

[CANOLA OIL: Deadly for the Human Body!](#)

Beware of Canola Oil, Canola Oil is an Industrial Oil, Not Fit For Human Consumption

Canola oil from the rape seed, referred to as the Canadian oil because Canada is mainly responsible for it being marketed in the USA. The Canadian government and industry paid our Federal Food and Drug Administration (FDA) \$50 million dollars to have canola oil placed on the (GRAS) List "Generally Recognized As Safe". Thus a new industry was created. Laws were enacted affecting international trade, commerce, and traditional diets. Studies with lab. animals were disastrous. Rats developed fatty degeneration of heart, kidney, adrenals, and thyroid gland. When canola oil was withdrawn from their diets, the deposits dissolved but scar tissue remained on all vital organs. No studies on humans were made before money was spent to promote Canola oil in the USA.

Refined canola oil, typically found in conventional food stores, is usually exposed to high temperatures, deodorizing and bleaching. Its health-giving constituents are processed away, and its omega-3s converted into the undesirable trans form. Even "lightly refined" and "expeller pressed oils can be exposed to deodorizing, which may raise the oil temperature to a sizzling 450°– 470°F.

Adrenoleukodystrophy (ALD) is a rare fatal degenerative disease caused by in a build up long-chain fatty acids (c22 to c28) which destroys the myelin (protective sheath) of the nerves. Canola oil is a very long chain fatty acid oil (c22). Those who will defend canola oil say that the Chinese and Indians have used it for centuries with no effect, however it was in an unrefined form.

- It is genetically engineered rapeseed
- It has been shown to cause lung cancer (Wall Street Journal: 6/7/95)
- Generally rapeseed has a cumulative effect, taking almost 10 years before symptoms begin to manifest. It has a tendency to inhibit proper metabolism of foods and prohibits normal enzyme function. Canola is a Trans Fatty Acid, which has shown to have a direct link to cancer. These Trans Fatty acids are labeled as hydrogenated or partially hydrogenated oils. Avoid all of them!
- According to John Thomas' book, Young Again, 12 years ago in England and Europe, rape seed was fed to cows, pigs and sheep who later went blind and began attacking people. There were no further attacks after the rape seed was eliminated from the diet.
- [THE BITTER TRUTH ABOUT ARTIFICIAL SWEETENERS](#) According to researchers and physicians studying the adverse effects of aspartame (Aspartame is the technical name for the brand names, NutraSweet, Equal, Spoonful, and Equal-Measure.), the following chronic illnesses can be triggered or worsened by ingesting of aspartame: Brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, parkinson's disease, alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes.

[The Shadow of Soy](#)

Two isoflavones found in soy, genistein and daidzen, the same two promoted by the industry for everything from menopause relief to cancer protection, were said to “demonstrate toxicity in estrogen sensitive tissues and in the thyroid.” Moreover, “adverse effects in humans occur

in several tissues and, apparently, by several distinct mechanisms.” Sheehan also quoted a landmark study (Cassidy, et al. 1994), showing that as little as 45 mg of isoflavones could alter the length of a pre-menopausal woman’s menstrual cycle.

The scientists were particularly concerned about the effects of these two plant estrogens on fetuses and young infants, because “development is recognized as the most sensitive life stage for estrogen toxicity.”

It wasn’t the first time scientists found problems with soy, but coupled with a Hawaiian study by Dr. Lon White on men, the controversy ended up on national television. While industry scientists criticized both the White study and the two FDA researchers (who are now disallowed from commenting publicly on the issue), other researchers weighed in on the anti-soy side. The tofu’d fight had begun.

[The Whole Soy Story blows the lid off nutritional dogma](#)

Soy is NOT a miracle food. - Soy is NOT the answer to world hunger - Soy is NOT a disease-preventive panacea. Hundreds of epidemiological, clinical and laboratory studies link soy to malnutrition, digestive distress, thyroid dysfunction, cognitive decline, reproductive disorders, cognitive, immune system breakdown, and even heart disease and cancer. Infants on soy formula, vegetarians who favor soy as their main source of protein and adults self-medicating with soy to prevent cancer, heart disease or relieve menopausal symptoms are especially at risk.

[Soy Formulas and the Effects of Isoflavones on the Thyroid](#) - Environmental scientist and long-time campaigner **against soy-based infant formulas**, Dr Mike Fitzpatrick, warns about the risk of thyroid disease in infants fed soy formulas, high soy consumers and users of isoflavone supplements. [more](#)

[High Soy Diet During Pregnancy And Nursing May Cause Developmental Changes In Children](#) Two separate studies – one in animals and the other in humans, suggest that a diet high in soybeans and other legumes during pregnancy and breastfeeding may have a subtle but long-term impact on the development of children.

[Soy Can Cause Severe Allergic Reactions](#) Soy, like its botanically-related cousin the peanut, could be responsible for severe, potentially fatal, cases of food allergy, particularly in children with asthma who are also very sensitive to peanuts.

[Pregnant Women Should Not Eat Soy Products](#) In-utero exposure to genistein increases the incidence of breast tumors.

[Soy May Cause Cancer and Brain Damage](#) - Two senior US government scientists have revealed that chemicals in soy could increase the risk of breast cancer in women, brain damage in both men and women, and abnormalities in infants.

[The Trouble With Tofu: Soy and the Brain](#) -by John D. MacArthur - "Tofu Shrinks Brain!" Not a science fiction scenario, this sobering soybean revelation is for real. But how did the "poster bean" of the '90s go wrong? Apparently, in many ways — none of which bode well for the brain.

[Soy: Too Good to be True](#) - by Brandon Finucan and Charlotte Gerson - While even in 1966 there was considerable research on the harmful substances within soybeans, you'll be hard pressed to find articles today that claim soy is anything short of a miracle-food. As soy gains more and more popularity through industry advertising, we are moved once again to raise our voice of concern.

[Learn The Truth About The Historical Use Of Soy](#) - Just How Much Soy Did Asians Eat? In short, not that much, and contrary to what the industry may claim, soy has never been a staple in Asia. A study of the history of soy use in Asia shows that the poor used it during times of extreme food shortage, and only when the soybeans were carefully prepared (e.g. by lengthy fermentation) to destroy the soy toxins. Yes, the Asians understood soy all right!

[High Soy Diet During Pregnancy And Nursing May Cause Developmental Changes In Children](#) - Two separate studies – one in animals and the other in humans, suggest that a diet high in soybeans and other legumes during pregnancy and breastfeeding may have a subtle but long-term impact on the development of children.

[Concerns Regarding Soybeans](#) - Some good information abstracted from an article written by Sally Fallon and Mary Enig, Ph.D. for Health Freedom News in September of 1995.

[Soy Can Cause Severe Allergic Reactions](#) - Soy, like its botanically-related cousin the peanut, could be responsible for severe, potentially fatal, cases of food allergy, particularly in children with asthma who are also very sensitive to peanuts.

[Soy Supplements Fail to Help Menopause Symptoms](#) - Supplements that contain concentrated phytoestrogens -- plant-based estrogens found in soy -- do not appear to improve mood, memory or menopause symptoms in women over age 45.

[20/20 Feature on the Dangers of Soy](#) - The ABC television news program 20/20 aired a feature story Friday June 8, 2000 on the dangers of soy.

[Soy Formulas and the Effects of Isoflavones on the Thyroid](#) - Environmental scientist and long-time campaigner against soy-based infant formulas, Dr Mike Fitzpatrick, warns about the risk of thyroid disease in infants fed soy formulas, high soy consumers and users of isoflavone supplements.

[Pregnant Women Should Not Eat Soy Products](#) - In-utero exposure to genistein increases the incidence of breast tumors.

[Soybean Crisis](#) - Jane Phillimore of The Observer addresses some of the concerns raised by new research about the safety of soy.

[Response To Those Who Believe Soy Is Healthy](#) - In a recent Letter to the Editor of the Townsend Letter, Sally Fallon and Dr. Mary Enig make the case that soy is not the health food that it is claimed to be. The soy campaign is, in fact, a case study in the use of propaganda to promote commercial interests, they allege.

[Soy Can Lead to Kidney Stones](#) - Those who are prone to the painful condition known as kidney stones may become more vulnerable to it through the consumption of soy

Hemp Protein Guide - *Hemp Protein, the New Kid on the Block*

by Lee Tobiason
9/10/06

Since it's relatively new in the mainstream world of protein powders, you may be wondering exactly what is hemp protein? It's a plant protein that provides all the amino acids we need for cell growth, including the eight (nine including one for children) that our bodies can't produce. One reason we need to consume healthy foods is so that we can get these essential amino acids into our systems. Concentrated natural hemp also contains a high fiber content, Omega 3 and 6 essential fatty acids (the good fat we require), vitamins, minerals, and anti-oxidants; all necessary ingredients for good health.

Hemp proponents consider it a perfectly balanced protein since it's also full of fiber and carbs. It's especially great for vegans and vegetarians, since some other vegetable proteins and protein powders may be lacking.

Many of the people that take protein powders or other forms of supplementation are body builders, distance runners, and all sorts of athletes. The goal is to build and maintain lean muscle mass. Increasing muscle is called "anabolic" and the breakdown that occurs during and right after a heavy workout is referred to as "catabolic". The amino acids that contribute to achieving the right metabolism for these activities are called branched-chain amino acids (BCAA). Hemp protein powders usually contain plenty of these. Other good sources of BCAAs are whey, egg, and casein (dairy) proteins as well as red meat.

Both the seed and the oil derived from hemp plants are known for the pleasant taste... it's usually described as having a nutty flavor. In fact the shelled seed is sometimes called a nut, but actually looks like a sesame seed. As word spreads regarding what a valuable source of protein hemp is, more natural food producers are using it in their products. Examples include bread, salad dressing, veggie burgers, and nutrition bars.

Hemp and Marijuana

There are people that still believe hemp protein powder or other food sources containing hemp are actually marijuana and will make a consumer high. Actually, this is a myth. Cannabis or marijuana plants are male and female; in other words the flowers of each are on different plants. Only the female has enough tetrahydrocannabinol (THC) to alter consciousness. The often used analogy is the poppy seed. Some people claim it contains opiates and will make anyone that consumes them high. The fact is that it would be hard to consume enough of them to achieve this state. Many countries also grow hemp fiber plants... a variation on the flowering variety, for the manufacture of rope and other industrial materials.

How Hemp Protein Can Help Your Body

Now that hemp is a more recognized source of healthy protein, more and more of the benefits are talked and written about. For one thing it's considered non-fat even though it contains the essential fatty acids Omega 3 and Omega 6. These are non-saturated fats and our bodies actually need them to function well. There are a few people that believe we shouldn't consume any fat, but we actually need "good" fats to maintain good health. As mentioned, hemp protein and hemp protein powders contain the nine essential amino acids that we can't synthesize except through our diets. Although some would argue that hemp protein is complete on its own, most nutritionists and trainers would recommend the addition of another source. In general people in the know usually call for more than one source of protein supplementation.

For years only extreme athletes such as body builders or triathlon participants, for example, took protein powder or other forms of supplements. Now more and more of us are discovering the benefits of additional protein. For one thing much of the protein we get from food is high in harmful fat. For another there is so much processed food on the market as well as those that have been treated with pesticides and other chemicals. It just makes sense that we enrich our diets with hemp protein powder and/ or other varieties.

Even those that aren't totally focused on fitness benefit from growing lean muscle. It helps burn calories efficiently which in turn keeps fat at bay. We just feel better both mentally and physically when we take good care of our bodies. It's important to remember that there is a strong mind-body connection and if we like how we look and feel it just leads to a better self-image.

Nutritional Content of Hemp Protein

Many proteins and protein powders are called the Gold Standard to which others are compared. Hemp protein is the Gold Standard of the plant proteins according to some. That's because it's the only plant protein made up of edistine (also known as Edistin) and albumin. Edistine takes care of the immune system by working in the blood (it's a globulin protein) to create antibodies to stave off various infections. It's also good for the digestive system. It makes up two-thirds of hemp protein and the other third is albumin, which is like egg protein.

We told you earlier about the BCAAs (branched chain amino acids) in hemp protein. Specifically they are leucine, isoleucine, and valine. They help keep the metabolism on an even keel as well as building lean muscle and repairing it when it starts to break down after strenuous activity.

Potential Negative Aspects of Hemp Protein

Generally speaking, hemp protein and hemp protein powders are known for their positive effects on the human body. Since it's a plant, it's good to be aware that in some cases it could be genetically modified. There are growers that interfere with a crop's makeup so that pesticides won't kill it. If you decide to use hemp protein, make sure that it is a non-genetically modified organism (non-GMO). Products should disclose if they are GMO or if pesticides have been used on them. If the information isn't on the container, it would be wise to contact the manufacturer before you buy it.

How Easy is Hemp Protein to Digest?

There are various ways to evaluate different proteins. The standard approved by the Federal Drug Administration (FDA) in 1993 is called the Protein Digestibility Corrected Amino Acid Score (PDCAAS). The highest a protein may score is one (1.0) and hemp comes in at less than 0.5, which makes it pretty low on the scale. Because it has so many valuable qualities, you may want to consider taking it with another higher scoring protein powder. In fact most people using protein supplementation combine various kinds. If this sounds unusual to you, consider the fact that we don't generally eat just one type of food.

Since hemp protein is high in fiber, it does work to keep the digestive track healthy. Also when hemp is ingested with carbs, it works to maintain correct insulin levels by controlling how much glucose gets into the blood. Also the edistine portion is easy to digest.

Comparing Hemp to Other Proteins

Hemp protein and protein powders are most frequently compared to soy protein since both are plant based. Needless to say vegans and vegetarians favor them, although most vegetarians also enjoy protein from egg and milk products.

One aspect of hemp protein that critics of soy cite is that it doesn't cause gastric distress the way certain soy protein products do. That's because hemp doesn't contain oligosaccharides which are known to cause gas and other stomach problems.

Who Benefits from Hemp Protein?

Just about anyone will benefit from hemp protein or a hemp protein powder. Since it's a plant, it's especially favored by vegans and vegetarians. Specific groups that use hemp include (but aren't limited to):

- **Bodybuilders** - These men and women want and need to bulk up their lean muscle mass so that they will become both bigger and stronger. Not only that, but post workout, they need a good protein to help heal the stressed muscles. Hemp protein contains both

anabolic (building) and catabolic (restoration) properties. The edistine and albumen along with all of the essential amino and fatty acids make hemp a good protein for body builders to add to their regimen. Since it's a globulin or blood protein it rapidly and readily enters muscle tissue

- **Weight loss** - Because hemp is high in fiber, it works to level blood sugar, keeping us from craving sugar and fat and feeling hungry all the time. Also as we grow leaner muscle rather than more fat, we start using more calories as the metabolism speeds up. Adding some hemp protein powder to a healthy diet will definitely contribute a positive effect to any weight loss program
- **Vegetarians and vegans** - Since both groups eat no meat and vegans also exclude dairy from their diets, getting enough protein can be a challenge, especially if they are body builders or engage in other athletics. Also many of these people prefer ingesting as much raw food as possible. Hemp protein is a good choice for them because it has so many benefits
- **Elderly** - As this segment of the population increases, scientists and doctors continue to learn more about their needs. They are especially prone to debilitating osteoporosis or bone loss as well as a decrease in muscle mass. It's important for them to get plenty of protein and hemp protein powder helps prevent these effects of the aging process. As they protect their bones and sustain good lean muscle they will be stronger and less apt to fall. Hemp protein also helps strengthen our immune systems
- **Lactose intolerant** - As a plant protein, hemp contains no dairy

Estrogen

Some men worry about hemp protein suppressing testosterone production and boosting estrogen levels. Research shows that hemp has no effects on these hormones.

Overall Health

We can't stress enough how important protein is to building and keeping a healthy body which of course leads to better mental health. The less we worry about anything the stronger our sense of contentment and self-worth. Obtaining good nutrition from the foods we eat is crucial, but supplementing with protein powder is a perfect way to avoid too much fat, sugar, and highly processed foods. Hemp protein is definitely one you should consider