

“HOW TO KEEP FROM HAVING HEART TROUBLE.”

Everybody to day is becoming cholesterol conscious, cholesterol in excess in the blood is so commonly a contributors cause to cardiovascular disease. Again, it is now discovered that a high blood cholesterol can be caused by one thing - - - By these synthetic fats in the diet. Feeding hydrogenated fat to rabbits, chicken's or humans – the result was the same, a doubling of the blood cholesterol.

How to reduce blood cholesterol? Simply use unrefined vegetable oils instead of the synthetic counterfeit, and the blood cholesterol may drop below normal. (1)

It has been said that it is the Vitamin F content of the natural oil that is effective. We believe that is true, but do not confuse Vitamin F with “unsaturated fatty acids”. Such fatty acids may or may not have any vitamin activity. Only fresh extracts with no taint of rancidity can be expected to be of value they must be made from sources of known clinical effectiveness. If you really want a good vegetable oil with natural vitamin content you will have to liquefy sesame seed in a liquefier and extract the oil in a small press or centrifugal juicer. (The juicer bowl will have to be lined with filter paper.)

All oils in the stores (except an unrefined oil in a health food store) have been refined and heat treated to the point again of such diminishing nutritional value as to be pathetic. Olive oils may be the exception. Gallstones are cholesterol and olive dosage has been a remedy of long reputed, but much maligned as a “quack remedy” by the surgeon. There is also something in beet leaf juice that helps to eliminate gall stones, at least to eliminate any symptoms of trouble. Two ounces twice a day (best in tomato juice) of beet leaf juice - - cooked or raw - - has immediate effects.

Natural fats with a high protective action against cholesterol are found in Avocado, in all raw nuts, olives however prepared, raw peanut butter (made by liquefying raw peanuts in a liquefier with a little mustard and a thousand island dressing or grating in a nut flaker and mixing separately), liquefied sesame seed (available as “Tahini” in health food stores, a staple Armenian and Turkish food), as the oil in all fresh ground cereals, whether whole wheat, rye or rice. (Beware of rice unless you know the source. We find all store rice, except that in some health food stores is treated with methyl bromide a poison that will remain absorbed in some degree if once exposed. We suggest you get organic rice direct from growers advertising in “Prevention” or Natural Food and Farming”.

(1) Federation Proc., June 1955, p. 661, Kinsell and Michaels.

Food and Nutrition News, October 1955, F. A. Kummerow, p. 1

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The above article was sent to us by D. W. S. Davis. He knows it has nothing to do with Syntonics but has lots to do with us as individuals. Bill is quite alarmed by the fact that too many of our syntonics have been absent from our meetings because of “ticker trouble”.

