

## **Industrial Seed Oils (aka: Vegetable Oils)**

Vegetable oils are not actually vegetable oils BUT seed oils. They come from seeds that do not naturally give up their oil. Their job is to procreate. Hence, they work to protect that seed.

Instead of using a slow-moving stone press to extract the oil, as was used traditionally for something like sesame seeds, the seed is crushed, then heated to a temp of 230° F. Then oil is squeezed out at pressures of 10-20 tons per inch, thus creating even more heat.

During the process, the oils are exposed to damaging light and oxygen. To extract the last 10% of the oil, processors use solvents, usually hexane. What comes out is a black, stinky gunk, unappetizing and inedible.

So now what happens? The oil goes through a degunking process to cover up the rancidity and foulness and make it smell, look and taste good.

They are highly fragile, cause free radicals to form and are extremely carcinogenic. Free radicals damage cell membranes, DNA, and other cellular structures and contribute to the formation of atherosclerotic plague.<sup>1</sup>

**Listen to this podcast: [Avoid Seed Oils](#)**

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<sup>1</sup> (Summary from Nourishing Traditions, pp. 13-14 and Wise Traditions Podcast Episode #265)