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When it comes to canola oil, some people view it as a healthy food while others avoid it at all costs. When there are two extremely passionate viewpoints, it can be very challenging to get to the bottom of it all.

Here are the 6 dangers of canola oil:

## 1 Kidney and Liver Problems

The majority of canola oil produced today is genetically modified. The side effects of GMOs in general cannot be overstated.

In a 2011 review published in *Environmental Sciences Europe*, 19 studies of mammals fed GMO soybeans and corn were evaluated. The 90-day trials indicated [liver](#) and kidney problems as a result of GMO foods. The kidney and liver findings actually were differentiated by sex with the kidneys being disrupted by 43.5 percent in men and the liver being disrupted in women by 30.8 percent. ([6](#))

The kidneys and the liver are absolutely vital to our existence so ingesting a genetically modified food like canola oil is really not something to take lightly.

## 2 Life-Threatening Heart Trouble

As a monounsaturated oil, rapeseed oil has high levels of erucic acid. Erucic acid is a fatty acid that's associated with heart damage, specifically Keshan disease, a disease that manifests itself with fibrotic lesions of the heart. Studies have shown that in areas where people are prone to Keshan, not only are selenium levels lower, but erucic acid levels are higher. ([7](#))

Partially hydrogenated vegetable oils like canola are also known for causing inflammation and calcification of arteries, which are well-established risk factors for [coronary heart disease](#). (8)

### 3 Hypertension and Strokes

Previous studies have shown that the consumption of rapeseed oil and some other types of vegetable oils shortens the life span of stroke-prone and hypertensive animal subjects. Specifically, research carried out at the Nutrition and Toxicology Research Divisions of Ottawa discovered that rats bred to have [high blood pressure](#) and proneness to stroke died sooner when fed canola oil as the sole source of fat. Additionally, the rats fed the non-canola oil-based diets lived longer than the rats fed canola oil. (9)

Another study published in 2000 in *Toxicology Letters* specifically looked at the effects of canola oil on blood coagulation time or how long it takes blood to clot in stroke-prone animal subjects. The study found that there was a “canola oil-induced shortening of blood coagulation time and increased fragility in [red blood cell membranes],” which may promote the occurrence of strokes in animal subjects that are stroke-prone. (10)

### 4 May Retard Normal Growth

Up until recently, it was not legal to use canola oil in infant formulate. There have been what I think are valid concerns about canola oil retarding growth in children. Specifically, the eroric acid in canola oil is harmful to infants due to an inability to properly break it down. The FDA previously made the use of canola oil illegal in baby formula. However, as of a few years ago, canola oil made it to the generally recognized as safe list. (11)

Not only is it highly concerning to feed developing infants a GMO oil, but it's also highly questionable to give them unhealthy fats.

Proponents brag about canola's overall healthy fat profile, but

I don't buy it. Now it's being sold in the form of a baby's first meal. Of

course, I highly encourage skipping the commercial formulas and opting for [breastfeeding](#) or, if necessary, [homemade baby formula](#).

## 5 Increases Intake of Unhealthy Trans Fats

According to a study published in the *Journal of Food Lipids*, when soybean and canola oils purchased in the U.S. were evaluated, “The trans contents were between 0.56% and 4.2% of the total fatty acids.” [\(12\)](#)

When canola oil undergoes hydrogenation, which it often does to become a partially hydrogenated oil, this increases its level of [trans fats](#). These are a group of fats you want to avoid as much as possible since they’re scientifically known to increase LDL cholesterol and lower [HDL cholesterol](#).

When you read “partially hydrogenated oil” on any food label, that guarantees there is some amount of trans fat present. This is true even when the label tells you that there is zero trans fat. How can that be? Well, if a serving contains less than 0.5 grams, the company is allowed to indicate there are no trans fats. Frustrating, I know. [\(13\)](#)

Trans fatty acids are hazardous byproducts of food processing and are truly health destroyers. In fact, if you decide to get rid of your canola oil, I would also stop cooking with these oils as well: corn oil, safflower oil, soy oil and vegetable oil.

## 6 Numerous Potential GMO Health Side Effects

I already mentioned the link between GMOs and negative liver and kidney implications, but it doesn’t stop there. According to the Center for Food Safety, there are several new and very serious health concerns and unexpected effects of genetic engineering unearthed by scientific research: [\(14\)](#)

- Toxicity
- Allergic reactions

- Immuno-suppression
- Cancer
- Loss of nutrition

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