



## Why You Should Avoid Seed Oils

**Eating seed oils is like playing Russian roulette with a fully loaded gun.** This might sound extreme, but the science behind it shows why avoiding these oils is crucial for your health. Let's break down the history and the science, so you can make an informed decision.

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### A Brief History

- **100 years ago**, our ancestors primarily used **animal fats** like butter, tallow, and lard for cooking.
- In the **early 1900s**, animal fat consumption plummeted, and **vegetable and seed oils** became popular.
- During this time, rates of **heart disease** and other chronic illnesses began to rise significantly.

**What changed?** Ancel Keys introduced the "diet-heart hypothesis," suggesting that **saturated fats** raise LDL cholesterol, contributing to heart disease. The American Heart Association then endorsed **polyunsaturated fats (PUFAs)** as heart-healthy, influenced by funding from companies like P&G, makers of Crisco.

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### The Impact of Seed Oils on Health

**Despite following this advice**, chronic diseases like **heart disease, diabetes, Alzheimer's, and cancer** have skyrocketed. Here's why seed oils might be the hidden link:

1. **Mitochondrial Dysfunction:**
  - Seed oils alter the **cardiolipin structure** of your mitochondria, leading to:
    - **Energy leaks**
    - **Cell death**
    - **Potassium leakage**
2. **Highly Prone to Oxidation:**
  - The unsaturated bonds in PUFAs make them highly **unstable** and prone to breakdown into toxic substances like **HNE, acrolein, and MDA**.

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- These byproducts are linked to conditions like **cancer, obesity, diabetes, and Alzheimer's**.

### 3. Inflammatory Effects:

- PUFAs can create **inflammatory prostaglandins**, contributing to **chronic inflammation**—a common factor in many modern diseases.

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## Evidence Linking Seed Oils to Major Diseases

### 1. Heart Disease:

- Seed oils cause **oxidation of LDL cholesterol**, leading to **plaque formation** in the arteries.
- Studies have shown that higher consumption of linoleic acid (a PUFA) **increases the risk** of heart disease.

### 2. Cancer:

- **PUFA breakdown products** can cause **genetic mutations**, playing a role in cancer development.
- A study showed that men with high PUFA diets had **2x more cancer deaths**, despite a lower heart disease risk.

### 3. Alzheimer's:

- Elevated levels of **PUFA byproducts** are found in the brains of those with Alzheimer's.
- Studies in mice show that oils like **canola oil** can impair memory and cognitive function.

### 4. Hormonal Disruption:

- Seed oils can **inhibit testosterone production** in men and **disrupt estrogen levels** in women, leading to **fertility issues**.
- Saturated fats, in contrast, can **support hormone production** and overall hormonal balance.

### 5. Obesity:



- Studies have shown that seed oils can increase **fat storage** and even **increase appetite**.
- In animal studies, those fed with seed oils gained more fat compared to those fed with **animal fats**.

#### 6. Longevity:

- Animals with **more saturated** mitochondrial membranes tend to live longer.
- **Unsaturated membranes** (linked to seed oil consumption) are associated with a **shorter lifespan**.

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## What Can You Do?

**Avoid seed oils** and focus on healthier fat options:

- **Grass-fed butter**
- **Tallow**
- **Olive oil**
- **Coconut Oil**
- **Avocado Oil**

Switching to these fats can help **reduce inflammation**, support **hormonal balance**, and promote **better metabolic health**.