

Fatal Conveniences™: Canola Oil: Genetically Modified Poison

[00:00:00] Fatal Convenience Intro

Darin: It's that time of the week for another fatal convenience. This is a bite-size segment that addresses some of society's fatal conveniences and the steps you can take to avoid becoming a victim of them. I define fatal conveniences as the things we may be doing because the world we live in makes us believe we have to, tap water, shampoo, sunglasses, food. I dive into the hidden truths behind some of our everyday choices that could not only be harming us but even killing us, so let's dive in.

[00:00:41] Fatal Convenience - Canola Oil: Genetically Modified Poison

Darin: Hey, everybody, welcome to the show. This is Darin Olien. This is The Darin Olien Show. What's going on? How are you doing? Are you navigating? Are you pivoting? Are you getting more in touch with yourself inside? What do you want? What do you want to create?

Don't always focus on the external. I know it's seductive. It's fear-based. It's trying to get you to react to all this stuff. But if you lock yourself out of yourself, then you won't be able to do and create what you want. I'm focused right now on creating the future, which gives me potentiality now, in the moment. That's my little tip I want to start you with today. But I just want to say, I'm utterly grateful that you're here. And this one is a hidden one that is a dark one that needs to be extricated from our nutritional world, from our food, this is canola oil.

[00:01:50] Lubricant for engines or food?

Darin: So keep in mind, let's just start off saying it was a lubricant for engines in World War Two. The canola oil manufacturers then, because they had the abundance of this stuff, supposedly funded the research to then deem it safe for human consumption, but then they added all this other crap to it. They genetically modify it. It's one of the most genetically modified foods out there. It's refined. It's processed heavily. It barely resembles any food, but it falls under vegetable oils, vegetable alternatives, all these other things. So it has permeated throughout processed foods all over the place, and largely most of it with the pharmaceutical giant, Bayer which then bought Monsanto. So it's all the same, Bayer and Monsanto, owned the rights to the genetically modified canola seed, which is basically called rapeseed. It's a weird name, but that's just what it's called. So all that was genetically modified, and then on top of it sprayed heavily with carcinogenic herbicides. Do I need to even talk anymore? Do I need to go any deeper into this episode for you to realize every package, every food, you need to eliminate this proinflammatory poison out of your diet? Well, if you're not convinced by now, I'm sorry. But just getting-- we're gonna continue.

[00:03:35] History of Canola oil

Darin: So the history - 2000 BC, there were records that rapeseed was used and cultivated in India. 35 BC, it was both used in Japan and China. So it's got a massive history. I'm just gonna fast forward. In the early 1940s, World War Two, rapeseed oil was required as a



lubricant for numerous allied marine engines and merchant ships. Canada soon found itself as the main supplier because of all the blockades from Europe and Asia. I'm going to tell you a fun fact about that in a little bit about the origins. So then fast forward, 1978, canola was formally registered by the Canadian government, a Canadian oil, low acidic, they said. And then fast forward to 1995, the first transgenic variation registered by Monsanto, now Bayer, and now tolerant to the roundup, which is glyphosate. So in 1995, they took rapeseed, Monsanto bought it, they own it, they genetically modified the seed. Now that they can spray glyphosate all over it, and it doesn't get killed, that kills everything else. It became chemically resistant to that, and we decided to put it in our food systems. What a great idea. Fast forward to 2009, over 90% of the canola crop is genetically modified. Are you still okay with genetically modified food? Wow, that's a whole nother fatal convenience that I'll get into it at some point.

What makes it convenient?

Well, what makes this convenient, it's resilient as hell to cooking, even though it's already highly toxic, and at least doesn't get more toxic when you cook it so that they can sell it into the industry. They can cook it, they can bake it, they can do all those things, and have some sort of degree of stability. And also, of course, it's less expensive. That's the word it all comes down to and then over the years of just falsifying marketing, and saying it's a healthier alternative, they just throw it under the umbrella of it's vegetable oil. And the cost is very cheap. It's basically seven cents an ounce, compared to olive oil, which is 39 cents an ounce. Avocado oil is about 50 cents. Coconut oil is about 55 cents. Listen, people, you're opening up your mouth. Do you want to invest in nature? Or do you want to invest in the industrial chemical process that they have no idea what's doing to your body?

[00:06:50] Why you should care

Darin: Finally, why should we care? Well, we're buying this stuff, we're supporting this industry. There are over 27 million metric tons of canola oil consumed worldwide. And this was just in 2020 alone. They're putting it in everything and you are eating it. That is why we need to change it. Stop buying it. The global vegetable oil market from 2021 to 2026, is expected to grow by 5.64%. Let's stop that. Let's not buy that. In the United States, canola oil represents the second most popular vegetable oil by consumption. Wow, behind soybean oil, the Roundup Ready toxic frickin poison canola oil seed is patented by Bayer which is Monsanto. And farmers can be sued for saving the seed or for having unauthorized canola plants on their field. People, do we want to support these systems? Systems are failing. If they're going against nature, they will fail. They will kill the soil, kill other plants, and kill you if you consume it. Chemicals used to cultivate canola oil seeds remain an environmental factor as well as an immense threat to organic farming. There's a lot of information on this. But the bottom line is there were millions and millions of dollars by many studies, but then come to see the fine print. It's limited and non-conclusive scientific evidence. So why is canola oil harmful besides the things that I already said?



[00:08:40] How this oil is affecting your health

Darin: Well, genetically modified, highly processed, and refined, it's categorized as hydrogenated oil. And this is where it's utilized to help preserve shelf life. However, it contains **trans fats**, so it's very reactive. The hydrogenation creates a very reactive fat, which raises cholesterol levels.

It's not cold-pressed. Oil is sensitive to light and heat. So if it's not cold-pressed, then you're going to have some sort of reaction. And that's where trans fats really spike up as it's related to canola oil. Canola oil contains omega-3 fats. However, the exposure of high temperatures and oxygen in the refining process converts the omega-3s into trans fats.

In 2015, the FDA declared partially hydrogenated oils as not safe. That means it's not generally recognized as safe and removing such products ought to prevent thousands of heart attacks per year. **Tell me this is wrong.** There was this study by the FDA and they declared partially hydrogenated oils as not generally recognized as safe, that's what these are, and yet they just published information about it, they don't take it off the market. What the hell's going on? Why does this always happen in fatal convenience? In 2020, the FDA released certification that states fully hydrogenated rapeseed oil is safe for sparing use in food products. What the hell man? This like a twilight zone. They know it's not good for you and then somehow **(this is my point of view)** someone pays somebody, and then they throw it back in, and now you're consuming it. This is highly suspicious. They're saying it's not generally recognized as safe. And now they're saying, well, little bit is fine. How the hell do you know it's a little bit. You're consuming things you don't even know. If you see canola oil on there, if you even actually looked, you're consuming this stuff in many products. Over 90% of it is genetically modified toxic poison. FDA fails to require companies to label genetically modified products. If they're safe, label them. Why isn't that being done? Because it's lobbying efforts. It's political. It's money. In addition to no pre-market testing. Crazy. These genetically modified foods disrupt the kidney and liver functions, this is from the environmental sciences Europe. Liver function decreases by 43.5%. Kidney function decreases by 30.8%. Canola oil manufacturers added synthetic antioxidants to the product due to the lack of oxidative stability. We are creating Franken foods. You hear me? There's massive risk of cancer. Canola oil remains immensely unstable under high heat causes oxidation and releases free radicals into the body. What happens when that happens? You've got free radicals bouncing around like nuclear reactors into your body causing all kinds of problems. Research concluded that canola oil reduces levels of vitamin E thus further aids free radical growth, as one of the main benefits of vitamin E remains its ability to control free radicals. So the very thing you need to control free radicals it destroys that too. Cooking with canola produces high levels of butadiene, benzene, acrolein, it produces formaldehyde and other nasty compounds, and then you consume it. Good luck. It's horrible for heart disease, imbalance inflammation all over the place. Dr. Praticò from Temple University studied the effects of olive oil and Alzheimer's disease and it reduced levels of amyloid plaque and phosphorylated tau and experience memory improvement. Dr. Praticò's results from canola oil and brain function lead to drastically different outcomes. Guess what they are? Well, one group of animals fed a normal diet and other group fed a supplement of

roughly two tablespoons of canola oil daily. After 12 months, the mice on canola oil gained weight. And after six months, memory was impaired.

[00:13:50] Canola oil and brain function

Darin: Levels of amyloid, it's the same thing that shows up and CTE and all of that stuff, the different types of amyloid and amyloid beta, there's ratios that keeps it in check, and it threw off these ratios, "the change in ratios resulted in considerable neuronal damage and memory impairment." Based on the evidence from this study, canola oil should not be thought of as being equivalent to oils with proven health benefits. Canola oil is poisonous, period. What can we do? Let's change it. Change it, get rid of it. Look on the back of packages. Certainly don't use it. Certainly don't cook with it. Look on the list. Due to those low costs, grocery stores, restaurants, they use this all over the place. Your favorite restaurant is cooking your tacos, ask them what do you use for this? If they say canola oil, tell them to change it. Stop it. Avoid products with canola oil. It's pro-inflammatory, and it causes you sickness, hurts your heart, hurts your brain. And by the way, just reducing all of this processed food will eliminate this out of your life.

[00:15:00] Healthy fats to use instead

Darin: Alternatives, olive oil. Great anti-inflammatory. Don't use a lot of it. You don't need a lot of it. You don't need a lot of these processed oils, period. But when you do, use ones that have proven health benefits. Avocado oil, high in vitamin E, helps with those free radicals. You know what I'm saying? I don't go crazy with any of these oils. You don't need to, but these are alternatives. So keep in mind, this is pretty simple, this one. This is genetically modified poison by companies that don't care about you. Look on the back of packages, stop using canola oil. Never, ever fall into this delusion that these vegetable oils are safe. The FDA knows it. They're not doing anything about it, but you can. Okay, everyone, I love you. Stay happy. Stay healthy. Peace.

[00:15:55] Outro

Darin: Thanks for tuning in everyone. I hope that left you feeling inspired to take a closer look at the everyday choices you're making and how they could be impacting your health and even the planet. If you want to learn more about life's fatal conveniences, head over to fatalconveniences.com. You can sign up for exclusive access to Fatal Conveniences episodes, news, insights, and more. And all this great stuff gets sent each week straight to your inbox, making it really easy. Now, that's a convenience without the negative side effects. It only takes a few seconds to join. Just fill in the form and take that amazing step towards making better choices. Remember, small changes can have a big impact. So, keep diving my friends, keep diving. And if you haven't had a chance to check out the interview, I released earlier on the week, here's what you missed:

[00:17:01] Snippet - How to Inspire Young Activists | Genesis Butler

Genesis: Well, right now we're working to pass a bill to get plant-based foods in all schools in California. We're working on this because there's been a lot of meatless Mondays, but those



are all cheese heavy and they're not really good options or like climate-friendly, so we're trying to get more options like that out. And with me, I work with social compassionate legislation and they lobby and they get different bills passed. So I work with them, that was before COVID. I'm working with them a little bit right now but it's kind of hard because we would travel to Washington. So with COVID, it's kind of hard. But right now we are working on trying to get plant-based foods in all the schools around California.