

## **The oiling of America. 2 hrs**

In this video, Sally Fallon argues the current approved dietary suggestion regarding fat. Her arguments are the current prevalence of heart disease due to consumption of too much vegetable refined oils. She explains how our food industry in America is politicized and how many food companies were lobbying Washington DC, so they can approve and push vegetable oils more and villainize saturated fats. Animal fats were the biggest competition for oil production companies. Partially hydrogenated oils resembled animal saturated fats. Many studies have been published proving the link between heart disease to saturated fats.

Throughout the video, Sally showed very early statistics of heart disease. At the beginning of the 20th century, the prevalence of heart disease was very low. In the middle of the century there were 6000 cases, these numbers were 20 times more than 1960. Chronological order of increasing heart disease was similar to how Americans were using industrialized vegetable oils. This explains that the consumption of vegetable oils and unsaturated oils were correlating with increasing rates of cardiovascular disease.

She also brings up the research data that there is no correlation between cholesterol and heart disease. Cholesterol is a precursor molecule for healthy cell membranes, for the synthesis of vitamin D, and for the synthesis of reproductive hormones and many many other types of hormones which are essential for a healthy body.

I agree with a lot of what Sally Fallon said. Currently, many studies have shown that high consumption of carbohydrates could also contribute to high cholesterol ( Ma et al., 2007)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1479303/>

I think many people should watch this video, it would be beneficial. Can I suggest to my patients the similar philosophy? It will depend where I will work. If I work at a hospital or other

institutions, they might have their guidelines that I should not break. However, as a private dietician, I would suggest to my patients to use animal fats such as butter or incorporate animal inner fats into their diet rather than consuming bad oils. I would also suggest fish oils and consuming animal organ meats such as chicken & beef liver.