

Beware of Cooking Oils

In "The Strategy" article, under the sub-heading "Rape in a Different Guise", there follows the contents of a letter sent to Editors and it appears to have been published in The Wall Street Journal, 7th June, 1995, pB6(W) pB6(E) col.1(11 col. inches!). It begins: "Recently I bought a cooking oil that's new to our supermarkets, "Canola Oil." I tried it because the label assured me it was lowest in 'bad' fats. However, when I had used half the bottle, I concluded that the label told me surprisingly little else and I started to wonder what were the origins of "Canola Oil." Olive oil comes from olives, peanut oil from peanuts, sunflower oil from sunflowers; **but what is a canola?** There was nothing on the label to enlighten me, which I found odd. So, I did some investigating on the Internet. There were plenty of official "Canola" sites lauding the new 'wonder' oil with all its low fat health benefits. It takes a little longer to find sites that give the less palatable details."

Also, we learn from the Online Innovation, AgriAlternatives and from Technology Magazine for Farmers, that "**By nature these rape seed oils, which have been long in use for industrial purposes, are... toxic to humans and (other?) animals.**" Yet, at the same time this website is praising the Canola industry. Moreover, we are also informed by the writer that: "**Rape seed oil is poisonous to living things and is an excellent insect repellent. I have been using it for the last two years (in very different forms, as per instructions) to kill the aphids on my roses. It works very well; it suffocates them. Ask for it at your nursery. Rape oil is used as a lubricant, a fuel, soap, a synthetic rubber base and an illuminant for colour pages in magazines. It is an industrial oil. It is not a food!**"

It is of more than passing interest to recall that "scrapie" in sheep disappeared and further reports on "Mad Cow disease" have not been seen since rape oil was removed from animal feed. [Now we have another dose of Foot and Mouth disease to contend with. What has re-introduced that, we wonder?]. We learn that this Canola oil is a cause of emphysema, respiratory distress, anaemia, constipation, irritability and blindness in animals and humans, yet manufacturers use canola in thousands of processed foods. The websites which support it are saying it is safe, yet admit it is developed from rape seed. Determined to assure us of its worth in food processing they claim that genetic modification means that it is no longer "rape seed" but "Canola."

How droll! **Change the name and you change the substance?!** [Now there's a way to improve man's character]. Take no heed: however modified, it is still a rape plant!

The writer goes on to reveal a few facts that should be known by all before purchasing anything that contains Canola. **The name is not that of a plant. It is a concoction from the words: "Canada" and "oil," given to a plant genetically engineered from rape seed**, which is of the same genus as mustard.

Developed in Canada and subsidized to the food processing industries by the Canadian Government, "Canola Oil" is referred to as the Canadian oil, because Canada is mainly responsible for it being marketed in the USA. "The Canadian Government paid our (USA) Federal Food and Drug Administration (FDA), \$50 million to have "Canola Oil" placed on the **Generally Recognized as Safe (GRAS)** List." So a new industry was created and laws affecting international trade, commerce and traditional diet were enacted.

"Studies with laboratory animals were disastrous. Rats developed fatty degeneration of the heart, the kidney and the adrenal and thyroid glands. When "Canola Oil" was withdrawn from their diets the deposits dissolved, but scar tissue remained on all vital organs. Yet, studies on humans were not made before money was spent to promote "Canola Oil" in the USA."

Clearly "Canola" is a convenient cover for commercial interests, but inordinate ambition fuels the lust of those determined to take their pleasure in ravishing the land and its people of that which they will not freely yield; their health, their integrity, their soul. **Always read the label to check the ingredients the product contains**, and do not overlook "Canola Oil." There is much more information on this subject and it is worth taking some time to check the internet.

As our letter-writer declared: "I don't know what you'll be cooking with tonight, but I'll be using olive oil and old-fashioned butter, from a genetically **unmodified** cow!"

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CHRISTIAN ASSEMBLIES INTERNATIONAL, P.O. BOX 888, COFFS HARBOUR NSW 2450, AUSTRALIA