

NATURAL OILS

Forty per cent of the American diet is said to consist of fats. No other nation boasts a higher consumption of high cholesterol foods. In this country heart disease is also the leading killer. Is this merely coincidence, or is faulty diet the real threat to our health?

THE SITUATION TODAY

One out of 3 of all male deaths between the ages 45 and 75 is due to coronary thrombosis or an occlusion (1).

A thrombosis or blood clot is precipitated by a thickening of the blood vessels due to a cholesterol buildup on the inner lining.

Cholesterol is a fatty, waxlike substance found in many foods. Natural foods contain cholesterol-metabolizing agents (phospholipids), but refining and processing (hydrogenation) destroys these valuable health protectors and leaves us susceptible to the dire results of impaired cholesterol metabolism (2).

Examination of 300 American boys killed in Korea at an average age of 22.1 years revealed 77.3% had "gross evidence of coronary arteriosclerosis" (3).

Arteriosclerosis and atherosclerosis have been artificially produced in test animals by placing them on a diet high in cholesterol but low in the vital cholesterol-metabolizing factors (4&5). An excess of cholesterol in test animals causes them to be pre-disposed to cancer.

Virtually all of the fats composing the American diet are of the hydrogenated variety which is lacking in metabolizing agents necessary for normal body usage.

PROGRESS TOWARD SOLUTION

A number of nations, including Japan, Hawaii, South Africa and Finland, have a lower refined dietary fat intake and correspondingly lower heart disease and coronary difficulties (1).

Dr. B. Bronte-Stewart noted the effects of eggs, (a high cholesterol food) fried in unrefined peanut oil, on a number of patients. Consumption of such food did not increase blood cholesterol in these subjects, but a marked increase was noted when the same food (eggs) fried in hydrogenated oils was consumed (6).

President Eisenhower's consulting physician, Dr. Paul Dudley White, accompanied Dr. Bronte-Stewart of The University of Cape Town, and Dr. Ancel Keys of the University of Minnesota to Japan for further studies relating high fat diet to heart disease (1).

Drs. Pottenger, Jr., and Krohn fed patients suffering from high blood cholesterol foods rich in cholesterol plus natural oil components rich in phospholipids (fat-metabolizing agents). Seventy-nine per cent of the patients showed a marked decrease in blood cholesterol (7).

Thus it can be seen that unrefined natural fats or oils are not harmful and, more important, unrefined vegetable oils, rich in natural associated factors, can actually reduce the threat of arteriosclerosis and coronary disease by keeping cholesterol levels within normal limits.

- (1) ARE YOU EATING YOUR WAY TO A HEART ATTACK? by S. M. Spencer, Saturday Evening Post, Dec. 1, 1956.
- (2) Readers Digest, George Dock, Jr., Nov. 1946.
- (3) Coronary Diseases Among U. S. Soldiers Killed in Action in Korea, Major Wm. F. Enos, J.A.M.A. Vol. 153, No. 12, July 18, 1953, p. 1090.
- (4) Revue Internationale du Soja, March, 1946.
- (5) Chemical and Engineering News, Nov. 30, 1953
- (6) Serum-Cholesterol Diet in Coronary Heart Disease, Lancet, Vol. 2, No. 22, Nov. 26, 1955, pp. 1103-1108.
- (7) Am. Journal of Digestive Diseases, April, 1952.

PEANUT OIL

Crude Peanut Oil in its most natural form is now available in our commissary line. It is rich in phospholipids, the factors so vital to the proper metabolism of cholesterol. This natural peanut oil is in vastly superior contrast to the semi-refined oils from which most of the phospholipids have been removed and especially to the hydrogenated fats which have been converted to solids at the expense of losing virtually all of the phospholipids

For salads, frying, baking or any of a multitude of culinary uses Peanut Oil will serve a useful purpose in YOUR kitchen.

1-12 Fl. Oz. Bottle - \$1.00, Plus postage

1 Case (12)-12 Fl. Oz. Bottles - \$12.00, Plus postage

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