

## NaturalNews.com printable article

Originally published August 19 2010

[Oil & Gas Investments](#) Big Profit Potentials In Oil & Gas. We Show You How. Start Here. [www.energydevelopmentglobal.com](http://www.energydevelopmentglobal.com)

[Cooking Oil Management](#) Total cooking oil management has never been easier! [www.oilstream.com.au](http://www.oilstream.com.au)

[Fluid Clean.](#) Oil purification. On site service Your oil - better than new! [www.excel.com.au](http://www.excel.com.au)

Ads by Google

## Canola Oil is a Classic Example of Food Fraud

by Paul Fassa, citizen journalist

[See all articles by this author](#)

[Email this author](#)

(NaturalNews) Remember margarine? That was touted as healthier than butter several years ago. Though many have since caught on to that lie, it still persists somewhat. Margarine is as healthy as melted plastic. But it sure is cheap to produce! That was then, this is now. Could Canola oil's health claims compare with margarine's fraud?

There is evidence to support health food fraud with canola oil. Not buying it by the bottle is easy enough, but it appears in many prepared or processed foods, even those in [health food](#) stores. Because of Canola's marketing itself as a healthy option, it is recommended by many [health food](#) experts. Meanwhile, the health food [industry](#) sells and uses it as a healthy alternative despite growing [evidence](#) of toxic dangers.

### What Canola Oil Is

Canola is a hybrid name that stands for Canadian [oil](#), since it is grown, processed, and exported mainly from Canada. And the Canadian government, it is reported, put up the cash to have the FDA classify Canola oil as GRAS (Generally Recognized As Safe). This classification allowed the Canola industry to avoid long term safety testing.

The Canadian government subsidizes most of rapeseed planting and harvesting. Those plants are cheap, easy to grow and a [natural](#) insect resistant, and Canola oil is cheaper and easier to use for [processed foods](#) than more expensive, healthier cold pressed oils such as [olive oil](#). Originally it was called lear oil (low erucic acid rapeseed) a natural modified hybrid of rape seed to remove most of its erucic acid, which is totally [toxic](#). Rapeseed oil is so toxic that bugs and animals won't eat it. It was used in the first half of the 20th century as an industrial oil. So that name had to go completely. Hence, the final Canadian product became Canola oil in 1988.

The rapeseed plant was *genetically modified* further to withstand heavy doses of the Monsanto's weed killing herbicide [Roundup](#). Roundup itself is not exactly safe for humans and animals, so the use of a toxin to support a genetically modified plant makes for a dangerous combination.

In addition to the plant having an unpredictable GMO element, the oil is heated to over 300 degrees as part of a process to remove its extremely unpleasant odor. Processing vegetable oils may include degumming, batch acidulation, bleaching, deodorization, chemical extraction methods using solvents, and high temperature expeller pressing.

Canola oil is monounsaturated, which makes it easy to promote it as similar to olive oil but cheaper. But real olive oil is not processed and doesn't contain toxic trans-fatty acids or GMOs. Canola is among the lowest of all oils with essential [fatty acids](#), which happens to be the main health aspect of oils.

### Then Came Some Independent Testing

Various tests came up with previously unforeseen and unannounced health hazards. One example is when piglets were fed a formula using Canola oil, their vitamin E was reduced to dangerous levels, and their [blood](#) platelets became sticky, impeding blood flow. And this is what is promoted as a heart healthy oil?

Other tests have determined various imbalances with micronutrients that nature synergistically provides. These imbalances are part of what technology does to ruin [food](#) and undermine long

term human health.

**The best that can be said about Canola oil is that it is not a healthy option.** It doesn't even rank among other oils that do promote health, such as cold pressed hemp, flax, or even olive oil. Even worse, tests show that Canola may promote bad health. Read your labels carefully.

[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.]

**Sources for more information include:**

Canola: Canada's Oil Spill into the American Market <http://www.quantumbalancing.com/new...>

Canola: Another Victory of Food Technology Over Common Sense  
[http://www.naturalnews.com/026365\\_c...](http://www.naturalnews.com/026365_c...)

Truther Girls Site on Canola <http://thetruthergirls.wordpress.co...>

## About the author

Paul Fassa has managed to survive the Standard American Diet (SAD) and his youthful folly by deprogramming gradually from mainstream health ideology and studying holistic health matters informally with his wife while incorporating them into his lifestyle as a vegetarian. He also practices Chi-Lel Chi Gong, and he is trained as a polarity therapy practitioner. He is dedicated to warning others of the corruption of food and medicine in our time, and guiding others toward a better direction for health. You can visit his blog at <http://healthmaven.blogspot.com>

---

[Pure Omega-3 Fish Oil](#) Capsules and Tasty Liquid Form A-M B-Well PGFO - the best for you [Omega-3.ambwellinc.com](http://Omega-3.ambwellinc.com)

[1 Tip for a Flat Belly](#) : Cut down 7 lbs Belly Fat every week just by using this 1 Weird Old Tip [SimplyFindRecipes.com](http://SimplyFindRecipes.com)

[Dissolve Artery Blockages](#) Increase Blood Flow Dramatically Safely Restore Cardio Health [www.ArteryHealthInstitute.com](http://www.ArteryHealthInstitute.com)

[Natural Health Products](#) 20% Off Free shipping Australia 1000 natural health products [naturalhealthdirect.com.au](http://naturalhealthdirect.com.au)

---

All content posted on this site is commentary or opinion and is protected under Free Speech. Truth Publishing LLC takes sole responsibility for all content. Truth Publishing sells no hard products and earns no money from the recommendation of products. NaturalNews.com is presented for educational and commentary purposes only and should not be construed as professional advice from any licensed practitioner. Truth Publishing assumes no responsibility for the use or misuse of this material. For the full terms of usage of this material, visit [www.NaturalNews.com/terms.shtml](http://www.NaturalNews.com/terms.shtml)