoing. There're studies linking everything to cancer. I really believe no one has a clue. They all appear to pissing in the ocean expecting it to flood. Looking for a way to make a buck from the fear and suffering of others. I pray I am wrong and a cure is discovered today. Decades of research and billions of dollars have lead to nothing resembling a cure so far. You too shall overcome.....God bless

Posted On 01/27/2013

bodyman47

Korea doesn't import soybean for the exact reasons mentioned. Policies here are strict when it comes to pesticides and GMO foods. Bab-la (Sesame) is the oil of choice followed by Olive.

"A pilot study performed by researchers at Annamalai University in India found that diabetics who consume only sesame oil and no other oils experienced decreased blood pressure and blood sugar levels, as reported in the "Journal of Medicinal Food." Diabetic participants used sesame oil in place of other cooking oils for 45 days. Researchers also reported that participants' weight, waist and hip size, and body mass index decreased as a result of using sesame oil. Of the almost 14g of fat in a tablespoon of sesame oil, only 2g are saturated.

The rest of the fats are polyunsaturated and monounsaturated fats, which are considered heart-healthy. A pilot study performed by researchers at Annamalai University in India found that diabetics who consume only sesame oil and no other oils experienced decreased blood pressure and blood sugar levels, as reported in the "Journal of Medicinal Food." Diabetic participants used sesame oil in place of other cooking oils for 45 days. Researchers also reported that participants' weight, waist and hip size, and body mass index decreased as a result of using sesame oil." Sesame is a very pungent oil and requires only a small amount to flavor foods. It's used in many Korean receipts....God bless Read more..

www.livestrong.com/.../288858-sesame-oil-nutritional-facts

Posted On 01/27/2013

adelimonto

good info. bodyman47...besides sesame oil is tasting good and having a great light yellow color..Mr. Bodyman47 can you something about mustard oil.?

Posted On 01/27/2013

bodyman47

@adelimonto....Would need to research it. Having never used it, I have no personal knowledge or experience to share. Before adding anything to my diet I learn as much as I can about it. No blind taste test for me. If it's not natural, it's no good. Our sesame oil is made with seeds grown by my brother-in-law. He dries them and has them pressed into oil by a small local company. It's more of a deep yellow almost a light shade of brown. We use the sesame leaves in salads and as part of a wrap. They have a unique taste and are a great source of vitamins and minerals....God bless

" Sesame leaves are a staple green vegetable in the traditional Korean diet, and are valued for their mineral density and strong aroma. They are as aromatic as herbs like basil and mint, but have a unique, nutty fragrance. Sesame leaves are difficult to find in most supermarkets. They are readily available in Korean markets, packaged up in neatly stacked bundles. They can be used in fresh vegetable salads. They can also be used as wraps to eat with rice and miso"

drbenkim.com/.../sesame-health-benefits.htm

Posted On 01/27/2013

Mark Fletcher

I use mustard oil to cook Indian food. It is a wonderfully hot, pungent oil that has a long shelf life. It doesn't seem to go rancid.

Posted On 01/27/2013

extremehands1

adelimonto, good question and you got negged. you have enemies. LOL One reason that there are negs is because it is good for business/sales. Although the article have some great info there is frequently something being sold and the negs help drive a post down out of the way to it is less likely to be read if it refutes what is being sold. My post today will be a perfect example of this. Even if you took out the negs posts can be driven down with hyper voting to other posts.

Posted On 01/27/2013

hemicuda

@BM47 I guess you didn't get the memo from the Obama administration--new free-trade agreements between the United States and S. Korea will now unload vast quantities of U.S. produced soy and soy products on the Korean market. To get an idea of how much this might end up being per year, take a look at China--who imports about \$4 billion every year in U.S. soy. And virtually all that soy is going to be GMO that Korea is importing. www.mycentralnebraska.com/.../12345919.php

Posted On 01/27/2013

bodyman47

hemicuda ...The incoming administration has stated they may block that agreement. It was made to balance the trade deficit. The ban on US meat was lifted in 2009 by the current one, with little success. Food markets and restruants still refuse to sell it. The attempt to unload vast quanties may fall short. The people have boycotted many imports. They are very serious about what they consume....God bless

Posted On 01/27/2013

drbeau

Hi....I am aware of the negative effects of soybeans....I have seen soaps at various farmers markets with soybean oil as an ingredient. ...Does anyone know of any issues using soybean oil topically? ...Thank You

Posted On 10/20/2014

LiamCummins

Thanks Joe and staff - Liam Dublin Ireland

Posted On 04/09/2013

Mar_Curtis

My PSA for today. As you say, "The devil is in the details"; I'm sharing this article on my fb wall for my friends. TY Dr Mercola ;)

Posted On 03/07/2013

whirlstonoilpress

Though this article is quite good. I don't agree with you. everything has its own advantage and disadvantages. If we can benefit from it, it will be good to us. The problem lies in how we use it. whirlston soybean oil press

Posted On 03/06/2013

Though I haven't intentionally eaten soy except for natto or corn, for the most part (I do get carried away and buy a package of organic, frozen corn just as a lark.) When I eat anything in a restaurant or made at the home of friend using the usual S.A.D. ingredients, I have little doubt I'm being exposed to at least GMO soy and/or corn oil, much to my chagrin.

However, I had an eye-opener when I realized that even so-called free-range chickens will be contaminated by GMOs if their scratch is GMO corn and/or soy. I'd been consuming a tasty brand of chicken for months, and I was not able to build up the strength in my legs to the point I had enjoyed in past years. At first I thought being 70 years old might have something to do with it. Then I read about how GMOs contaminate the meat of the animals that eat them. I changed brands to some certified organic, and I found my muscular strength returning almost right away! (I ride my mountain bike at least a few miles almost every day on the wonderful pathways of Sedona's red rock country).

Way back during the Viet Nam war, I was exposed to unknown poisons while serving on an air craft carrier. For over forty years, I've had some condition similar to Gulf War Syndrome. If nothing else, I've learned to constantly play detective to figure out what poisons in my environment and/or diet was temporarily putting me flat on my back.

In the past six years, though, thanks in part to Dr. Mercola and others, I've been evolving an increasingly effective diet and lifestyle. And I believe efforts are being made to reduce poison exposures, to some extent, though the government usually chooses the path of least resistance.

Anyway it was something of a milestone when I detected and eliminated GMO tainted chicken or other meat. So my muscles are getting stronger, especially my legs. Though I'm not particularly religious, I especially take the time to count my blessings. By living a healthy lifestyle (organic of course), it works!

Posted On 02/19/2013

[lisa_thompson](#)

The title here is a bit misleading. Although soybean oil is not ideal, there is non-GE organic soybean oil that is not hydrogenated. I have a loaf of organic bread in my kitchen that I can use as an example (although I am not saying this bread is much of a healthy food). Clearly, organic soybean oil that is not hydrogenated is quite different from the soybean oil this article describes. The article title elicits a bit of a fear-tactic, which we could do without.

Posted On 02/16/2013

[cdnsmith](#)

Wow! This is an eye opener! I wish I could turn back time and NOT feed my daughter soy formula when she was an infant b/c they thought she had a milk allergy b/c she had exema. Now she has severe peanut and shellfish allergy which according to the articles here on soy, may have caused her food allergy! Wish I would have known! She now drinks milk without any problems so I don't think she was ever allergic. I should have made them do a blood test to make sure.

Posted On 01/31/2013

[Tamster1](#)

Help! What about dried soybean snacks? Are they bad for you? Entirely bad, or in certain amounts? Worse if you're a man or a woman? I know a guy who eats them all the time.....They sell them bulk in Whole Foods and non-GMO by Seagate Farms.... Thoughts?? I worry about how much of these he eats...

Posted On 01/31/2013

[jtschury](#)

in a nutshell

Posted On 01/30/2013

landocanlas

what is the save oil for cooking ?

Posted On 01/29/2013

herbmiami

So many foods that are available are toxic to us. We seem to have less healthy choices rather than more. What are we supposed to do? There are many ways available not to retrain the immune system to so that it doesn't react negatively to the things that we eat each and every day. Normally it would take thousands of years to change our eating habits and our immune system could change with time. But our diets are so different from what our parents ate and those foods are not even available now that we must do something so we can survive in this new world.

We need to reprogram the immune system, give it a new list of things that we can eat without reacting to them and the only way to do that is energy medicine. Allergy shots don't work and drugs don't work. So what is a person to do in this new day and age.

NAET has been around for a really long time. It is a way that practitioners can use vials that hold the energetic charge of the allergen that we are reacting to and "tell the body not to react" by stimulating these acupuncture meridians in the presence of the allergen.

It's kinda like a dog that barks at the postman. The dog is trying to protect you and thinks that the postman is bad. But if you reprogram the dog, pet him when the postman arrives, tell the dog, "It's OK, the postman is good." After a couple of times, the dog won't bark at the postman. That's what NAET does. The problem is, you can only get this kind of treatment from a practitioner, and they cost money and time driving there, waiting there, getting the treatment and coming back home. That was the best that was available, and the success rate was pretty good, but really a hassle. Finally, someone has come up with an energetic allergy program that does the same thing as going to a practitioner, is cheaper and can be done at home. As a matter of fact, you can treat the whole family. It's called The Allergy Kit. I've used it and I can guarantee you that it works. <http://theallergykit.com> Check it out!

Posted On 01/29/2013

Raythe4th

Another informative article from Dr. Mercola. I wish the information in this article were public knowledge.

I also would like to point out that I deeply respect most of the posters here. They are well informed, and I have learned a lot of valuable information from them over the years. In a world full of dis-information and Corporate sell-outs, I trust Dr. Mercola, and the people who post here.

Posted On 01/29/2013

Horsea

Well, what about cottonseed oil? I'd say that's pretty toxic, too.

Posted On 01/29/2013

MollyMalone

Maybe it's just me, but does anyone else have a problem with the words 'industry' or 'company' following the word food?

Posted On 01/29/2013

pisang_kaki

We asians consumed a lot of refined palm oil in our cooking and its benefits are well known.what is your view on palm oil health benefits.?

Thank u.

Posted On 01/29/2013

BossFree123

What a crock of crap.....where's the sound science behind this Mr. Mercola? Are you telling me that billions of Asians, who have a VERY low cancer rate prior to fast foods moving into their country, are WRONG?

Posted On 01/28/2013

youareawesome

Lots of misinformation out there, but so many of you are willing to look for good sources of information. Dr. mercola seems to do a good job of getting that information out there. Another good source is The Take Back Your Health Conference in Herndon Va. Check out www.takebackyourhealthconference.com

Posted On 01/28/2013

agravante

All these toxic man made concoctions that cause diseases are made because of greed.The greed for money,power and control of the masses.Do you think we will ever see a large corporation come out with a truly healthy food product just because they care about peoples' health and well being? Probably not.

Posted On 01/28/2013

youareawesome

Would like to know if it is harmful to consume raw milk or butter from cows that have been fed GM grains, even if mostly grass fed.

Posted On 01/28/2013

agravante

I believe if the product contains any GMOs it is harmful.

Posted On 01/28/2013

adelimonto

To Islander..

Evidently the poor there do not eat the processed food that's so affordable in the U.S.....

really this is what i truly mean...I mean chemical manufactured/processed foods that only rich nations and wealthy people can easily afford but Not in poor countries and less affluent people..multi companies will not necessarily make investment in poorer countries simply because they know, they will have a poor profit.

Posted On 01/28/2013

Islander

adelimonto, PLEASE use the reply link in the threads you participate in. No one can find your scattered responses. I found this one purely by accident.

Posted On 01/28/2013

maeveronica

Soybean oil is the cause of my Eosinophilus Esophagitis - while my allergy tests say I am not allergic to soy. I feel my body is sending eosinophils in response to the GMO content in soybean oil.

Posted On 01/27/2013

visioneer29

Before I clicked the link to this article, I was wondering: Will the article be about soy oil, canola oil, or cottonseed oil? Health and peace.

Posted On 01/27/2013

terryb06gmail.com

I would like to thank Dr Mercola for his untiring efforts to keep us informed of the hazards we now face finding food our natural bodies can survive on. It appears the government agencies have fallen short of their responsibilities with some of the personal falling into the traps of big money e g: the FDA in Texas fighting the cancer cure by Dr Burzynski.

Posted On 01/27/2013

neologism

A small but important distinction. Virtually every crop plant that contributes a significant foodstock is genetically engineered. The soy that is maligned in this article has been engineered for 5000s years begining with the chinese. Its the beauty of human "intelligent" selection that has created the foodstuff that is so "harmful" here. Its only recently that monsanto et al has taken this another step with GMO crops. Two issues with GMO crops I rarely hear but are probably bigger issues then safety are how they destroy biodiversity/environmnet and how they may skew food allergies. Those issue do have clear facts supporting them

Posted On 01/27/2013

otis101

There is genetically engineered (GE) and then there is hybridized (H). GE "is the direct manipulation of an organism's genome using biotechnology." Once it is genetically engineered it is considered to be a genetically modified organism (GMO). First GMOs were bacteria in 1973.

en.wikipedia.org/.../Genetic_engineering

Posted On 01/27/2013

severach

Selective breeding only preferentially selects from what is already in the genes. GMO adds new things to the genes.

Posted On 01/28/2013

nervousness

Great article. Clears up a lot of confusion I had with hydrogenated oils.

Posted On 01/27/2013

pickledish

Question - since soybean oil is bad what about tofou?

Posted On 01/27/2013

Fastrider

Not fermented = same issues.

Posted On 01/27/2013

badboy2

Anything labeled soybean oil, canola oil, corn oil, vegetable oil, or cottonseed oil, as found in processed foods have undergone a refining process under extremely high heat and use of chemical solvents such as hexane. This leaves you with an oil where the polyunsaturated fats have undergone a lot of oxidation and are therefore very inflammatory inside your body, producing free radicals, damaging your cell membranes, contributing to faster aging, heart disease, and other possible health problems. If you want to avoid the health-damaging effects of soybean, canola, corn and other "vegetable oils", make sure to avoid them as much as you can, and instead use healthy oils and fats.

Posted On 01/27/2013

elwolf101

John Tobe wrote "Hydrogenation--America's Deadliest Killer" c. 1972. Another thing. He said most vegetable oils are extracted by the hexane gas method, which in itself, nearly ruins the oil.

Posted On 01/27/2013

goats in moats

Dr.Mercola my hero, I was giving you anecdotal evidence 5 or 6 years ago about the GMO corn and soy . This is a picture of generation 2 GMO pig. She was so weak and helpless at birth I took her into the house as a pet. She never had a litter but she bred everyday with other boars, some GMO and some not. There was a day when we butchered all the GMO pigs, I had party and invited some pretty high pressure farming neighbors to see. My status in the community and all my friends changed that day. Today I find myself in the class of people who don't eat out and social time happens over a garden fence.

Posted On 01/27/2013

elwolf101

Thanks Dr Mercola, my primary health physician.

Posted On 01/27/2013

lwolfe99

I appreciate all of the recommendations that Dr Mercola offers us, free of charge! I have been gradually incorporating more of them into my life and doing my best to eliminate or reduce others, according to what seems to be most important to optimal functioning and taking into account my budget.

Regarding processed oils being so ubiquitous, I have found that I cannot trust any commercial salad dressings, no matter how expensive they are or how brightly they are advertised as being pure and made with EVOO. If you check the labels of dressings in any store, including "natural" food stores, they invariably contain a mix of oils to include some junk canola or soybean. And they don't even disclose the percentages of each oil, which probably means the percentage of pure olive oil is pretty low.

Posted On 01/27/2013

dilray

Both sided Views on soy products- worth reading. Sorting Out Soy Confusion 22 September 2006 "The (bizarre) Soy Debate www.edenfoods.com/.../view.php

Posted On 01/27/2013

adelimonto

in our country Before, they advertise in TV that vegetable oil like soy oil, corn oil, is good to the heart because it contains omega. and they are telling that coconut oil is not good because it is easily frozen during cold season. Now the opposite is surfacing...thanks to www.mercola.com.

Posted On 01/27/2013

Barking

Thanks Dr M for highlighting the true nature of High Fructose Corn Syrup. Long ago I had guessed it was a really cheap processed sugar, until two or three years ago I hadn't appreciated just how bad it is on so many levels. It seems that this is hidden in foods in a number of ways and under many names. Does anyone know what 'refiner's syrup' means? Or partially inverted sugar syrup? Invert sugar? The latest worry - because it is a common ingredient in many so-called 'whole foods', is agave. Again, various forms - nectar, syrup etc etc. What do these mean, and are there any real merits? Is it just another source of processed fructose?

Posted On 01/27/2013

Woodcarver

I too questioned these and did what we can all do: I googled these terms and got my answers. Wikipedia is a good source to start.

Posted On 01/27/2013

Fastrider

Agave is highly processed and contains high amounts of fructose. The term "raw" agave is a misnomer as it usually means they only used less heat than normally.

Posted On 01/27/2013

adelimonto

biscuits, cookies, margarines, and other processed is regularly given to patients in the hospital by his / her affluent visitors. But me since I DO NOT have too much money to spend, I usually give them bananas, local oranges, MORE cheaper than trans fat foods..and just lately I know they are the MOST recommendable..Sometimes even without knowing, the poor people is already giving the right food because they cannot afford to buy these manufactured foods produced by babylonia.

i have a friend who is presently suffering from gall and possibly kidney problem. He is my flatmate actually..I always see his lifestyle when it comes to eating. His favorites condiments is MANUFACTURED soy sauce which he always add to his foo

Posted On 01/27/2013

Naxossa

I don't think soybeans were ever intended to be eaten by humans unless in a drastically changed from like fermented. Societies that did have the soybean in their diet always ate them fermented. And of course the were unadulterated GMO free. Soybeans, organically grown are for the pigs. And then you still have to roast them.

Posted On 01/27/2013

hemicuda

Soybeans are bad for pigs, too. It affects the quality of their fat--it's not the natural composition. The fat profile of lard from a soybean-fed pig is much different from a naturally-fed forager.

Posted On 01/27/2013

Naxossa

Actually I agree with you. Our property is big enough that we can afford to keep some animals. Our pigs eat mainly forage and whatever they can dig up. They are omnivores so I don't think GMO free soy is all that harmful in limited amounts. The fat from our pigs (all of which we use) is both the fully saturated (white) as well as the mono unsaturated (brown fat)

Posted On 01/27/2013

mr.mister_1

Extinction of soybean plant as Doo Doo Bird and other rare animal species is apparent; future may be too, if human does not understand liink to tommorow

Posted On 01/27/2013

Aimz77

Right on JamNjim, forbiddenhealing, Tommo, Olushola, many others and Dr. Mercola last but not least. Our food system here in Australia leaves much to be desired and it seems we are at least 20 years behind in some regards with people still firmly entrenched in Dr Keyes's lipid hypothesis, vegan/vegetarian diet for everyone ideology and a 'but the business community and our government just wouldn't do that to us' type naive attitudes among many.

I am about as Caucasian as one can be and type 2 diabetes, obesity and heart disease has ripped through my family like a plague too. I reversed and eliminated insulin resistance (and lost weight) through a Weston A. Price diet full of as much bacon grease, goose fat and butter as I wanted. I love terrifying and confounding my conventional doctor by telling her what I eat when my blood cholesterol, blood pressure, blood glucose and weight read text book perfect everytime. Until I took responsibility and started doing my own homework most of what I thought I knew about food and nutrition had been planted in my consciousness by industry marketing, which is all too often supported by government or government affiliated organisations or bodies.

While living in Japan I learned that government health authorities had set recommended limits on the consumption of tofu, especially for men. Excessive unfermented industrially produced soy obviously seem to be impacting puberty patterns in young people (as well as many other things) but I'm not sure at all about a dramatic increase in homosexuality badboy2. Are you referring to male homosexuality in particular? I'm curious about any actual data or evidence that would support that.

Posted On 01/27/2013

Islander

I replied to BadBoy earlier that sexual orientation is determined in utero. Around the world, throughout history, the percentage of homosexuals of both genders has been fairly constant at 5-8 or 8-10%, depending on the source; it may appear to be higher lately because our increasingly tolerant culture has made it safer to "come out," but I've not seen any evidence of a statistical increase. Precocious puberty is another thing entirely and has certainly been growing.

Posted On 01/27/2013

hemicuda

@Islander That 10% homosexual population figure first appeared in the publications of pseudo-scientist, Alfred Kinsey. Many have looked into his papers to see how a method of how he arrived at the 10% figure. There was none. He simply fabricated the number for his own particular agenda. And now it's repeated as gospel because Kinsey stated it. If you want to see what is really behind the Kinsey myth, check out the following: <http://drjudithreisman.org/>

Posted On 01/27/2013

Islander

Thanks, Hemicuda, but she sounds a bit extreme. I got my figures from the anthropology classes I've taken, examining world populations going back to ancient Greece.

Posted On 01/27/2013

hemicuda

@Islander The anthropology classes you've taken--and I've taken many myself--are heavily influenced by the work of Alfred Kinsey. And most anthropology studies are heavily influenced by the Marxists from the Frankfurt School and their academic descendants. They were infamous for making their "statistics" conform to the ideology that they were promoting. People are still working to undo the damage done by the early pioneers such as Franz Boas and Margaret Mead (she simply made up her data out of thin air but her work is still taught as scientific). It doesn't shock me that you completely dismiss the ground-breaking and thorough work of Dr. Judith Reisman. You have found your comfort zone and "truth" on this issue, and you won't let any new objective facts upset your boat.

Posted On 01/27/2013

Aimz77

Wow, what a forum this is. I must've missed your earlier reply Islander. Precocious puberty and homosexuality are two very different things. I took a look at Dr Judith Reisman's website and some general information about the nature of her work. No work is beyond question, critique or criticism and Dr Reisman's is certainly subject to some from many parties. She is extreme indeed. I won't comment on it any further it digresses from the original article and the general subject matter of Dr Mercola's website etc.

Posted On 01/27/2013

Islander

@Hemicuda, Mead aside, I'm speaking of people like Levi-Strauss, Chagnon, Boaz, Benedict et. al. — people who spent time in the field, in direct observation and participation. Since I consider myself both intelligent and open-minded, we may simply have to agree to disagree on this one. I fail to see why the number is even important to you.

Posted On 01/27/2013

bodyman47

It's easy to claim we are born a certain way to justify choices that are not the norm. A child molester or a serial killer could claim they were born that way and cant help themselves. I have family members that are gay. They don't claim it to be a birth defect. They just happen to enjoy themselves. I admire their honesty....God bless

Posted On 01/28/2013

sglavin66

I've stopped consuming coconut oil. I was taking anywhere from 1 tablespoon to a shot glass a day pretty regularly for a couple of years. I've noticed an increase in strength at the gym and increased libido in just under 2 weeks of being off of the coconut oil. I've made the connection that there is something reducing my bodies ability to recover from workouts when I am consuming significant quantities of coconut oil.

I googled it and there are others making the same connection (mostly people that work out with weights and/or are sexually active and would notice the difference). I reached a plateau in my strength training and now that I am off of the coconut oil I've smashed my personal bests and my sexual performance has come back better than ever at age 46. It may be that certain people cannot tolerate it as well as others. I've seen the scientific explanations and now that I've stopped using it I'm convinced it was the problem. I stopped consuming other oils a long time ago. I rarely use oil in cooking, but if I do it's organic pastured butter.

Posted On 01/27/2013

bodyman47

You can improve your libido with onions, garlic and Korean Red Ginseng. I'm 65, noooooooooo problem!....

Posted On 01/27/2013

J_four

sglavin66, I googled workout recovery and coconut oil and saw only positive attributes. Can you please provide a source to where you've seen the scientific explanations? Thanks.

Posted On 01/27/2013

extremehands1

j4, here is the research that shows how tons of lauric acid in the oil effects androgens

www.ncbi.nlm.nih.gov/.../19353546

www.ncbi.nlm.nih.gov/.../12477490

www.ncbi.nlm.nih.gov/.../19336899

Posted On 01/27/2013

John.3.16

sgtavin66 - Most recommendations (recos) I have read for coconut oil are but one or two Tablespoons daily. I NEVER read of a reco of a one-ounce shot glass of coconut oil from anyone! Native Hawaiians should have a pretty good handle on this subject, I would think.

I wonder if excessive use of coconut oil causes premature male baldness in the young. Hmm. At 81 plus, my older brothers and I all have a full head of hair, mostly by using adequate B complex and vitamin B6 et al DAILY. We all use coconut oil IN MODERATION.

Posted On 01/27/2013

extremehands1

john3.16, Dr. Mercola goes through a quart a week. that would be 32 shot glasses full. Do the math.

Posted On 01/27/2013

bodyman47

EXT1....That much coconut oil I'll bet when he passes gas it comes out as Hawaiian music....God bless

Posted On 01/27/2013

J_four

Thank you eh1. To this layperson's mind these links refer to the blockage of DHT. Good for the prostate, and against cancer cell proliferation and male pattern baldness.

Posted On 01/28/2013

doctom

King Oscar tinned Brisling Sardines sold here in Australia (canned in Poland from local and imported ingredients) which are recommended by many "Doctors" online have Soybean Oil, where are the traditional Norway King Oscars and should we steer clear of these?

Posted On 01/27/2013

hemicuda

Look for King Oscar sardines (or any brand) that are packed either in spring water or extra virgin olive oil. Steer clear of any canned meats or fish packed with soybean oil.

Posted On 01/27/2013

forbiddenhealing

I'd opt for the olive oil to limit oxidation of the fats in sardines.. "Salads are the cause of disease," according to tongue in cheek Sally Fallon / Weston Price. Take a good look at any salad dressings you may use.

Posted On 01/27/2013

malijo789

All those icky components (besides GMOs) in soy that are mentioned in the article- are they all destroyed by fermenting? or just certain ones? Is natto still estrogenic? Does it still have some of those anti-nutrients in it?

Posted On 01/27/2013

Mark Fletcher

Yes, they are all destroyed by fermenting. Natto does not contain anti-nutrients. They are neutralized by enzymes released during the fermentation process.

Posted On 01/27/2013

dividingcricker

I know soy is a joke ,the Asians only use it as a rotation crop and fermented natto but whats in the olive oil? Do a piece on olive oil.

Posted On 01/27/2013

bodyman47

@dividingcricker....I don't want to burst your bubble but Asians use soy beans to make miso, a fermented bean-paste used in many receipts. Tofu is another Asian favorite.

"With the exception of Hong Kong, there isn't quite as much data on soy intake in other countries and regions. But, the available findings suggest that, compared to Japan and Shanghai, soy consumption is much lower in Hong Kong and Thailand, about the same in Indonesia, and a bit higher in North Korea.

And contrary to popular opinion, the soy products regularly consumed in these countries are not all—or even mostly—fermented. In Japan, about half of soy consumption comes from the fermented food miso and natto and half comes from tofu and dried soybeans. In Shanghai, most of the soyfoods consumed are unfermented, with tofu and soymilk making the biggest contributions. In fact, even in Indonesia, where tempeh is a revered national food, unfermented soy products like tofu account for around half of soy intake.

Soyfoods have been consumed in China for at least 1,500 years and in Japan for 1,000 years. The evidence shows that soyfoods—both unfermented and fermented—continue to be a significant part of traditional Asian diets."May God bless www.theveganrd.com/2011/03/soyfoods-in-asia-how-much-do-people-really-..

Posted On 01/27/2013

dividingcricker

well maybe the American market advertisers are doing there job getting the Asians to believe soy is good for them , maybe agenda 21 is alive and well over there too.

Posted On 01/27/2013

olushola

www.totalityofbeing.com/FramelessPages/Articles/Zardozeffect.htm

In men, estrogen decreases testosterone levels and sperm count! Read on the websites cited, about what happened to the rabbit industry in New Zealand where the bunnies were fed soy feed. They stopped reproducing and the industry crashed. How can anything stop a rabbit, from reproducing?! Isoflavones (estrogen) can. Before you bright light vegetarians out there tell me that Asians eat mainly soy and have great birthrates, the eating soy part is not true among those with high birth rates! The average Chinese eats 5 to 15 ml (one to three TEASPOONS) of soy products daily mainly in soy sauce. It is widely known throughout Asia that when a woman does not want to have sexual relations with her husband any more, she feeds him more and more tofu! Monks in monasteries needing to be celibate are urged to eat more tofu and soy products. In Asia, it is common knowledge that soy reduces sexual urge and ability.

Posted On 01/27/2013

Mark Fletcher

Maybe Asians' bodies have evolved to better handle soy? It is quite possible, considering that people from some cultures can handle certain foods better than others (dairy, for example).

Posted On 01/27/2013

bodyman47

dividingcricerSince America as a nation is less than 300 years old I doubt if they have influenced 3000 and older Asian culture. When showing American TV programs the commercials are Korean. American market advertisers don't advertise here. With the exception of Chevy and a few fast food restaurants. That don't sell American grown food. The basic Korean diet has changed very little in 5000 years. You would be hard pressed to sit at any meal table in Korea without half the food having a soy product as an ingredient....God bless

Mark FletcherMost Asians eat very little dairy. Where are you getting your information. I live here and most of your claims are way off. Someone is giving you bad information. Please recheck and see....God bless

Posted On 01/27/2013

bodyman47

olushola....I eat soy and soy products 7 days a week 3 times a day and my libido works overtime at 65. Where this comes from I have no earthly idea. Asians are among the most prolific in the entire world. China and Japan put limits on the number of children a couple may have. All consume more soy products than any other culture. " known throughout Asia that when a woman does not want to have sexual relations with her husband any more, she feeds him more and more tofu!" Someone forgot to let my wife and her entire family know this. When I told her she nearly died laughing. Called her 79 year old sister and now they are both near hysterical. Maybe Koreans aren't considered Asians anymore. Are you sure you aren't looking under fiction. Whoever wrote that article must have went to an opium den first...Lord help

"According to G. Frank Lawlis, PhD, of Psychology Today, soy contains isoflavones, which increase natural vaginal lubrication. Soy also benefits men, by creating a healthier prostate. Soy beans, also called edamame, can be found frozen in most supermarkets. Edamame are delicious when added to salads or rice. Soy milk comes in flavors like vanilla and chocolate, and tofu is a yummy soy based meat substitute."

Read more: www.livestrong.com/article/99107-foods-increase-sex-drive/#ixzz2JBGRyn..

Posted On 01/27/2013

bodyman47

Message from my Asian wife who is still laughing. She said to tell man BS, we give husbands Ginseng, dear horn, and healthy food so his Chargee work good. Said someone full of sh**. Now she has me busting a gut. You can figure out what the word means in English. LMAO Try asking some Asians. You may get offered a job as a stand up comic. I really want to thank you we haven't laughed so much in years.

Posted On 01/27/2013

traveler4too

Bodyman, I lived in Japan for 9 years and enjoyed eating soybean products, but mostly the fermented foods. I did like edamame too. I developed a taste for natto and wish I could get some good stuff here in Florida. One thing I read several years ago was that tofu is made differently in Asia than here in the states and that may account for some of the problems and differences. Any comments that you may be aware of regarding this?

Posted On 01/27/2013

hemicuda

@BM47 First off, you quote a vegan website extolling the virtues of soy. Do we really need to explain to you how such a website might be extremely biased toward approving of soy? Come on now. Your elevated libido at 65 probably has much more to do with your elevated levels of testosterone produced by your body building activities. Imagine the kind of libido you'd have if you would just give up the unfermented soy. It used to be fed to slaves--it made them more docile and more manageable. But I'm sure you're the exception.

Posted On 01/27/2013

HerbDefender

Bodyman47, your wife sounds like a nymphomaniac! (congrats--a sign of health). If she thinks more deeply about the libido-killing soy comment, it would only be useful information to women who no longer love their husband. In other words, you would have to have very candid conversations with your friends to be given this information.

And of course eastern monks don't generally share their beliefs with anyone until they're asked. Or look at it this way. What if someone in Japan said, "Americans think fluoride makes you passive." And then some Japanese guy with an American wife replied, "I just asked my wife. She's says only crazy people believe that."

Posted On 01/27/2013

bodyman47

hemicuda I only quote the site to show how easy it is to quote a site with a different view. I have a post today about my beliefs on studies and research. They all may be paid for by someone that will profit from the results. The ones advocating large meat consumption could very well be paid for by the cattlemen's association or the butchers union or anyone with a dog in the hunt. It's not about who's right or wrong. It's about the validity of any of them. It appears the all mighty dollar has more to do with results than the truth. If my libido improved my wife would need help. I have serious doubt that fermented foods harms the libido. Far too many Asians for that to have credibility. Many believe that fermentation offsets the harm soy may cause. It may also be the garbage in US soy that's the problem and not the soy at all..God bless

HerbDefender...It may be an Asian thing. Check with the Asian expert. I was having fun about all the common knowledge claims, that are completely unfounded....God bless

Posted On 01/27/2013

Octaviano

You have to be rich, or it least above the typical wage-earner, to follow most of Dr. Mercola his recommendations. Krill oil might be a high-quality source of omega-3 fat, but it is an expensive source as well. The most cheap brand of coconut oil is about 4 times more expensive than an A-brand of vegetable oil. Raw macadamia nuts are about 3 times more expensive than raw almonds (and raw almonds are not cheap). One organic pastured egg is about 4 times more expensive than a free-range egg. The whole nutrition plan by Dr. Mercola is for the happy few only.

Posted On 01/27/2013

adelimonto

that is in your country. here in phil. coconut oil is the cheapest...we have so many coconut here.

Posted On 01/27/2013

Octaviano

True. If coconutpalms grow in your country, than coconut oil is cheap. We have to import everything from Asia. But it is not only the coconut oil that is expensive here. Almost all the things Dr. Mercola recommands are expensive. Like i said: a diet for the happy few.

Posted On 01/27/2013

adelimonto

and base on what you said, people living in poor countries should really enjoy themselves. For what is require for healthful living is within in their access.

Posted On 01/27/2013

Barking

I appreciate Dr M giving us the information, awareness is the first step. On the other hand, it may be diminishing returns. Swapping Dominos for home-cooked food may have a bigger effect than swapping arctic fish oil for krill oil. Go with what you can do that will make the biggest difference.

It's not really that healthy choices are more expensive, it is that we have had this arms race of ever cheaper but depleted and toxic food. There's always somebody who can make it that bit cheaper and that bit worse, as somebody once said! Meanwhile cheap food production is poisoning the whole supply, and all the land and sea. Big Food has a lot to answer for, but society is getting what it deserves for decades prioritising price over quality and complicity in industrial production.

Posted On 01/27/2013

Rett

Yeah, but when there's a will there is a way. Dr. Mercola did an interview with Andrew Saul about nutritional supplements and how easy it is to be well. You can find them on youtube. Good luck. I understand where you are coming from. I too am not able to afford most of the grass fed, free range, wild caught and correctly grown produce the world today calls organic. I could never do krill oil because it comes from an unclean creature. When I try to find a good Vitamin E supplement it is way too expensive or it comes in a softgel full of soybean oil. lol. Softgels have gelatin and gelatin in this country comes from swines/pigs. We live in a world that is upside down and inside out. But when we know better, we can do better.

Posted On 01/27/2013

elifel

Octaviano, Dr. Mercola tries to give out the best information he feels is available. To complain about his recommendations seem somewhat strange. What should the good doctor recommend? Poor quality but inexpensive products?

Posted On 01/27/2013

jamNjim

Octaviano, I HEAR YA loud and clear! Costco just showed me what I spent last year to try and convince me to upgrade to their executive membership. I spent over \$5,500.00 at Costco! That's over \$450.00/month!! I spent less at Costco than anywhere else. Probably less than half of what I buy there is organic and 90% of what I buy there is food.

My total monthly grocery bill is over \$1,200.00/month. It is outrageous! If I ate only what Dr. Mercola says eat I would be out over \$2,000.00 a month. I guess that is why he is so obsessed with fasting! LOL! Eat one meal a day instead of 3 and your \$2,000.00 monthly grocery bill is reduced to \$650.00. Unfortunately, Child Protective Services would come take my kid away if I tried that.

Posted On 01/27/2013

extremehands1

JAmnjim, when I eat my one meal per day it's got almost three meals worth of calories that I typically had when I ate three meals a day. Not sure why this guy got so many negs. he is right. Dr. M's plan is a pricey lifestyle. Although I have no limit to what I can spend on food when I give my patients recommendations it is one they can afford.

Posted On 01/27/2013

LindaB_203

You don't have to "buy" Dr. Mercola's plan for a healthy lifestyle. You can find less costly alternatives. It just depends on what's important to you. Start with the simple things. Don't buy soda (of course, I don't know if you buy soda or not, but stop if you do!) and just drink water. If you only have tap water available, get a filter for it.

Eat simply. Fresh produce is better than fast food. And if you can't afford organic, don't worry about it. Some kind of fresh veggies and fruit is better than none at all. And if you're worried about toxic chemicals, get some cilantro to put in your salad. It's yummy. Of course, you're probably going to say you don't like cilantro. Well, then don't use it. Get some edible clay and start taking that.

There's always something you can do to be more healthy. Don't just sit there whining because you're not a millionaire and can't afford it. Do what you can with what you have.

Posted On 01/27/2013

Octaviano

@ LindaB_203, i am not whining. I'm just assert that Dr. Mercola his recommandations are very expensive and only affordable for a happy few. An assertion which apparently is disliked by some visitors of this website, but without giving any argument why i should be wrong. I am not whining about it that i am not one of that happy few. I am not envious and i do not grudge you because you can afford all that stuff.

@ elifel, i haven't complained about the recommandations. Those recommandations are good. If less expensive alternatives are not available, so be it. If i can't afford a good doctor, so be it. I will not recommand Dr. Mercola for people with a small purse, considering the part of food and supplements. I am sure there is a big potential market in the health business for people with a small purse. That would mean not the best recommandations, but the best affordable recommandations. And i am happy for you that you belong to that happy few.

@ jamNjim, that is big bill.

@ extremehands1, maybe it is because of the vehement criticism Dr. Mercola receives. I have to point out clearly once more that i am NOT against Dr. Mercola and his recommandations.

Posted On 01/27/2013

severach

The non Mercola diet is only cheap until you factor in the cost of the extra health care, lost work, pain, and suffering. Nobody becomes a Mercolian overnight. You work towards it as your budget allows.

How many people do you know whos diet is entirely processed, mostly wheat, corn, soy, and meat made of same? A lot would be gained by simply adding a salad of fresh vegetables. By salad I don't mean 3 lettuce squares and 2 carrot slices with a giant gob of dressing, aka dressing with a few vegetables sprinkled on top. My salad is almost 50% of my meal. Food Stamped (2010) is video on how to produce decent quality meals at very low cost.

Posted On 01/27/2013

HerbDefender

Octaviano, there's some truth to this. But for a lot of people it also misses the big picture. I remember a Fiji water executive (this is not an endorsement for them!) saying something like, "I find it sort of funny that people will spend \$6 on an imported beer while giving someone a hard time about spending \$2 on the most important substance to the human body--water."

Another example: Every now and then I get a real bad back injury. It's like the flu. I can't do anything for about week except lay in bed. Well, my old solution was to spend a couple hundred bucks on a few good tui na massages. That would get me back on my feet.

Well, this year I was ready for it with an inversion table. It was \$100. Not only did it get me back on my feet in a few days, it will have paid for itself many times over within a few years. And even better, it stretches you out and aligns your spine, so back injuries become much less likely.

Yes, in the short term your view is hard to argue with. In the long run it lacks logic. As you get older your medical costs increase. One incident can cost you a decade's worth of health food.

And lastly, certain jobs like sales depend entirely on your ability to perform well, in a reasonably good mood, all day long. That's tough to do on hfcs and white flour. Professional athletes wouldn't dream of it--so why would a professional thinker, like you?

Posted On 01/27/2013

bodyman47

Next time you go shopping look inside a poor persons shopping cart. \$6 packages of cookies, \$5 cartons of ice cream expensive precooked meals frozen or in a box. Chips and a host of other sugar laden poison That money or EPT card would buy a lot of healthy food. If they were willing to spend the time preparing it. People spend more for convince then we do on healthy food. Can't afford to eat healthy, try harder. That dog won't hunt. Just look in my cart, I'm considered poor....God bless

Posted On 01/27/2013

Barking

Food doesn't grow in supermarkets. Google 'permaculture' and look up 'in grave danger of falling food' on youtube with Bill Mollison. It's an inspiration. Some of the best food is free!

Posted On 01/28/2013

scottishpanoramic

Octaviano , you make a common sense post then get criticised by some of the Drs slaves. If we were to follow all his recs we would have to be millionaires. If he was truly trying to help people and not make his millions can he not give recs to people who have no access to the products he tries to sell or just cant afford. I live in Cyprus and have no access to grass fed beef , its very hot hear and no grass. Would he have me import it from my native Scotland. As for drinking raw milk here you would be safer going into a pub in Glasgow with an England football top on.

Cyprus is a very healthy place to live free vitamin D from all the healthy sunshine. Abundant fruits and vegetables all grown locally. Sure there are exotic varieties in the s-markets but why eat something transported thousands of miles. Great olive oils, local cheeses, nuts, pulses, and more. Free stuff too. On my way back from my local pub there is an olive trees in the back garden which with their permission I harvest some leaves , wash , boil for 15 minutes and drink like tea. Convinced it helped me get rid of a persistant problem of AthletesFoot which for two years I had flung money away on lotions from the Pharmacy . www.scottishpanoramic.com www.cypruspanoramic.com

Posted On 02/03/2013
