

Seed Oils to Avoid - And Why

Canola Oil (Rapeseed Oil)

Highly refined and often extracted with chemical solvents. Typically GMO. High in omega-6 fats, which promote inflammation, and becomes unstable when heated, producing toxic oxidation byproducts.

Soybean Oil

Common in processed foods and often GMO. Disrupts hormones and contributes to chronic inflammation due to high omega-6 content.

Corn Oil

Often derived from GMO corn and processed at high heat. Leads to inflammation, liver stress, and increases heart disease risk.

Cottonseed Oil

Not developed for food. Contains pesticide residue and a poor fat profile that disrupts heart and liver health.

Sunflower Oil (Refined, High-Linoleic)

Refined version is stripped of nutrients and oxidizes quickly at high temperatures. High in linoleic acid, which contributes to inflammation.

Safflower Oil

High in omega-6 fatty acids and easily oxidizes. Produces toxic aldehydes when heated.

Grapeseed Oil

Byproduct of wine making, extracted using solvents. Extremely high in omega-6 and very unstable under heat.

Rice Bran Oil

Highly refined and may contain arsenic residue. Contributes to inflammation and lacks nutritional value.

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WARNING: Summary

Why Cooking with These Oils Is Dangerous:

- They oxidize at high heat, producing free radicals that damage cells and tissues.
- Linked to cancer, heart disease, hormone disruption, and premature aging.
- Often hidden in packaged foods, restaurants, and even so-called 'health foods.'