

## HOW SALAD DRESSINGS ARE KILLING YOU

We need fat in our diet. Our brains are made mostly of fat -- giving new meaning to the term "fat head!" Steroid hormones are made of fat. And the membrane of every single cell in our bodies is composed largely of fat. The quality of these fats determine the quality of our health, and the quality of our lives.

Consuming processed oils in salad dressings, crackers, candy, potato chips, french fries, and even breakfast cereals is one sure way to destroy the quality of your health and life. This includes the ever-popular canola oil so beloved by Whole Foods that they include it in almost all of their salad dressings and deli foods.

Let's start with the cell, because if your cells are healthy, you're going to be healthy. Cells can't be healthy if they have faulty cell membranes. It is through the cell membrane that "cellular respiration" occurs, the process by which cells take in nutrients and expel toxic waste.

If you take in the right kinds of fats -- coconut oil, olive oil, and the essential fatty acids in fish, cod liver oil and flax oil, you will build beautifully functioning cell membranes. But when oils are heated above 392 degrees, as most supermarket and health food store oils are, trans fats are created. When trans fats get into the membrane, they create distortions -- holes, so the cell becomes "leaky." They also cause the membrane to become brittle. You simply cannot be healthy if your cell membranes are leaky and brittle.

Even "cold-pressed" oils are not immune; in fact "cold-pressed" is a meaningless term. Oils can be labeled "cold-pressed" when no extra heat is added during pressing. But there is already so much heat generated by the huge, powerful presses used to extract oil that the oil gets damaged. In the presence of oxygen, this heat oxidizes oils making them rancid and toxic.

In addition to pressing, toxic solvents are used to extract oils. These toxins remain in the oil to poison your cells, and they also destroy nutrients.

Nutrients are also destroyed as oils are bleached and deodorized.

An additional problem with the usual assortment of processed oils is their high omega 6 fatty acid content. We need omega 6 fatty acids. Omega 6s are one of two "essential fatty acids" that our bodies cannot make; therefore we have to get them from our food or die.

However we need 6s in the right ratio to the other essential fatty acid, omega 3. Otherwise the result is increased inflammation. Because 6s are also high in meat, the SAD (Sad American Diet), high in meat and vegetable oils, can provide ratios in the neighborhood of 40:1. The ratio should be 1:1.

live oil isn't just an acceptable substitute for unhealthy oils. First of all, it's delicious. Second, it's an extremely powerful superfood chock full of nutritional value.

to its high monounsaturated fat content. In fact, a 2007 study found that use of olive oil was associated with a 47% lower likelihood of having coronary heart disease.

Olive oil is anti-inflammatory, and since all chronic disease is inflammatory in nature, olive oil is something you want in your diet -- to get healthy if you're sick and stay healthy if you're not sick.

Vitamin E, one of our most important antioxidants, is contained in real, unrefined, organic olive oil. In addition, there are beta-sitosterol, which lowers high cholesterol levels; triterpenic acids, which are anti-inflammatory; caffeic and gallic acids, which stimulate bile flow; polyphenols like protocatechiuic acid and oleuropein, anti-inflammatories that protect against peroxidation of fatty acids and cholesterol; squalene, an antibacterial and antioxidant that enhances immune function and protects against cancer; 2-phenylethanol, which stimulates production of fat-digesting enzymes in the pancreas; and oleocanthal, another anti-inflammatory.

The Mediterranean Diet, with its liberal use of olive oil, is well-known to promote health, and scientific evidence has shown olive oil beneficial in preventing and treating cancer. A 2006 study found breast cancer rates were up to 73% lower for women who consumed more than a half tablespoon of olive oil daily. Other conditions in which olive oil has been shown to be beneficial and protective are age-related memory loss, arthritis, asthma, diabetes, digestion, weight loss and osteoporosis.

searching for the best olive oil to carry at Beyond Health, I became quite an expert in olive oil chemistry. So much so that I was interviewed on a worldwide BBC broadcast and by ABC television news on the subject.

What I found was amazing and quite alarming. The full story is detailed in articles you can access on the [beyondhealth.com](http://beyondhealth.com) website, the Olive Oil Scandal and Olive Oil from Beyond Health. In short, I found that real olive oil is RARE. Almost all the olive oils being sold today are mixed with inferior, processed oils. This includes olive oils labeled "extra virgin."

So when you find a large bottle of "extra virgin" olive oil at your local health food store on sale for \$9.95, you can bet it's not pure olive oil. In fact, you can even pay premium prices and still be almost certain it's not real high-quality olive oil. Very simply, demand exceeds supply and adulteration with other oils is rampant. There is little truly high-quality olive oil available, and it is not easy to find.

Beyond Health Olive Oil is an exceptional supplement-quality oil that optimizes antioxidants and health-giving nutrients along with offering excellent flavor. The olives are hand harvested and the oil is made essentially the same way the Greeks and Romans made theirs.

So throw out those salad dressings and mix up a delicious salad with real olive oil. With or without lemon, the taste will be sublime. And your cells will thank you for it!