

Hydrogenated Oils-Silent Killers

by columnist, David Lawrence Dewey

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David Lawrence Dewey was the first journalist to raise the warning flag to consumers concerning the deadly health effects of hydrogenated oils in 1998.

The article is the most comprehensive and extensive article on the net about hydrogenated oils. The article explains what they are, when they started being used, and the deadly effects they cause from coronary heart disease, to diabetes type II, to cancer and autoimmune diseases.

Provided are numerous references and links to research studies from Harvard Medical Research, The Helsinki Institute and other reputable research centers around the world. The article has been read by nearly 12 million readers since 1998 and is continuously being updated.

UPDATE 8-10-2005

Hold That Fat.. New York Asks Its Restaurants

August 10th, 2005

The New York City health department today urged all city restaurants yesterday to stop serving food containing trans fats, chemically modified ingredients that health officials say significantly increase the risk of heart disease and should not be part of any healthy diet.

The request, the first of its kind by any large American city, is the latest in the battle against trans fats, components of partially hydrogenated vegetable oils, which three decades ago were promoted as a healthy alternative to saturated fats like butter.

In 1996, when I first wrote about the serious health dangers of hydrogenated oils, there were many that thought I was nuts. Interesting how when one keeps telling the truth, eventually people will start to listen.

I hope and pray that this will continue across the country and more and more cities and states will not only ask, but enact laws to ban hydrogenated oils/trans fats as Denmark did in 2003.

Two years ago, I began working with over 400 mothers across the country in which a massive letter writing campaign began to the FDA and Congressman. The outcome of that was by January 1st, all food labels must list the percentage of trans fats, the by-product of hydrogenated oils. In addition, these brave mothers, out of concern for their children, have forced school boards to remove junk food machines and soft drink machines, especially diet soft drink containing the deadly sweetener aspartame from over 200 schools nationwide.

In addition, through PTA associations, they have made school cafeterias stop serving foods containing hydrogenated oils to their children. If this has not been done in your school districts, as a concerned Mother, you should get with other mothers in your school districts and demand these changes. Your children's health is at risk.

Since this story came out today and hit the news, I've received hundreds of emails and they are still coming in.

Here is an example of one:

David..

Your years of fighting hydrogenated oils has paid off again. I heard on the news today that New York City Health officials have asked restaurants to stop using hydrogenated oils in their businesses.

Your years of fighting hydrogenated oils has paid off again. This sets a tone that hopefully will now be followed across the country.

You should be proud that you have saved countless lives over the years with your hydrogenated oils column.

And David, thank you for turning me on about hydrogenated oils seven years ago! After I read your column and eliminated these deadly oils from my families diet, you won't believe how our health problems went away, allergies, stomach, you name it. You literally helped make my family healthier! Thank you so much!

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