

## PARTIALLY HYDROGENATED OILS

What are partially hydrogenated oils? Partially hydrogenated oils seem to be everywhere these days. The classic partially hydrogenated oil is margarine. Although margarine has been around for some 70 years, its use has increased tremendously in the last 40 years. Other partially hydrogenated oils have become virtually ubiquitous in the American diet.

What is the significance of partially hydrogenated oils? Nobody knows the exact relationship between partially hydrogenated oils and chronic pain. One thing is very clear; people who have diets high in partially hydrogenated oils tend to experience more severe pain than those who do not eat partially hydrogenated oils.

Where do partially hydrogenated oils come from? Start with petroleum, the oil that is pumped out of the ground, it is very heavy oil. If you take components of that petroleum and partially hydrogenate them, you end up with plastic. If take a light oil, such as a vegetable oil, like corn oil, soybean oil, cottonseed oil, etc., and partially hydrogenate those oils, the substance that results is useless as plastic. There is no viable industrial use, so, instead, we EAT it. What is even worse is that the industry that is responsible for making partially hydrogenated oils, has successfully lobbied our government. Our government, in its official recommendations on diet, promotes partially hydrogenated oils as healthy.

Think about it. Man evolved after tens of thousands of years to be able to digest and metabolize the naturally occurring animal and vegetable oils that were eating. The enzyme systems and metabolic pathways within the human body are fully equipped to handle a wide spectrum of animal and vegetable oils. There are no naturally occurring partially hydrogenated oils. How could it be that a synthetic oil could possibly be better for us than a naturally occurring oil that our bodies have adapted to over thousands of years of evolution? This could only be possible through the wonders of "government knowledge."

What is government knowledge? Government knowledge is whatever somebody paid to have government and/or politicians endorse as part of determining policy. It is no coincidence that every time our government comes out with new dietary recommendations; America gets fatter and less healthy.

What is the relationship between these partially hydrogenated oils and pain? Nobody knows this for sure. But when you eat partially hydrogenated oils, your body tries the best it can to digest those oils through its existing enzyme systems and metabolic pathways. In the process, there are probably substances created as metabolic byproducts that cause an increase in pain severity or a decrease in pain threshold or somehow result in a person experiencing more severe pain.

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Where are partially hydrogenated oils? They are everywhere. You can hardly read a food label these days without finding partially hydrogenated something. In fact, sometimes the manufacturers do not even know what they are going to put in the food substances that they sell you. They just put on the label, "May contain one or more of the following: Partially hydrogenated corn oil, partially hydrogenated soybean oil, partially hydrogenated cottonseed oil, partially hydrogenated...something." It is virtually impossible these days to buy any prepared food product that does not have partially hydrogenated oils as a major ingredient.

What can I do to avoid partially hydrogenated oils? Cook your own foods using basic ingredients such as meats and vegetables, avoid the use of margarine, and read your food labels. Remember, for thousands of years people have been eating butter and they have been doing just fine. It does not make sense that now butter is the unhealthy alternative to partially hydrogenated oils.

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