

January 14, 2000

Mr. Richard M. Manski  
2410 Larchwood Road  
Wilmington, DE 19810

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Voice: 302-475-7017  
FAX: 302-475-3439

Dockets Management Branch  
FDA  
5630 Fishers Lane, Room 1061  
Rockville, MD 20852  
RE: Docket #94P-0036

Voice: 202-205-5587

Dear Susan Thompson,

I recently conducted some research and learned that hydrogenated oils, partially hydrogenated oils, and trans fatty acids are very harmful if consumed by human beings. These changed molecular oils noticeably increase the risk of coronary heart disease, breast cancer, other types of cancer, and auto immune diseases. They also cause non-insulin dependent type II diabetes. Please refer to David Lawrence Dewey's article entitled "Hydrogenated Oils, The Silent Killers..." ([www.dldewey.com/hydrooilf.htm](http://www.dldewey.com/hydrooilf.htm)). Hydrogenated oils are used primarily as preservatives in processed foods.

I recently purchased some food products from the local Super Fresh Store in Wilmington, Delaware. Several of the packages we purchased had some form of hydrogenated oil listed in the ingredients. For example, the Kellogg's Frozen Waffles, Quaker Oats Cereal, Nabisco Wheat Thins, Healthy Choice Cheese & Chicken Tortellini Bowl Creations, and Campbell's Select New England Clam Chowder had hydrogenated or partially hydrogenated oils included as ingredients.

I have already contacted Kellogg's and Quaker Oats concerning their use of hydrogenated or partially hydrogenated oils in their products. Kellogg's responded by saying that the use of partially hydrogenated oils "contributes to the texture and appearance of the product." Quaker Oats claimed that "each of the ingredients in a product is selected carefully based upon the flavor, texture, and appearance it provides." I asked these companies that if they had knowledge that an ingredient was unhealthy for human consumption, would they stop using it as an ingredient? They responded by stating that they comply with Federal Laws regarding the use and labeling of all ingredients. It appears that unless they are forced to include healthy and wholesome ingredients in our food products and eliminate unhealthy ones, that they will not take any action. In other words, unless the law (FDA) requires them to do so, they will not voluntarily take action to improve the healthiness of the foods they produce.

Another name commonly used when referring to hydrogenated or partially hydrogenated oils is "trans fatty acids." A survey conducted by the Food and Drug Administration in 1995 found that 90% of consumers did not understand that trans fatty acids raise serum LDL-C levels. The point

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is that even though the public is becoming better educated concerning health issues, many of us are not "subject matter experts" on nutrition and processed food ingredients. We place our trust in the major food companies and the FDA to do what is ethical and correct when it comes to producing the foods we consume.

We should not need to be experts in food production methods and ingredients in order to ensure we are consuming healthy foods in the United States. However, in the absence of the food industry voluntarily producing food products with "all of the good ingredients and none of the bad," I strongly recommend that the FDA outlaw unhealthy ingredients such as hydrogenated oils, partially hydrogenated oils, and trans fatty acids. Until these unhealthy ingredients are outlawed, as an interim measure, I strongly recommend that the FDA require that the food companies place warnings (similar to those on tobacco products) informing the public that consumption of products containing these unhealthy chemically altered ingredients is hazardous to their health. As people heed the warnings, the sale of such products will likely decline, and the food companies will be more inclined to produce foods containing "all of the good ingredients and none of the bad."

I am a commercial airline pilot, and we use color coding to allow pilots to quickly recognize a problem. Green is good, yellow is caution, and red is danger. Healthy ingredients could be labeled green, borderline ingredients could be labeled yellow, and unhealthy ingredients (as determined by a list produced by the FDA or independent board of scientists/nutritionists) could be labeled red. Consumers could, without having to carefully scrutinize each and every one of the ingredients, quickly determine whether or not a food product was healthy for them based on the amount of green, yellow, or red colored words in the ingredients label. It would be easy to avoid a product which had lots of red in the ingredient label.

In summary, I favor specific labeling of trans fatty acids in foods. I would appreciate your support in assisting the FDA in taking actions which will force/influence the food companies to eliminate hydrogenated oils, partially hydrogenated oils, and trans fatty acids from the foods they distribute to our grocery stores and restaurants.

Thank you for considering this issue. I believe it is an important one. I respectfully request the favor of a reply.

Very respectfully,

  
R. M. Manski

**Subject: Re: Hydrogenated Fats Article**

**Date: Thu, 30 Dec 1999 12:16:05 -0500 (EST)**

**From: DLDEWEY@aol.com**

**To: dickmanski@bigplanet.com**

Dear Mr. Manski:

Thank you for emailing your concerns about hydrogenated fats in our food supply.

And a BIG "THANK YOU" for calling Kelloggs and Quaker Oats. I am always glad to hear that someone like yourself has taken the time to try and make a difference in such issues.

In case you want to contact the Executives of the above companies, here are there names, addresses and direct fax numbers to their offices. These fax numbers are not the generic fax numbers, these fax numbers go directly to their offices.

Mr. Robert S. Morrison - Chairman, President and CEO  
Quaker Oats Company  
321 N. Clark Street  
Chicago, Illinois 60610-4714  
general phone number of company 312-222-7111  
general fax # 312-222-8323  
FAX NUMBER OF Mr. Morrison 312-222-8532

Mr. Arnold G. Langbo - Chairman  
Mr. Carlos M. Gutierrez - President & CEO  
Kellogg Company  
1 Kellogg Square  
Battle Creek, Michigan 49016-3599  
general phone number 616-961-2000  
general fax number 616-961-2871  
FAX NUMBER to Mr. Langbo and Mr. Gutierrez 616-660-4590

If you fax them, please be sure to use my name and refer them to my article on my site, Hydrogenated Oil-Silent Killers,  
<http://www.dldewey.com/hydroil.htm>

Concerning your question if a class action lawsuit has been aimed towards the food industry to stop using these oils in foods. The answer is a resounding no. Despite very recent statements issued by leading medical authorities, like the American Heart Association issuing a health warning to people to avoid hydrogenated foods, and Dr. Willett at Harvard Medical School stating that a low estimate of at least 30,000 premature deaths occur each year due to coronary heart disease caused by these oils does nothing to stop the food corporations from using these oils. And where is our FDA in this picture.

There are over 125 medical studies that show how deadly these oils are to the human body, yet our FDA is too busy trying to put ban natural supplements that help people truly get well versus all the chemical drugs made are made by corporations to make billions of dollars in profits. What is wrong with this picture may I ask you? The food industry is no different from the tobacco industry in regards to the power it has in Congress. Actually is has more. However, look at how many years the tobacco companies kept the truth from surfacing about smoking. The only reason why they were finally place on table to account for their actions was due to a few journalists that kept hammering away at the truth. These journalists were not from a major news network or wire service. The major news media won't even report the medical announcements and health warnings like they should to the public because they stand in loosing hundreds of millions of advertising from the food companies.

Phillip Morris Tobacco owns Krafts Foods. I know this to be fact because I have a few contacts at the major news networks that have turned their back

on this issue and it has been very apparent why. I have emails from Diane Sawyer stating they were going to do a segment on 20/20, then all of sudden nothing. When I confronted her with why they were not probably doing it because of the fear of loss of advertising, the powers to be at ABC, (i.e. Disney, did you know that Disney is in the food business also), scrapped the story, Diane would not reply back to me, despite several earlier emails from her.

Yes, you are correct that is a class action lawsuit was filed it would further the cause. I wonder why some attorney has not seen the financial bonanza for themselves they could make by winning such a case. However, I have personally written some of the "biggest names" in the legal field, and all of them have turned it down. Why? The biggies are in bed with these people. It will take some small obscure attorney like the one that initially took on the tobacco industry to do this.

I may come across as being cynical and negative about our country. On the contrary, I am very proud of our country and to be an American. Our forefathers wrote the best piece of papers that has ever been written, Our Constitution and Bill of Rights. The problem has been the corruption that has grown from corrupt politicians, however, we Americans have let them do it. Thank God we have our vote. The problem with that is too many Americans are truly not aware of the truths in so many areas. And what is worse, is many I feel do not care. They are too busy living their so called American Dream. I am proud to be an American and proudly talk about our Constitution not only for what it represents, but that it is also a family pride.

My great, great, grandfather, John C. Dunlap owned the printing company that printed the original Constitution. He was there when our forefathers signed it. I'm constantly being asked by my readers if I have ever thought of running for President because I simply tell the truth and seek justice, which evidently is lacking in this country. I always answer, someone like me would probably not see the say of his signing in as President. The powers to be will not allow anyone to become President that would expose, and cleanup corruption in all its' forms in our country. However, I always tell my readers such as yourself that we still have the power in numbers, when we unite against a cause. That is what our forefathers did, they united to be FREE. I simply try to convince Americans to not loose this insight and precious gift of our Constitution and to unite against things that they know are so wrong and to force our elective politicians to effect correction. That is the only way anything in this country is going to change.

Numbers of people when writing corporations like you have can also effect change.

Thank you for doing so and I hope you will email your friends to do so also.

Again, thank you for writing me. And continue to believe in yourself, America and what you know is wrong when you see it, it is well worth the fight!

Sincerely,  
David Lawrence Dewey  
author/syndicated columnist

**Subject: Contact Us Feedback [KPA1999122900000078]**

**Date: Wed, 29 Dec 1999 15:14:16 -0600**

**From: kelloggsus@speedymail.com**

**To: dickmanski@bigplanet.com**

Thanks for contacting us on-line.

Saturated fats give products a longer shelf life and increased resistance to rancidity.

Partial hydrogenation of oil is a process which makes the oil more stable, preventing the formation of off-flavors and undesirable odors in the product. This oil contributes to the texture and appearance of the product. If oils are hydrogenated, they are considered healthier than the more highly saturated oils, such as tropical oils.

In manufacturing small amounts of oil (cottonseed/soybean) are used as processing aids to keep raisins in Kellogg products free flowing. All oils used on manufacturing equipment are FDA approved for use with foods and are generally food oils (examples: corn oil, soy oil).

Be sure to visit our newly designed [www.kelloggs.com](http://www.kelloggs.com) web site. Among the new things you'll see there you'll find that you can easily locate many of the most popular recipes developed by The Kellogg Kitchens(TM) through the years.

Again, thank you for contacting us; we appreciate your interest in our company and products.

Elizabeth  
Consumer Affairs  
Kellogg Company



## Consumer Response Center

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The Quaker Oats Company, P.O. Box 049003, Chicago, Illinois 60604-9003

December 30, 1999

Mr. Richard Manski  
2410 Larchwood Rd.  
Wilmington, DE 19810

Dear Mr. Manski:

Thank you for contacting us about Quaker 100% Natural Oats & Honey Cereal. We are sorry that the presence of partially hydrogenated oils causes concern.

We understand that consumers are concerned about various ingredients. We always try to consider these concerns when developing our products. Each of the ingredients in a product is selected carefully based upon the flavor, texture and appearance that it provides. Nutrition, health concerns, and flavor stability are also considered. Federal laws regarding the use and labeling of all ingredients are followed carefully.

Your comments are important to us. We will report your concerns to the product development team. Thank you for your interest in our products.

Ken Garis  
Consumer Response Representative

Ref # 3261536A

<p><b>Food For Thought</b>          © copyrighted          October 15th, 1998  <b>Hydrogenated Oils-The Silent Killers</b></p>	<p>by columnist  <b>David Lawrence Dewey</b>          "Reading provides knowledge...          knowledge leads to answers."</p>
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*A special message from actress Barbra Streisand  
 on why it is important to vote*

*Print this out for later reading*

### Update 11-19-99

Finally, at last, the FDA is taking steps towards to require labeling of hydrogenated oils and trans fatty acids on foods labels.

"The nation's experience with the new food label has shown that it can be a powerful tool for consumers," FDA Commissioner Jane Henney said on November 12th in a statement. "By requiring information about trans fatty acids, this proposal should assist individuals in their efforts to reduce their risk of coronary heart disease."

Consuming foods containing these oils are worse than eating foods with regular butter in them. Be sure to read my original column below when I first began reporting on these back in October, 1998. You will read research data from leading research facilities that show how deadly these oils are to the body.

The proposed rule would also allow manufacturers to label certain foods as "trans fat free." And products that call themselves low in saturated fat, low in cholesterol, "lean" and "extra lean" would also have to be low in transfat.

Hello...Walmart, grocery stores chains, McDonald's, Burger King, Wendy's, Sara Lee, Marie Callendars, Krafts Foods, ( Kraft, by the way is owned by Phillips Morris Tobacco), Kentucky Fried Chicken, bread companies, and all other fast food places and restaurants...when are you going to stop manufacturing foods containing these deadly oils? I am calling upon all CEO's and Presidents of food manufacturing companies to stop the production of foods containing these deadly oils. It is time to reading the writing on the wall so to speak. I bet you are not eating this stuff you are shelling out the the unsuspecting public! I urge all my readers to write, email, fax these executives, demanding that these oils be removed from the food supply. [Click Here](#) to find a complete listing, addresses, etc. of these executives to write to. Also I ask you to write, fax, email all the major news media and ask them why they are not reporting this more. The link to these addresses are listed at the bottom of this column.

### Update 9-6-99

#### Health Alert

The new margarine spreads, **Benecol** and **Take Control** contain partially hydrogenated oils and mono diglycerides. You may want to re-consider using these products despite their claims of reducing cholesterol. I have sent an open letter to Regis Philbin of Regis and Kathi Lee since Mr. Phibin is promoting one of these products.

You can read this open letter [HERE](#)

**UPDATE 6-24-99**

Latest Studies 6-24-99

Proves Negative Health Effects Of Hydrogenated Oils

**New England Journal of Medicine Part 1****New England Journal of Medicine Part 2**

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Note From David Lawrence Dewey:

If you are a negative person, one who thinks they have all the answers or wouldn't believe a thing in this column *then please go away*. If you would like to know the truths and the facts which will set you free, then read the column to follow. Don't believe what you have been told to believe or been lead to believe! Once you read the truth and discover how you've been lied to about how your health has been affected, you should become very angry. I hope it will inspire you to do something about it! For those of you that require proof, go to my **research links page**. Here, you will find instructions on how to search the National Pub/Med Libraries and other medical libraries on your own. It wil require some work though. You will have to acquire a signon ID at a University Medical Library to read the entire studies. However, abstracts can be read without a signon. I have provided copies of some of the research studies, including the recent warning from the American Heart Association to avoid foods with hydrogenated oils. I am simply trying to get the truth out, the real truth. I have no hidden agenda. I am not trying to sell anything. Simply the truth to save lives!

**Hydrogenated Oils-The Silent Killers****68 Year Old Tom Smith Knows**

by David Lawrence Dewey

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*- Print this out for later reading -*

**Note: On Tuesday, Oct. 20th, 1998, Oprah Winfrey's show with Dr. Bob Arnot and other researchers commented about the link between hydrogenated oils and breast cancer. Studies show there is a 40% increase in breast cancer in women eating hydrogenated oils. They also presented evidence concerning flaxseed oil and how by adding this to your diet reduces tumors by 50%. To get a transcript, call Harpo Productions at (312) 633-1000. There is a charge for the transcript. The National Cancer Research Institute has just released a warning concerning this recent study. This is available on the research links page.**

Hydrogenated oils and trans fatty acids are silent killers. Research studies show conclusively that they cause non-insulin dependent type II diabetes, or hyperinsulinemia. This is a disease which can eventually burn out the pancreas and cause insulin dependent diabetes. These changed molecular oils dramatically increase the risk of coronary heart disease, breast cancer, other types of cancers and auto immune diseases. Over 100 research studies show how harmful these oils are to the human body. However, these findings have been largely ignored by the mass media and the FDA. In addition, the Commercial Edible Food Industry has suppressed these research findings for sometime. Why? Money and lots of it! Food processing companies and the companies that own the patents on this process would loose billions of dollars if they had to change their method of food production of hydrogenating oils. The main reason oils are hydrogenated is that the hydrogenation of the oils act as a preservative. This leads to increased shelf life of products and less returns or spoilage of products. But at what cost is it to the human body?

The human body needs the type of essential fatty acids that mother nature has provided. Hydrogenated oils are molecularly changed oils that are toxic to the body. Soon after food production companies started using hydrogenated oils, substantial increases in several diseases within a few years. In particular was one new disease which the medical profession had to name because they did not know what was causing it. It was not the normal type of diabetes but a new type. This new type of diabetes was named

diabetes type II. Over the last fifty years since the introduction of hydrogenated oils, this disease has increased over 1000%. Over 90% of the foods produced today contain hydrogenated oils. On my website is a listing of contact information for food production companies, your Congressman and Senators. I urge all of my readers to write, fax, call these food companies and your elected representatives to stop the usage of hydrogenated oils in food production.

### **Why the body needs essential fatty acids**

Mother nature dictates very simply the proper nutrients the human needs for proper functioning. Through thousands of years of genetic evolution to our environment, the body has changed how it absorbs, metabolizes and utilizes nutrients obtain from natural foods. Essential fatty acids are a very important nutrients the body needs for many reasons. Dr. Joanna Budwig, a West German biochemist was the first to shed light on the role of essential fatty acids. She has been nominated several times for the Nobel Prize in medicine and is recognized as the world's leading authority on fats and oils.

Essential fatty acids, are the building blocks of fats. They play important roles within the human body by affecting almost every major organ, cell membrane production and immune system function. Natural occurring essential fatty acids have an electrical weight that changes the fluidity of cell membranes. This is very important on how healthy immune cells develop. When oils are transformed by the hydrogenation process, this electrical weight is changed in essential fatty acids. This affects the fluidity which causes cell membranes to "stiffen". Flaxseed oil is the best vegetable source of these natural occurring essential fatty acids. There are three important essential fatty acids needed by the human body. They are linoleic (omega-6 type), linoleic acid N (omega-4 type) and alpha-linolenic N (omega-3 type). There are 50 other various essential nutrients the body needs to function and produce good health. The human body cannot produce EFA'S. It is dependent on acquiring them from vegetable or fish oils in the proper ratios. It is from these essential fatty acids that the body synthesizes long chain-fatty acids such as dihomogammalinolenic acid, (DGLA), arachidonic acid, (AA) and docosahexaenoic acid, (DHA). These new acids play a dual role. They form cell membranes which affect the function of the cells. There are also eicosanoids, substances that act as a cell to cell communicator. The research data shows hydrogenated oils form trans fatty acids which the body simply does not know what to do with. The body does not synthesize them properly. If the human body does not acquire natural occurring essential acids, (non-hydrogenated oils), the body does not form healthy normal cells. Instead, abnormal cells are produced. In North America, the diet is and has been sorely lacking for over 40 years in omega-3's essential fatty acids. The western diet has been reduced to 1 part Omega-3's, (LNA,EPA,DHA essential fatty acids), to more than 12 parts of Omega-6's, (LA,AA). All of these fatty acids are needed in the proper ratio of 1 part Omega 3's to 4 parts Omega-6's. These naturally occurring essential fatty acids are also needed for the production of "prostaglandins". These are hormones necessary for cell to cell biochemical functions such as energy metabolism, cardiovascular and immune system function health. Prostaglandins are also anti-inflammatory, anti-tumor hormones. Prostaglandins are part of the substances in our bodies called eicosanoids. Eicosanoids are hormones that regulate molecules in most forms of life. They do not travel in the blood like hormones, they are created in cells. Eicosanoids main function is to act as a delivery vehicle. They regulate the movement of calcium. This affects dilation and contraction of our muscles especially the heart. They also regulate the inhibition and promoting of clotting, the regulating of digestive juices, and certain hormones. This in turn regulates proper diuresis, proper salt retention, and most important, **PROPER CELL DIVISION AND GROWTH**. If proper cell division and growth is lacking in the body, the end results are cancers or autoimmune diseases. Diabetes falls into the later. Prostaglandins are produced in the cells by the action of certain enzymes using essential fatty acids. There are two pathways of how the prostaglandins are used by the body. This is based on which type is absorbed by the body, either natural omega 3 or omega 6 essential fatty acids. Hydrogenated oils do not provide these. Without these natural occurring essential

fatty acids the body cannot produce these prostaglandins. The problem with most Americans is they don't eat enough of fish, the omega 3 type oils. The western type diet provides more Omega-6 type essential fatty acids from oils. The problem is that consumers have been getting an improper balance of Omega-6's in the form of molecularly changed hydrogenated oils. The hydrogenation process also forms trans fatty acids which are harmful to the human body based on substantial research studies worldwide.

**What are hydrogenated oils and what is the process?**  
**When and why were they invented?**

The first patent for the hydrogenation process was in 1903 by William Norman. The first patent for hydrogenated cottonseed oil was in 1911. This is the same year that Proctor and Gamble came out with Crisco oil. Crisco was a combination of hydrogenated palm and cottonseed oil and mixed with lard and animal fats. People then were not purchasing it so P&G started giving it away, literally. The patent was then purchased by a major food producing company. In 1937, a new patent was filed by a Dr. Ellis working for a major oil company. He improved the process by separating certain fats for commercial use. Since then, additional patents have been filed for different methods of these processes. These patents from 1976 to present can be found at the U.S. Office of Patents and Trademarks on the internet. Prior to 1976, patents searches must be done to find the original patents. In 1911 Mazola oil, a salad and cooking corn oil was introduced. In 1914, most of the companies took out any remaining animal fats in the oils they were producing and started using vegetable oils completely. Until this time, people were at least getting some essential naturally occurring fatty acids because of the animal fats. After 1914, the population began getting trans-formed essential fatty acids that became trans fatty acids in their foods by the introduction of hydrogenated oils. In 1957, margarines began to out sell butter.

During the process of hydrogenation, hydrogen atoms are moved to what is called the opposite side of the double bond of the molecular structure of the fatty acid in the oil. **Click here** to see the molecular change in graph. This newly formed molecular configuration of the fatty acid, ( a changed carbon molecular structure of the fatty acid which the genetics of the body does not recognize) has been named "trans", meaning "on the other side of." Trans fatty acids alter the normal transport of minerals and other nutrients across cell membranes. It weakens the protective structure and function of the cell. Hydrogenation gas is "fused" into the oils using a metal catalyst, aluminum, cobalt, and nickel. All are toxic metals to the body. This "fusion" takes place under pressure at temperatures of 248-410 degrees. Another words, teh oils are changed. When you compare this changed essential fatty acid, which has now become a trans fatty acids, it matches the same molecular structure of Stearic Acid. One of the uses of Stearic Acid is in the making of candles. It makes candles "hard". Could this have the same affect on the human body in the form of hardening of arteries? In addition, by hydrogenating oils, "more volume" is produced. It increases the volume of the oil, thus making more available to sell. Final result, more profit. However, its' main purpose is to increase shelf life of products. It is a preservative, and a deadly one.

During the late 1930's and early 1940's, a dramatic increase was seen in the following diseases. First was a disease that looked like diabetes, acted like diabetes, but was not caused by a deficiency of insulin. The medical profession was dumbfounded. All they knew was that a person produced enough insulin, but it was not "effective" in reducing sugar in the blood. They did not know what caused the insulin to be resistant. The medical establishment named this "new disease" non-insulin dependent diabetes, type II. The second and third diseases that increased dramatically were heart disease and cancer. This is the period also where new diseases which fell into the auto-immune classifications were being seen for the first time and named. The medical profession also did not know what was causing these new auto-immune diseases. They placed blame on the genetics of the immune system or faulty genes. There is a correlation here. The increase of these new diseases began shortly after the introduction of

hydrogenated oils in the food supply. During 1973 to 1994, there was an increase of 364.3 various cancers to 462.0 various cancers per 100,000 population, a 22% increase. This information is available from the National Institutes of Health. More alarming is that from 1973 to 1992, an increase from 364.3 various cancers to 530.33 various cancers 100,000 population was seen. This was a 31% increase, an additional 9% increase. Heart disease is now claiming over 750,000 lives a year. The "fusing" of certain metals such as aluminum into the oils could very well be the reason why they are detecting high levels of aluminum in people. We all know about the link of aluminum to Alzheimers and cancer. We also know what lead poisoning does, especially to children. Non-radioactive cobalt, the kind used as a catalyst in these oils is a component of vitamin B12. Some studies suggest that too much of this type of cobalt can cause cell destruction and nerve disorders. In addition, the fatty acids have been changed molecularly in which the body doesn't know how to properly metabolize them. Hypercholesteremia, ( high cholesterol or triglycerides) is a early warning sign that you will develop hyperinsulinemia. This disease produces too much insulin. The insulin is not effective in reducing sugar in the blood. At the turn of the century, there were 2.8 diagnosed cases of diabetes and its' associated diseases. In 1949, this figure jumped to 16.4 per 100,00 population. A 585% increase in 50 years. In 1985, there were 36,969 deaths caused by diabetes. In 1995, there were 59,085 deaths caused from diabetes according to the National Center For Health Statistics. In ten years, this is 59.8 % increase, or roughly 6% per year. This increase of deaths caused from diabetes cannot be blamed on genetics. It can't be blamed because of people having bad genes. When you compare the substantial increases in the death rates today as to death rates before the introduction of hydrogenated oils in the food supply, anyone can very easily see the correlation. Nor does it have to do with newer diagnostic means or treatment to treat the disease. Deaths are deaths. Leading experts in the reseach of diabetes estimate that todays figures of diagnosed cases of diabetes are now hitting 20,000 cases per 100,000 population. In 1949, the criteria for the diagnosis of diabetes was changed because this new disease of insulin resistant diabete had not been named yet. However, is it a true diabetes or a disease created by harmful oils?

### **The Research Findings On The Toxicity of Hydrogenated Oils**

Dr. Mary G. Enig received her PHD in Nutritional Sciences from the University of Maryland in 1984. She has become one of the leading authorities on the toxic effects on hydrogenated oils on the human body. She has published over 35 scientific papers. She and other researchers have presented the negative effects that hydrogenated oils and trans fatty acids have on the human body. The research facility, The Virginia Polytechnic Institute studied the effect of trans fatty acids on bone development. The study showed very undesirable effects. Dr. Martin Katan from Holland found that trans fatty acids lowers the lipoprotein (HDL) the good cholesterol and raises the lipoprotein LDL which is the bad cholesterol. Dr. Walter Willett, Chairman of Nutrition at Harvard Medical, has published a paper on a 14 year study involving 85,000 nurses. It clearly shows that people consuming the most trans fatty acids have the highest rate of heart disease. Other researchers such as Dr. Henry Blackburn, professor at the University of Minnesota, Dr. William Castelli, Director of the Framingham Cardiovascular Institute have found the same findings. Dr. George Blackburn from Harvard has published papers showing no increase in heart disease in those countries where most of the oil used is either coconut oil or palm oil ***that has not been hydrogenated***. This counters the claims that have been made for years by many sources, such as the Commercial Edible Food Industry, the research facilities funded by these companies and even the American Heart Institute. Dr. Enig has showed that when McDonald's started using hydrogenated oils, trans fatty acids rose in their oils from 5% to 42-48% of the content of the oil. Recently, McDonalds has started using oils that are only "partially hydrogenated". This "partially hydrogenating" has cut the trans fatty acids in half to between 21-24% of content but to many researchers, this is still too toxic to the body. The European countries limit trans fatty acids to 4% in any food. When Dr. Ancel Keys published a paper stating that hydrogenated oils were responsible for heart disease. The response from the threatened edible oil industry claimed that only saturated fats, like butter were the culprits. They also

contended and that the industry got rid of the problem by only "partially" hydrogenating the oils. This is interesting. Here is a food industry saying that regular saturated fats are the culprits, but yet they are changing from "fully hydrogenated oils" to "partially hydrogenated oils." It is apparent that their own in house scientists have found what other researchers have been saying for years. This is almost identical to what the in house scientists for the tobacco companies did for twenty five years ago, buty the facts. Interesting more is the fact that Phillip Morris, the largest tobacco company owns Krafts Foods. Why have the suppressed their own findings? It could open pandora's box to lawsuits concerning diseases caused from hydrogenated oils. Research studies from many researchers have shown that there is no increase in heart disease when normal amounts of regular saturated fat are consumed. However, research has shown the ill effects of hydrogenated oils, whether they be "fully" or "partially" hydrogenated. Either type of hydrogenated oils are deadly to the body. Statistics from the National Institute of Health show that people are not "dieing" from heart disease as often as they were 3 years ago. This does not mean that more people are developing heart disease. The reduced numbers in deaths are attributed to newer technology and drugs. The truth is that the statistics for diagnosed cases of heart disease has increased dramatically over the last 30 years according to Dr. Udo Erasmus, PH.D, a consultant to the fats and oils business. According to Dr. Erasmus, 15% of the population in 1900 died from heart disease. Today it is 44%. In 1900, 3% died from cancer. Today, it is 23%. This cannot all be attributed to gene defects. Heart disease has become a multi-billion dollar business. It benefits researchers funded by the NIH, heart speciality corporations treating heart disease and drug companies. No wonder no one wants to admit what the research is showing. Dr. Edward Siguel, M.D. Ph.D, an award winning researcher, found a definite correlation between hydrogenated trans fatty acids and heart disease. Furthermore, his study found that people with the lowest trans fatty acids had the lowest heart disease. Trans fatty acids are made from hydrogenating oils. The latest findings from Harvard researchers published in November, 1997, state, "its' not the level of or amount of fat intake that increases heart attacks and heart disease, but the type of fats consumed, especially trans fatty acids." During the last twenty years, a substantial increase in the number of children and young adults having high cholesterol and triglyceride levels has been seen. Research shows that trans fatty acids, produced from hydrogenating oils, elevate cholesterol and triglyceride levels **two-fold**. The largest group of people developing heart disease is the 21-29 year old group. A dramatic increase of non-insulin diabetic disease has been seen in all age groups over the last 50 years. Even attention deficit dis-order is being linked to these oils. Does anyone remember the reports about Lorenzo's Oil a few years ago. This was about a young child that had essential fatty acids metabolism problems. It was an auto-immune disease that could eventually kill. Thanks to a certain researcher, he came up with Lorenzo's oil that corrected the immune disorder. This only proved the importance of how unchanged natural essential fatty acids are needed for the building of normal and healthy cells. Part of Lorenzo's treatment was that he was forbidden to eat any type foods containing hydrogenated oils.

### **Studies Show These Effects Of Trans Fatty Acids On The Body**

- 1:) Lowers the "good" HDL cholesterol in a dose response manner (the higher the trans level in the diet, the lower the HDL cholesterol in the serum);
- 2:) Raises the LDL cholesterol in a dose response manner;
- 3:) Raises the atherogenic lipoprotein (a) in humans;
- 4:) Raises total serum cholesterol levels 20-30mg%;
- 5:) Lowers the amount of cream (volume) in milk from lactating females in all species studied, including humans, thus lowering the overall quality available to the infant;
- 6:) Correlates to low birth weight in human infants;
- 7:) Increases blood insulin levels in humans in response to glucose load, increasing risk for diabetes;
- 8:) Affects immune response by lowering efficiency of B cell response and increasing proliferation of T cells;

- 9:) Decreases levels of testosterone in male animals, increases level of abnormal sperm, and interferes with gestation in females;
- 10:) Decreases the response of the red blood cell to insulin, thus having a potentially undesirable effect in diabetics;
- 11:) Inhibits the function of membrane-related enzymes such as the delta-6 desaturase, resulting in decreased conversion of, e.g., linoleic acid to arachidonic acid;
- 12:) Causes adverse alterations in the activities of the important enzyme system that metabolizes chemical carcinogens and drugs (medications), i.e., the mixed function oxidase cytochromes
- 13:) Causes alterations in physiological properties of biological membranes including measurements of membrane transport and membrane fluidity;
- 14:) Causes alterations in adipose cell size, cell number, lipid class, and fatty acid composition;
- 15:) Adversely interacts with conversion of plant omega-3 fatty acids to elongated omega-3 tissue fatty acids; Escalates adverse effects of essential fatty acid deficiency;
- 16:) Increases peroxisomal activity (potentiates free-radical formation)
- 17:) Increased breast cancer in women
- 18:) Increased heart disease in men and women
- 19:) Increases non-insulin dependent type diabetes disease

Why is it that the FDA ruled that trans fatty acids percentages don't have to be listed on food labels?

### **Hog Farmers Won't Feed Their Hogs Hydrogenated Oiled Foods**

Dr. Russel Jaffe, MD, a noted medical researcher stumbled across the fact that hog farmers wouldn't feed trans fatty acids foods, or hydrogenated oiled foods to their pigs. The reason is because hogs die from eating foods containing these oils. When Dr. Jaffe contacted the U.S. Department of Agriculture concerning this, they admitted they had known about it but that it was not in their jurisdiction. When he contacted the Federal Drug Administration, they simply said they didn't have the time to investigate it. And the FDA is suppose to be protecting us from toxic foods? Dr. Jaffe also published a report finding that cottonseed oil contains fatty acids similar to those present in rape seed. Rape seed oil was taken off the market. It caused severe illness and in some instances deaths because of its' toxic fatty acids to humans, dogs and pigs. There are some fatty acids in some plants that are very toxic to the human body. Dr. Jaffe found that when cottonseed oil is hydrogenated, not only does it change the molecular structure of this already toxic fatty acid, but it doubles the toxicity to the human body. Hydrogenated, or partially hydrogenated cottonseed oil is used by many food chains in frying french fries and other fried goods. Most bakery goods contain them.

### **How Do Trans Fatty Acids Cause Non-Insulin Diabetes?**

The body makes protein from "normal" amino acids. "Normal" meaning amino acids which the body is genetically use to. Properly structured protein is needed for insulin to be effective in reducing sugar in the blood. Protein is also derived from fats. By consuming "abnormally changed molecular essential fatty acids" abnormal protein are produced by the body. The abnormal proteins cannot properly synthesize the insulin in its' metabolic state. The insulin eventually becomes ineffective in reducing sugar in the blood stream. Hyperinsuliemia is the end result. The body then starts producing more and more insulin to control sugar. It then becomes more ineffective in controlling blood sugar. This has been directly linked concerning prostaglandins. Prostaglandins are made from essential fatty acids. Research by researchers at the Division of Science, Northeast Missouri State University have shown that the central mechanism for pancreatic insulin production is mediated by prostaglandins. It is not an autonomic response as once thought. Autonomic means that which a normal body responds to or makes. These findings has been confirmed by other studies in Germany, Massachusetts General Hospital,

Boston and by about half a dozen other researchers. Included in some of this research are in-depth studies of the roles of properly naturally occurring structured essential fatty acids and how they interrelate in making not only the correct amount of insulin, but most importantly its' effectiveness in the bloodstream in reducing blood sugar. Dr. Holman and his colleagues at the Hormel Institute at the University of Minnesota have shown that trans fatty acids disrupt cellular function. They affect many enzymes such as the delta-6 desaturase and consequently interfere with the necessary conversions of both the omega-6 and the omega-3 essential fatty acids to their elongated forms. They consequently escalate the adverse effects of essential fatty acid deficiency. Dr. Lenore Kohlmeier in Finland completed a study on 700 women, (300 of them had breast cancer). The study included the analysis of the tissue fat cells of the women. Dr. Kohlmeier issued this statement, "women who have higher stores of trans fatty acids have a 1.4 times higher risk of developing breast cancer." Additional work by several researchers have also shown that trans fatty acids produced in the hydrogenation of oils process are the culprits. This is why in the 1940's when non insulin type II diabetes started to appear that the medical community was dumbfounded to what was causing it.

### **The Center For Science in Public Interest**

Recently, the center analyzed 41 supermarket and restaurant foods purchased in seven cities across the country. The results were published in the September issue of the CSPI'S Nutrition Action Health letter. These are the findings:

**FRENCH FRIES:** The hidden trans fatty acids in McDonalds, Hardees and Arby's fries doubles the damage caused by their regular saturated regular fat counterparts. The fries at Burger King and Wendy's are even worse.

**FISH:** Red Lobster's Admiral's Feast Dinner contains a two day supply of artery clogging trans fatty acids.

**CHICKEN:** Kentucky Fried Chicken has a full day's worth of trans fatty acids

**BAKED GOODS:** Dunkin Donuts Old Fashioned Cake Donuts contains trans fatty acids that more than doubles the damage its' regular saturated fat counterpart. Eating just one is like eating 8 strips of bacon as pertaining to the amount of damage it is doing to the arteries because of the trans fatty acids. Who eats 8 strips of bacon at one sitting? Campbell's Soups are loaded with hydrogenated oils, read the label on the cans. Most crackers and especially cookies also.

### **Countries In Europe Allow Only 4% Trans Fatty Acids In Foods-Some Ban Trans Fatty Acids Altogether**

Many countries in Europe allow only 4% of trans fatty acids in any foods made with hydrogenated oils. Do these countries know something we don't? Some countries like Denmark have banned hydrogenated oils for over 40 years. It is interesting that Denmark has the lowest diagnosed rates of heart disease, cancers, breast cancer, diabetes, auto-immune diseases than any other country in the world. What is even more interesting is that they consume more saturated fat in the form of dairy products. Again, do they know something we don't? No, we know it, we're just not paying attention to the research studies. According to Dr. Enig and others, the American diet contains 10-44 % of these trans fatty acids. Some individuals because of what they eat are consuming as much as 60 grams of trans fatty acids a day, or roughly 2 times the recommended "normal" fat content that a person should consume daily. Dr. Frank Sacks, MD and Karin Michels, M.S. M.P.H. of the Harvard Schools of Public Health issued a statement in February, 1995 in the New England Journal of Medicine. He stated, "American food manufactureres

are still manipulating our foods in a way that current scientific research shows that trans fatty acids compromise health. Furthermore, the lack of information on trans fatty acids on food labels does not allow one to make an informed decision or choice." Recent studies show that as little as 4% of these trans fatty acids can cause these disease processes. This could open food companies up to lawsuits from people with these diseases. This is no different than what has happened in the tobacco industry lawsuits. Why did it take the FDA ten years to finally issue the mandatory warning on cigarette packets that cigarette smoking is dangerous to your health from the warning that it may be dangerous to your health? The same principals, politics and lobbying from the tobacco industry to keep themselves out of lawsuits for years are at play here. It is all about money and the FDA has gone along with it. It's very simple. 10 - 44% of trans fatty acids in foods are deadly to the human body.

### **How To Get Hydrogenated Oils Off The Market**

The best way is the strategy that Ralph Nader has used several times. Boycott the company or the product. The best way to get the attention of the primary source. The primary source are the food production companies. On my website, is a link page listing the top 60 food companies with their addresses and email addresses. Address your letter to Chairman of the Board. Send them a letter stating that you will not purchase any further products from them until they ban the use of hydrogenated oils in their food production. Also included is a link page to the major news outlets. Write them, ask them why are they not reporting this. An most important, use the link to find your Senator or Congressman in Washington. Write them and demand that the FDA ban the use of hydrogenated oils like they have in Europe. Interestingly, the American Heart Association has finally and only recently, ( after 4 years of ignoring the research data) issued a statement regarding this issue. They state, "Use naturally occurring, unhydrogenated oil when possible. Look for processed foods made with unhydrogenated oil rather than hydrogenated or saturated fat." You can view this statement by the AHA at [http://www.amhrt.org/Heart and Stroke A Z Guide/tfa.html](http://www.amhrt.org/Heart%20and%20Stroke%20A%20Z%20Guide/tfa.html) or if you can't reach the site. The AHA finally recognized they could no longer avoid this issue. I would also like to ask a favor from you all of you reading this column. Print this column out. Make copies and mail it to friends. Makes copies and take it to your church. Email 20 of your friends to visit my site and read the column. Ask them to ask those 20 friends to email to 20 friends. Post messages in the various newsgroups to visit my site and read this column. Unless people act today, future generations are going to be stricken with poor health they should not have. For years, you probably heard the old saying, "This causes cancer, that causes cancer, etc. etc." My reponse to that is, the research speaks for itself. Will you help to stop this pollution of our food supply for profit? **Email me** your thoughts and your support in this matter. Or post them on my **message board**. You can do something also.

Read the labels on packaged foods at the grocery store. You'll be lucky to find anything that doesn't have hydrogenated oils. By the way, crackers and cookies of any type are the worst of all. Bakery items, especially those that are fried like doughnuts are heavy loaded with these deadly oils containing high trans fatty acids levels.

**Update 9-6-99**

### **Health Alert**

The new margarine spreads, **Benecol** and **Take Control** contain partially hydrogenated oils and mono diglycerides. You may want to re-consider using these products despite their claims of reducing cholesterol.

**The Truth Needs To Get Out!**  
**The Rest Of The Story, Thomas Smith**

### **The Gentleman Who Cured Himself Of Hyperinsulemia Caused By Trans Fatty Acids**

Recently, one of my readers, 68 year old Thomas Smith, a retired electrical engineer from Loveland Colorado wrote me because of my latest health/nutrition column. He detailed in his letter how he had become diagnosed with non-insulin dependent diabetes, type II and how he had cured himself. He forwarded various research material to me in which I was totally amazed. Mr. Smith is one of the reasons why I wrote this column. Because I have studied quite intensively the role of the immune system and how essential fatty acids work in the body because of my own health problems, I understood what Mr. Smith sent. It was a call to arms. Something had to be done to get the truth out. Mr. Smith not only showed me the research findings of how this disease is caused by hydrogenated oils and trans fatty acids, but how to cure it. He should know he cured himself of diabetes type II. Thomas has put together a report, detailing the research and what he did to cure himself. Normally I don't do this in my column, but when I come across something so crucial that could benefit so many, I do what some term, "sell a product" in my column. But that is not what I am doing. I am trying to help save people from needless diseases and so is Thomas Smith. He is not asking a fortune for the report he has put together. It barely covers his costs for photo-copying and postage. If you are interested in the more detailed research and how Thomas cured himself of this man made disease, then send \$20.00 to Thomas Smith, P.O. Box 7685, Loveland Colorado 80537. He can also be reached at 970-669-9176 for information. His report is about 85 pages, photo-copied both side and is worth its' weight in gold. It cites and lists over 100 scientific studies, and extensive bibliography, glossary and appendix. If you are suffering from any of the diseases talked about in this column, especially hyperinsulinemia, I'm positive that you will benefit in someway by reading Tom's information in his report. You may also visit Mr. Smith's website at [Healingmatters.com](http://Healingmatters.com) for more information and additional references pertaining to this serious food health matter. you can also email Mr. Smith at [valley@healingmatters.com](mailto:valley@healingmatters.com)

***Mr. Smith will be appearing on the Randy Johnson Show, Tuesday, November 3rd, 1998, 5PM - 7 PM Pacific Time, KOPE-FM Radio, Portland Oregon. This was originally scheduled for Friday, October 30th, but was postponed due to technical difficulties. KOPE is part of the Chancellor Broadcasting group and will be carried by the following radio stations listed below. I will be joining Mr. Smith on the show.***



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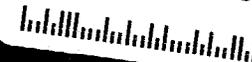


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