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# L'huile de canola, source de plusieurs maux

- NUTRITION-REGIMES



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**NaturalNews) Canola oil and canola-based products have been at the centre of controversy for quite a few years. While some say that it helps to lower cholesterol levels, it actually has a few nasty side-effects as well (note : Only animal studies have been done regarding the toxic effects that it has on living organisms). Despite no human studies being done, this product was placed on the GRAS (Generally Regarded as Safe) list. It is in fact a by-product of a highly toxic insecticide**

Can it with the canola oil ! Rapeseed oil is linked to a whole host of health problems. Read on for more info...

<http://tinyurl.com/4saft4q>

NaturalNews) Canola oil and canola-based products have been at the centre of controversy for quite a few years. While some say that it helps to lower cholesterol levels, it actually has a few nasty side-effects as well (note : Only animal studies have been done regarding the toxic effects that it has on living organisms). Despite no human studies being done, this product was placed on the GRAS (Generally Regarded as Safe) list. It is in fact a by-product of a highly toxic insecticide product.

The real name for Canola oil is LEAR, or Low Erucic Acid Rape, as it has been extracted from Rapeseed oil. This oil is in fact an industrial oil product which has no place whatsoever in our bodies. In light industry, it is also referred to as penetrating oil. Rapeseed oil is also the source for Mustard Gas, which was used as a chemical warfare agent, and was banned after World War 1 for causing severe blistering of the lungs and skin.

Canola is in fact a Genetically Modified food which has been classified as a bio pesticide by the EPA. Like mercury and fluoride, Canola is also not eliminated from the body. It is found in almost all fast foods, convenience foods, chocolate, candies, bread, potato chips, baby foods and formulas, most peanut butters and cookies, frozen French fries, rye breads, chocolate syrups, mayonnaise, granola bars, some vegetarian convenience foods, lunch meats, margarines, movie house snacks, tortillas and most other bakery foods.

Studies done on rats and other lab animals showed that after consuming canola oil, there were fatty deposits that accumulated on their hearts, thyroids, adrenal glands and kidneys. When they stopped consuming this oil, the fatty deposits disappeared, but unfortunately scar tissue remained on the affected organs.

Because it is high in glycosides, canola oil has been shown to inhibit enzyme function. Its effects are known to be accumulative, resulting in side-effects taking years to show up. It is also able to inhibit the metabolism of foods. Being a trans-fatty acid, it is also possible that this man-made oil has a direct link to causing cancer (even from just breathing in the toxic fumes created when frying foods in it).

Rapeseed oil is an acetyl cholinesterase inhibitor. This compound is crucial when it comes to transmitting signals from the nerves to the muscles. This is possibly why there has been a dramatic increase in cases of multiple sclerosis and cerebral palsy over the past few years. Other side-effects which have been reported include respiratory

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illnesses, loss of vision, constipation, anemia, heart disease, irritability and low birth weight in infants. It is known to severely deplete Vitamin E levels in the body, as well as cause severe clotting of red blood cells, which can pose a serious health risk.

The best way to avoid consuming this toxic industrial by-product is to prepare meals yourself from scratch, and especially avoid fast foods at all costs.

[Editor`s Note : NaturalNews is strongly against the use of all forms of animal testing. We fully support implementation of humane medical experimentation that promotes the health and wellbeing of all living creatures.]

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