

Guillermou

Soybean oil consumption has been linked to obesity and diabetes and potentially autism, Alzheimer's disease, anxiety and depression. Let us now add to this growing list ulcerative colitis, a form of inflammatory bowel disease or inflammatory bowel disease. Researchers at the University of California, Riverside examined the intestines of mice that were constantly fed a diet rich in soybean oil for up to 24 weeks in the laboratory. They found that beneficial bacteria decreased and harmful bacteria (specifically, invasive adherent *Escherichia coli*) increased, conditions that can lead to colitis.

Poonamjot Deol, assistant research professional in the Department of Microbiology and Plant Pathology and co-corresponding author of the paper published July 3 in *Gut Microbes*, an open access journal. Deol explained that the linoleic acid in soybean oil is the main concern. While our bodies need linoleic acid (Dr. Mercola advises a maximum of 5 g daily), Americans today get 8-10% of their energy from linoleic acid daily, most of it from the oil of soybeans. "Excess linoleic acid negatively affects the gut microbiome." Deol and his co-authors found that a diet rich in soybean oil stimulates the growth of adherent invasive *E. coli* in the intestine.

This bacteria uses linoleic acid as a carbon source to meet its nutritional demands. In addition, several beneficial bacteria in the intestine cannot resist linoleic acid and die, resulting in the growth of harmful bacteria. Invasive adherent *E. coli* has been identified in humans as causing IBD.

www.tandfonline.com/.../19490976.2023.2229945 (2023).--

Posted On 05/23/2024

juststeve

Once again Gui we get the replace a Health Killing Dis-Ease maker with something even worse. Either we clean up our own Locality's or resign to they are the Experts and let them continue to carry on at the Speed of Science.

Posted On 05/23/2024

Guillermou

Yes Juat, oils found mostly in ultra-processed foods (UFPs) are potentially counterproductive to health. This review aims to summarize the magnitude and types of environmental impacts resulting from each stage of the UFP supply chain and develop a conceptual framework to display these impacts. This review found that UFPs are responsible for significant environmental impacts related with diet, land use and food waste and up to a quarter of total diet-related water use among adults in a variety of high-income countries. The studies also identified that production and UPF consumption has impacts on land degradation, herbicide use, eutrophication, and packaging use, although these impacts were not quantified in relation to the dietary contribution.

The findings highlight that environmental degradation associated with UFPs is of great concern due to the substantial resources used in the production and processing of such products, and also because UFPs are counterproductive to basic human needs.

www.sciencedirect.com/science/article/abs/pii/S0959652622027445 (2022).-----

----- In recent decades, an increase in the consumption of UPF has been observed in both developed and developing countries.

For example, a study including data on US youth from the National Health and Nutrition Examination Survey (NHANES) found a significant increase (from 61.4% to 67.0%) in the percentage of total energy of UPF consumption from 1999 to 2018. Another time trend study that included 11 metropolitan areas in Brazil observed an increase from 19.2% to 28.0% of the total energy available in household food between 1987 and 2002. UPF consumption was associated with the use of alcohol, tobacco and illicit drugs in a national sample of adolescents link.springer.com/.../s11469-023-01038-6 (2023)

Posted On 05/23/2024

krisjb1

Salami? One of the most processed foods there is and filled with nitrates too. I really question what this writer has to say if that is the best alternative to "processed snacks."

Posted On 05/23/2024

Thora61

And salami is also loaded with msg and salt.

Posted On 05/23/2024

efs8045

What a great topic! One I've pondered for many years. The term "soy boys" has been around for awhile. Men have certainly become effeminate. Could it have to do with soy? What about the birth control pill? Does the water supply get affected with high levels of estrogen because of it?

Posted On 05/23/2024

Thora61

If you live in the Midwest you know that soybeans are sprayed with Roundup (glyphosate) at least twice during the growing season. The last time is right before harvest to dry out the crop and that only increases the absorption of glyphosate. I observe this all of the time and it's all the more reason that I read labels and avoid anything with soybeans in.

Posted On 05/23/2024

bee70578

For me, one of the biggest game-changers in terms of public health would be the complete removal of high fructose corn syrup (cheaply produced by an enzymatic process) from our diets. I think Robert Lustig lectured on this subject some years ago saying that it blocks Leptin and therefore prevents sensing when you have had enough to eat. One of the major issues in recent decades has been the increase in food bingeing and the acceptance of such an addictive factor in our foods. Someone commented that they had noted the appearance of increased obesity problems in populations around the globe as it followed the introduction of HFCS to foods. Yes even the processed snacks were much healthier previously. Fortunately many of us have given up the struggle and adopted plainer main meals such as basic meat and veg, fish and veg, prepared by ourselves, but my view is that the addition of any highly addictive substance to store foods should be strictly illegal.

Posted On 05/25/2024

Puccaa

I would venture to say that pure organically grown tobacco is not harmful at all. Indigenous cultures have been using it and do use it for a long time. It's when the "industry" gets a hold of it and adds hundreds of chemicals to it that it becomes harmful.

Posted On 05/23/2024

josephunger

Yes, that was the conclusion of some of the old masters like Royal Lee. On the other hand, nicotine can be a powerful drug. I still recall the cigarette that I smoked once.

Posted On 05/23/2024

DebbyW

A friend of mine owns a shop that sells tobacco products (as well as other things). All are natural with no added chemicals. None are the brands you buy in so many other stores.

Posted On 05/23/2024

Toholdthetruth

Blessed; I have never cooked with soybean oil. Now have I eaten it well may be because I do go out for meals though rarely. For the last ten years, only olive and avocado oil; and for baking, melt butter in lieu of oil.

Posted On 05/23/2024

Guillermou

In Spain, the most marketed variety of oil is Picual and Arbequina. The Arbequina Variety and many others are high in linoic acid (up to 22%), but one of the most notable characteristics of the Picual Olive is its high oleic acid content, 80% of the total composition. This, together with its low omega 6 content (less than 5%), makes picual olive oil one of the most permissive oils with regard to oxidation and rancidity. This gives it certain ideal characteristics, such as its great resistance to oxidation during exposure to high temperatures. Raw it has an intense flavor and a certain bitterness that is sought after by many consumers.

Always consume cold pressed and organic. Due to its oleic acid content, capable of reducing "bad" cholesterol (LDL) levels; the abundance of polyphenols, which help reduce the oxidation of fats in the bloodstream and prevent blockages, among other benefits- Picual extra virgin olive oil is very stable to oxidative processes and resists exposure to high temperatures and frying better than any other variety, without losing its properties. The olive oil obtained from the Picual olive helps, according to recent studies, to alleviate the appearance of different types of cancer. Specifically, it protects us against the appearance of bowel and colon, pancreas, endometrium, prostate and breast cancer.

olivadelsur.com/.../picual-olive-oil-b104.html .--- web.ujaen.es/.../jja-0007-01-15-M1.pdf .----
www.researchgate.net/publication/350279924_Experimental_Carcinogenesis.. (2021).----
ggoliveoilcompany.com/.../picual-olive .--- www.olivarte.es/.../la-variedad-picual .----
fuenquesada.com/en/what-are-the-characteristics-of-100-picual-olive-oi.. www.oliveoil.com/picual-olive-oil-guide .---

Posted On 05/23/2024

Kneecaps

Yes, exactly the same here.

Posted On 05/25/2024

The report mainly focused on the soybean oil itself. In addition, we also need to consider there's all the Synthetic Chemical Farming & Industrial offenders also in the mix. Very likely they amplify each other's transgressions to our right to be healthy, and function properly. With levels of oxytocin in the hypothalamus going down affecting basic human drives of "love" dampening the hormone involved in social bonding, sexual reproduction, childbirth little doubt affecting our social interactions throughout life.

One more thing in a sea of toxins disrupting gender expression, sexual orientation and gender confusion - transsexuality. When so many find themselves not only confuses as to am I this or am I that, the list of so many things taking away fertility, causing sterility, where is the It's My Body It's My Choice when our Bodies and/or Choices never develop or function properly? Stealth birth control, population control and depopulation all achieved for us all with no need for Informed Consent.

Posted On 05/23/2024

Guillermou

Good point Just, Organic chlorine compounds are persistent environmental pollutants and affect many reproductive processes. Oxytocin (OT) synthesized in luteal cells is a local regulator of ovarian activity and uterine contractions. Xenobiotics increased both the mRNA expression of genes involved in OT synthesis and OT secretion from luteal cells and may influence uterine contractions and increase the risk of abortion in pregnant women. In both sexes, oxytocin (OT) generally facilitates cognition and social behaviors, facilitates parenting behavior and sexual activity, and inhibits feeding and pain perception.

In women, reproductive functions involve the menstrual cycle, pregnancy, childbirth, lactation, and menopause. These functions make OT's regulation of women's health and disease a unique subject of physiological and pathological studies. During menstruation, the preovulatory increase in OT secretion in the hypothalamus and ovary can promote the secretion of gonadotropin-releasing hormone and facilitate ovulation. During pregnancy, increased OT synthesis and premature release endow the OT system with the ability to promote maternal behavior and lactation.

During childbirth, pulse OT secretion caused by cervical expansion and OT release into the uterus accelerate the expulsion of the fetus and reduce postpartum hemorrhage. During lactation, intermittent pulsatile secretion of OT is necessary for the milk ejection reflex and maternal behavior. Disorders in OT secretion may explain maternal depression and hypogalactia. In menopause, reduced OT secretion explains many menopausal symptoms and diseases.

pubmed.ncbi.nlm.nih.gov/20633573 (2010).--

www.frontiersin.org/journals/endocrinology/articles/10.3389/fendo.2022.. (2022)

Posted On 05/23/2024

juststeve

And Gui, many if not all these can now have the Jab added to the list of oh well, now what do we do? Oh yes, just like lab slime bug burgers what not, lab created test tube babies, because the 'Old Fashion Way' is impossible to work anymore. Yeah, cooked to Technocratic Perfection.

Posted On 05/23/2024

tintrach123

I am shocked by the number of people who still use this garbage. I found it's best use to be for starting a fire in the woodstove - fumes go up the chimney and kindling starts right away. It is certainly not a substance to ingest. I can smell it when big box grocery are frying with it in their deli section - the air is SO toxic with a 'bite' that shuts down my respiratory system while burning my eyes - I have to steer completely clear of this poison. I wish others would understand the dangers of it and also steer clear.

Posted On 05/23/2024

chrisphillips

i so lament the years of food harm from ignorance. thank you and keep telling the truth as we learn it (and re-learn it)!

Posted On 05/23/2024

seakelp27

Canola and soybean oil the favorites of Whole Foods. Someone send this article to their corporate. EG. Engles uses olive oil in their chili. Whole Foods canola. Yechh.

Posted On 05/23/2024

dou1788

Known about bad news soy oil for awhile...but just wondering: does soy lecithin used for so many softgel and liposomal supplements carry the same high ratio of Omega 6? What about the sunflower oils used as carriers in softgels and liposomals?

Posted On 05/23/2024

Guillermou

COMPOSITION OF SOYBEAN LECITHIN.--- www.botanical-online.com/en/natural-products/lecithin-soy-composition .-----SOYBEAN OR SUNFLOWER LECITHIN?
www.naturalniproducti.com/.../soybean-or-sunflower-lecithin

Posted On 05/23/2024

carolbe

Cooking with lard? But most pork is high in polyunsaturated oils. Cooking with beef tallow probably a much better choice unless you can source low PUFA pork fat.

Posted On 05/23/2024

seakelp27

Whole Foods continues to be clueless, especially since bought by Amazon. They use soybean oil in a lot of their products along with mono and diglycerides.

Posted On 05/23/2024

Almond

This is off-topic, but may be useful for self-protection when choosing a medical provider. The state of medical education at UCLA. freebeacon.com/campus/a-failed-medical-school-how-racial-preferences-s..

Posted On 05/23/2024

Mercola_Fan

The Gov't subsidizes farmers' soy and corn products. Soy is in 60% of our food, it's GMO and processed with glyphosate (Herbicide), and hexane, high in Omega 6. Out of all the soy produced, 85% is split between soy meal and soy oil. Of the 85% of soy meal produced, 98% is used for livestock we consume. Soy oil is used in salad dressing, and used in fast food restaurants to cook and fry foods and most processed foods. It's hepatotoxic (liver), endocrine disrupter, intestinal disrupter, anti-thyroid, iodine blocker, promotes infertility, nephrotoxic (Kidneys), pancreatic hypertrophy, causes allergies and is inflammatory. The FDA is fraudulent! Save your life. Eat at home!

Posted On 05/23/2024

bchristine

"...various structures in the hypothalamus appear to be related to gender expression, sexual orientation and gender confusion such as transsexuality.⁴" Since soybean oil has been so pervasive in food for decades, it's no wonder gender "identity" has become such an issue.

Posted On 05/23/2024

Ringer2

www.ncbi.nlm.nih.gov/.../PMC8303967 If you can't get Picual EVOO, Dr. Mercola's market has Koroneiki EVOO which is from Greece. Koroneiki is the lowest in Linoleic acid among the four cultivars listed in the linked study.

Posted On 05/27/2024

Ringer2

[www.frontiersin.org/files/Articles/653997/fpls-12-653997-HTML/image_m/..](http://www.frontiersin.org/files/Articles/653997/fpls-12-653997-HTML/image_m/) In agreement with Guillermo, Picual EVOO has the lowest linoleic acid.

Posted On 05/27/2024

Kneecaps

I never heard of coconut oil based mayo. How do you make it? I used olive oil or lately been buying avocado oil based mayo.

Posted On 05/25/2024

Ringer2

search.brave.com/search?q=coconut+oil+moyo+recipe&source=desktop Here are dozens of recipes for coconut oil-based mayo. Or just use key words coconut oil mayo recipe, in your search of choice. You might like to know that unadulterated olive and avocado oils are NOT cheap or easy to find.

Posted On 05/27/2024

Ringer2

articles.mercola.com/sites/articles/archive/2021/12/19/fake-avocado-oi.. Here's a Dr. Mercola article on adulterated ("fake") avocado oil.

Posted On 05/27/2024

Ringer2

articles.mercola.com/sites/articles/archive/2022/06/17/fake-olive-oil... Here's a Dr. Mercola article on fake olive oil.

Posted On 05/27/2024

lhe89133

Please help, I thought I read awhile back Rapeseed oil is another oil to avoid. Trying to find the article Dr M wrote. Is this another oil to avoid? Thanks

Posted On 05/24/2024

Talfai

Rapeseed oil is canola oil, so yes, avoid it.

Posted On 05/27/2024

Freedomofchoice1

I found out via a book written by a woman who is hated by Government, big business and big Pharm Elaine Hollingsworth wrote about IF you have joint pains to stop eating Soy and to flush your body with lots of water. I did that and was surprised that I could bend down and get up without help I was shocked to find this none food in just about every item on the shelves../ and so my live changed to go back to having a shopping list OF NO's. and baking my own bread, best decision ever.... especially sour dough... so again on holiday rented self contained apartment 2 storey, bpught Bread from the local family owned bakery Made sure they did not use soy.....

but next day could not walk the stairs... but ended up like a 2 year old 1 foot one step then drag the 2nd leg up..... so no more bread or manufactured items for that holiday.... I to this day cannot understand why our GPs have NO Idea about the dangers f SOY and wonder how many millions of people around the world are being "treated and prescribed drugs for Arthritis>> instead of told to read the labels email the manufacturere and ask any SOY>>> ..

Posted On 05/24/2024

mr5453

Avoid Palm oil

Posted On 05/23/2024

DeadDogWorms

I am surprised soy and corn oil is so abundant, as a chemical solvent Hexane is required in the extraction process. I suspect that these oils are by-products corn and soy processing as the pulp has many industrial uses.

Posted On 05/23/2024

Almond

There are known harmful physiological changes attributed to the ingestion of soy products even if these are whole and organic. They have sometimes been used therapeutically for these purposes. However, mass medication of the entire population is not good. It is not only the soybean oil itself, but also the fact that soybeans are likely GMO and repeatedly sprayed with glyphosate. Then, most soybean oil is extracted by various petrochemical solvent-processing methods, often using hexane. A petrochemical residue remains that cannot be entirely filtered out. This is generally harmful to health. It is "supposed to" be kept below a certain contaminant level. At this stage, processed oils are already highly-denatured. They may also more easily become rancid.

Posted On 05/23/2024

HealingMindN

The #1 ingredient that I've noticed lately on retail 'organic' salad creams and mayonnaise is 'organic' soybean oil. Did the manufacturers sign contracts with the soybean industry?

Posted On 05/23/2024

Smudge2

PORK SOYBEANS! Now there are genetically modified pink soybeans made from pork proteins by a company called MOOLEC - Molecular farming. These frankensoybeans should NOT be approved. Molecular farming ingredient company Moolec Science SA says it has achieved an impressive advancement in sustainable meat substitutes: soybeans that taste like pork. Moolec's Meat Replacements Program yielded 26.6 percent of total soluble protein in soy seeds via its newly developed "Piggy Sooy", surpassing its initial projections by a factor of four. The distinctly pink hue of the soybeans is identical to that of pig meat, the company says.

Following the accomplishment, the company is now seeking a patent for its tech, which is expected to provide a smoother regulatory pathway for the future. Moolec's achievement reinforces the growing recognition of molecular farming as a viable technique for producing animal proteins. The technology allows plants to function as animal protein factories, displaying an efficiency that surpasses original expectations and has the potential to revolutionize Moolec's business model.

Posted On 05/23/2024

chrisphillips

all those years of tofu! cooked in canola oil or worse! frustrating and so human when we try to do 'good' and end up hurting ourselves...live and learn!

Posted On 05/23/2024
