Get These Out of Your Family's Kitchen !



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Get These Out of Your Family's Kitchen!

HYDROGENATED or PARTIALLY HYDROGENATED FATS OR OILS

Do Not Eat These!

If the label contains the words HYDROGENATED or PARTIALLY HYDROGENATED:

- do not eat it yourself.
- do not let your family or friends eat it.
- get it out of your family's kitchen.

HYDROGENATED or PARTIALLY HYDROGENATED FATS 0R OILS

Read labels! Avoid these substances like they are poisons ... which they are,

"POISONS" IN OUR DIETS



Why not consume partially hydrogenated fats or oils? Because, by the definition of "poison," **partially hydrogenated fats and oils are poisons**.

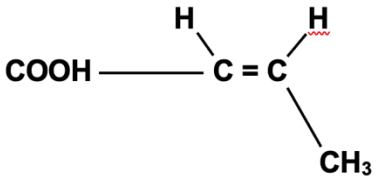
Dorland's Medical Dictionary defines "poison" as **"any substance which, when relatively small amounts are ingested ... has chemical action that may cause damage to structure or disturbance of function, producing symptomatology, illness, or death."**

Partially hydrogenated oils do not exist in nature.

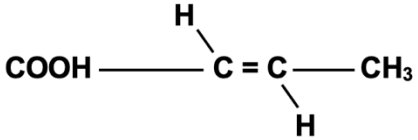
Partially hydrogenated fats and oils are processed versions of naturally occurring fats and oils. In nature, most dietary fats and oils exist in a structural form which is called the "cis" form.

When these natural, cis form fats are processed by bubbling hydrogen gas through them at high temperatures, they become partially hydrogenated which changes their structure to the "trans" form.

The natural cis fat has a bend and the processed trans fat is a straight molecule.



NATURALLY OCCURRING
CIS FAT



PROCESSED
TRANS FAT

The terms partially hydrogenated fat and trans fat
will be used interchangeably throughout this pamphlet.

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The difference in cis and trans shapes is of major significance.

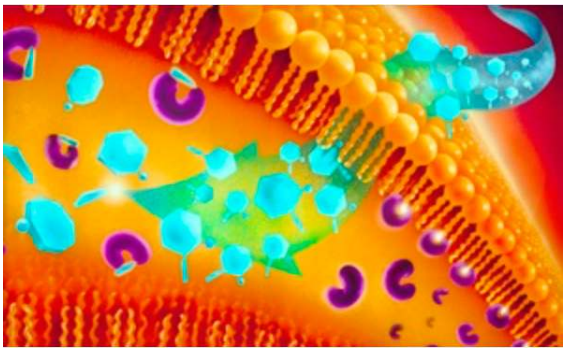
When eaten, fats and oils are incorporated into your cell membranes. Trans fats alter the configuration of these delicate structures.

Further, trans fats interact with normal fat metabolism disturbing function in a most destructive manner. Hence, these substances meet the definition of a "poison."

Trans fats interfere with important, normal functions by inhibiting enzymes which are necessary for your body's normal metabolism of fats, and they keep doing it for a long time. When you eat normal cis fats, your body metabolizes half of them in 18 days. When you eat trans fats your body requires 51 days to metabolize half of them.

This means that **half of the trans fats you eat today will still be inhibiting essential enzyme systems in your body 51 days from now**!

A MAJOR SOURCE OF CHRONIC DISEASE



Many essential functions in our bodies depend on a group of hormones called prostaglandins (PGs) which are produced from fats in our diets.

In a general sense, there are good PGs and bad PGs. In our society most of the ill effects of chronic disease are promoted by or aggravated by the bad PGs called the PG 2 family.

This includes:

- Heart Attacks & Strokes
- Cardiovascular Disease
- Cancer
- Inflammatory Conditions & Autoimmune Diseases

The PG 2 family is derived directly from naturally occurring fat found in red meat, shellfish, and dairy products.

PG 2 family reactions include:

- increasing blood clotting
- increasing blood pressure
- increasing cholesterol
- and… causing other heart attack risk factors to be made worse.

PG 2 family substances increase inflammatory activity which leads to tissue destruction associated with everything from trauma to autoimmune diseases.

PG 2 family chemicals also cause a decrease in natural killer cells which are necessary for your body to fight off cancer. Because of this fact, tumors increase in size under the influence of PG 2.

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The good PG families counteract the bad effects of the PG 2 family.

These good PG counteractions include:

- decreasing blood clotting
- decreasing blood pressure
- decreasing cholesterol
- decreasing inflammation
- and… increasing natural killer cell activity that is necessary to fight tumors.

Trans fats block good PG production, and by default, bad PG 2 substances are produced unopposed.

The **PG 2 imbalance created by the consumption of partially hydrogenated fats contributes to the production of chronic disease** which is the enigma of our modern society.

As of 1995, there were already dozens of references in scientific literature documenting the ill effects of trans fatty acids, especially in relation to heart disease.

If you have difficulty in convincing someone of the value of avoiding trans fats, some of the extensive references then available in the scientific literature are listed at the end of this pamphlet.

DAILY, NAGGING SYMPTOMS

There are also other symptoms that are created by the bad PGs when trans fats inhibit the balancing effects of the good PGs.



These include:

- Headaches
- Joint pain & Back pain
- Arthritis
- Asthrna
- Skin Problems
- Hot Flashes
- Prernenstrual Syndrome & Menstrual Cramps

These are just a few of the symptoms which are related to PG 2 imbalances created by eating partially hydrogenated fats and oils.

It comes as no surprise that **millions of people take aspirin, acetaminophen, and other non-steroidal anti-inflammatory drugs (NSAIDs)** such as ibuprofen or naproxen to alleviate these symptoms.

These drugs work by blocking PG production. Avoidance of partially hydrogenated trans fats and consumption of natural fats and oils can often turn around these common, nagging symptoms in as little as 3 to 4 weeks without any other intervention.

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It has been said that, in the history of the world, **there has never been an aspirin or an NSAID deficiency.**

But there are millions of people who regularly consume partially hydrogenated fats and oils who suffer ill effects and then mask the symptoms with these drugs.

If you, your family, or your friends, achieve symptom relief with aspirin, acetaminophen, or any other NSAID, it is almost certain that there is a fatty acid imbalance causing the symptoms in the first place.

Nutritional supplementation with essential fatty acids can also be helpful in reducing symptoms. This is especially true if symptom relief is achieved by aspirin or similar substances.

The good PGs can be supplemented with black currant seed oil, evening primrose oil, borage oil, flaxseed (linseed) oil, and/or fish oils such as those containing EPA (eicosapentaenoic acid.) Ask your doctor about which of these may be useful for you.

RELIEF OF "NORMAL" HEADACHES



Although supplementation is useful, return to normal function will not be seen until the partially hydrogenated fats and oils are eliminated from the diet. Many people put up with or medicate for daily nagging symptoms which they wrongly assume are normal.

It should not be a surprise that **there are no such things as normal headaches, normal backaches, normal arthritis, normal menstrual cramps, etc.**

All of these symptoms can be helped by total avoidance of partially hydrogenated fats and oils. You will be elated to learn that daily, nagging symptoms are not "normal," nor due to "normal aging" or "just getting older."

Due to the prolonged life of trans fatty acids, you must be both diligent in avoiding them and patient for the changes to take place. Within a few weeks or a couple of months the results are usually noticeable and often quite gratifying.

READ LABELS AS IF YOUR LIFE DEPENDED ON IT!



As people say when they first deiced to avoid these poisons, "These fats are in everything on the grocery store shelves!" Well, not everything. But partially hydrogenated oils are found in margarines, vegetable shortenings, chips, cookies, candy, cakes, popcorn and other similar snack foods, and are used in food preparation by most fast-food companies.

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Also, many peanut butters, canned soups, and some so called "health food" products are made with trans fats, although, as time has passed, less trans fats are being used.

Typical ingredients sections of labels include such names as "partially hydrogenated soybean oil," "hydrogenated vegetable oil," "partially hydrogenated cottonseed oil," etc.

Unfortunately, there are some doctors who are unaware of the mass of recent research indicting trans fats as a source of increased risk of heart disease, much less the other adverse effects of consuming these poisonous substances. In fact, many doctors in the middles 1990s were still recommending margarine instead of butter for patients trying to prevent or improve heart disease and some still do today. The fact is that **trans fats increase cardiac risk factors twice as much as saturated fat in the diet**.

Still, many patients blindly follow their misinformed doctors' advice and are unwittingly consuming foods thinking they will decrease their risk for heart disease. In fact, these foods will adversely affect their cardiac risk factors, not to mention the other problems they create. **We must stop the insanity of slowly poisoning ourselves and our society by replacing natural fats with processed trans fats**.

Many of us, our family members and our friends, have nagging symptoms or major degenerative problems which we more or less take for granted. We refer to these symptoms as "normal" or "typical", but they are not. When they recur, we feel victims of an imperfect world, or we write them off to the aging process.

There are tangible reasons for most everything we, our families, and our friends, experience. The ingestion of hydrogenated and partially hydrogenated fats and oils contributes to the common aches and pains of daily life as well as progressive, degenerative processes and life ending illnesses. These symptoms can be changed and the quality of life improved by simply avoiding hydrogenated and partially hydrogenated fats and oils.

Now you can see why we say, "Get These Out of Your Family's Kitchen"

FRIENDS DON'T LET FRIENDS EAT PARTIALLY HYDROGENATED FATS!



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