



# The Hateful Eight: Toxic Oils to Avoid



**It's not a conspiracy theory, these oils are toxic.**

The hateful eight is a nasty gang and they're comprised of the following: corn, canola, cottonseed, soy, sunflower, safflower, rice bran, and grapeseed. These oils are refined, bleached, and deodorized through an industrial process. This is done in order to eliminate any aftertaste or odor from the oils. When these oils undergo this process it oxidizes their fatty acid composition. When we consume these oxidized oils we're introducing toxins into our body that promote oxidative stress. Oxidative stress disrupts homeostasis, which regulates various bodily functions including blood glucose levels. These oils play a role in our obesity and chronic disease epidemic. It's worth noting that we're always

undergoing oxidative stress, but these oils speed up the process — making us chronically ill and promoting disease years before we die.

The American Heart Association (AHA) has told us that these oils are good because they “lower our cholesterol levels and have a high PUFA content.” PUFA refers to polyunsaturated fatty acid, considered a “healthier” fat when compared to saturated fat. The reality is that the AHA has a long history of being dependent on soybean oil manufacturers for funding, and the Diet-Heart Hypothesis promoted by Ancel Keys has been repeatedly debunked. We’ve replaced stable fats, like coconut oil and beef tallow, with these vegetable oils in the hopes of reducing heart disease. That hasn’t come to fruition and heart disease rates are increasing. With social media influencers creating a “seed oil craze,” this whole thing might sound like a dietary fad. But it’s a problem that’s been acknowledged by lipid scientists for decades.

Minimize (and hopefully eliminate) seed oils from your food:

- 1) **Cook and prepare your own meals.** This is a tough one. A lot of us are used to eating out, and maybe the most complex dish you’ve ever prepared was boxed mac and cheese. If that’s you, then it’s time to change things. You can’t rely on restaurants to keep you metabolically healthy. Even high-quality diners use these oils.
- 2) **Use heat-stable and traditional fats for cooking.** Use beef tallow, lard, ghee, coconut oil, or avocado oil for high-heat cooking. For low-medium heat, use butter. Olive oil is best left unheated and used as a drizzle for salads or as a condiment.
- 3) **Source your cooking fats well.** A lot of olive oil on the market is rancid or mixed with seed oils. Look for a brand like Chosen Foods (for avocado oil) or Primal Kitchen when looking for real cooking oils. (P.J. Kabos is an example of real high-polyphenolic olive oil from Greece).