

Between Food and Health

**Transcription of this Lecture
on YouTube**

Pictures included

Dr. Chris Knobbe

**'Diseases of Civilization: Are Seed Oil Excesses the Unifying
Mechanism?'**

**13 June 2020
Low Carb Down Under**

CONTENT

- Transcription of the lecture of dr. Chris Knobbe on YouTube with the pictures.
- Woordenlijst alfabetisch
- Vertaalde transcriptie in het Nederlands zonder de plaatjes.

Transcript <https://youtu.be/7kGnfXXIKZM>

Ladies and gentlemen, could the seed oils be the primary cause of the diseases of civilization: heart disease, hypertension, stroke, cancers, type-2 diabetes metabolic syndrome, obesity, Alzheimer's disease, macular degeneration, the list goes on and on and could these so-called heart healthy vegetable oils actually and ironically be the primary cause of heart disease and the major cause of all these other diseases of civilization as well?

Take a look at this front page of an article from Harvard if you would.



Now dare I have the audacity to question the Harvard School of Public Health and the nutrition department of Tufts University and The nutrition department of Mayo Clinic and the American Heart Association?



Yet that is exactly what I will do today and this is exactly the hypothesis that I will present and defend today because I believe in it.

So, why would I think this?

Paracelsus dictum states that the *dose* makes the poison and we're consuming these highly pro-oxidative pro-inflammatory toxic seed oils in massive doses and consumption has spread all around the world and the entire world is becoming overweight obese and sick and it's not their fault.

My charge to you today is that while processed foods are driving virtually all of this chronic disease of the processed food components and there's basically only four it is the seed oils that are the primary drivers because they are the biological poisons they are poisons plain and simple and today I'll try to show you how and why.

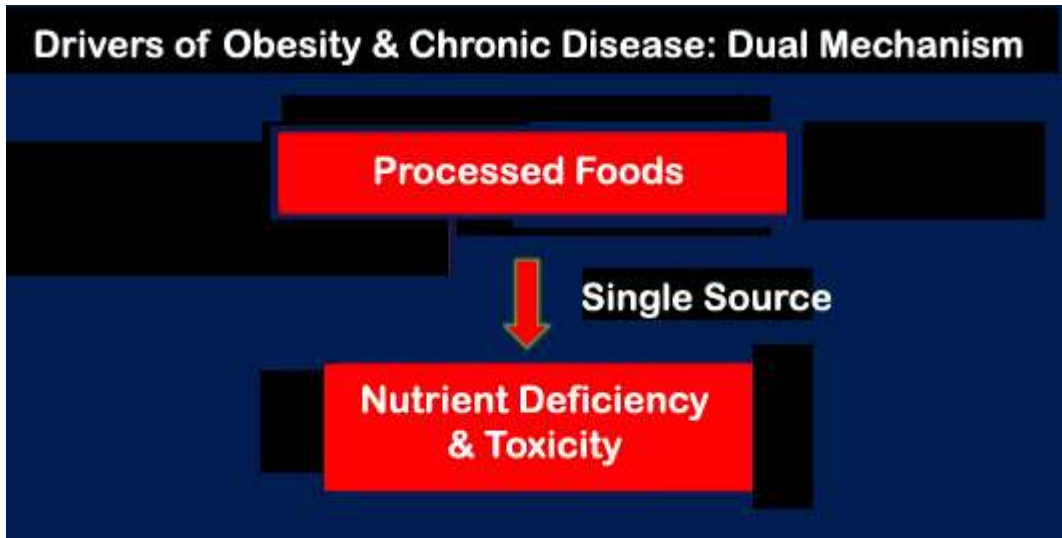
So my financial disclosures first, I'm a book author. I'm a researcher and I'm the founder and president of cure AMD Foundation. I accept no compensation for any of these roles.

So I apparently have no financial interests? That's not really true, because we still like to eat.

So anyway, what I will submit to you is that there are really two primary drivers of obesity and chronic disease. Yes obesity and chronic disease that it's *nutrient deficiency* and *toxicity*, but there's only a single source for this and it's *processed foods*.

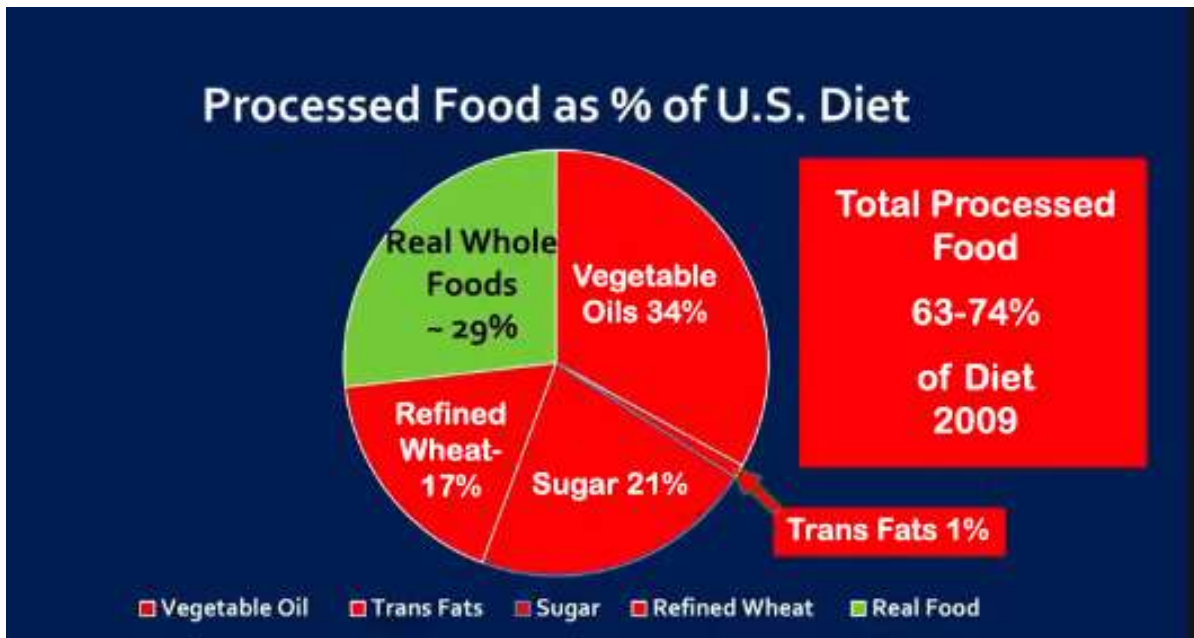


So I know this is not news to you but this is so fundamentally and critically important I believe and if you think about this if you flip this on its head



processed foods are the sole driver of nutrient deficiency and toxicity and we're not paying nearly enough attention, I don't believe, to nutrient deficiency or toxicity either one.

Now if you look at processed food as a percentage of the American diet all this in the red you see as of 2009 63 to 74 percent of the American diet



Is made up of processed food and processed food is just four things: Vegetable oil, trans fats, sugar and refined wheat flour.

And if you add in alcohol that adds another 70% [Joke] so what this means is this: None of that has virtually any micronutrients, you don't get vitamins out of that and it's really mineral deficient as well.

So that means you've got 29 percent of your diet left to give you all of your nutrients right and we haven't even gotten into the toxicity of the processed foods, and you can have a lot of toxicity with poly-unsaturated vegetable oils, transfats and at least the fructose component of sugar.

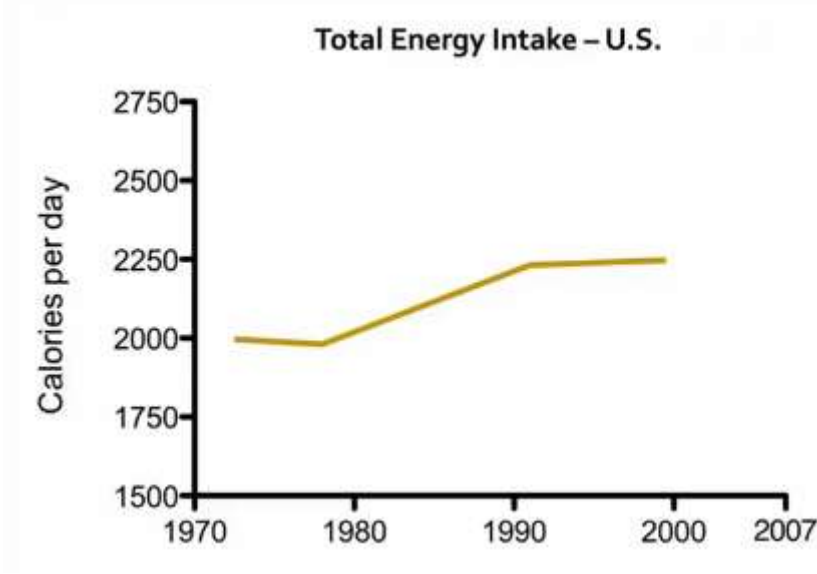
I went to medical school 1986 to 1990 and I'm going to give you more history

About medicine in the next four or five minutes that what I got in four years of medical school. I promise you.

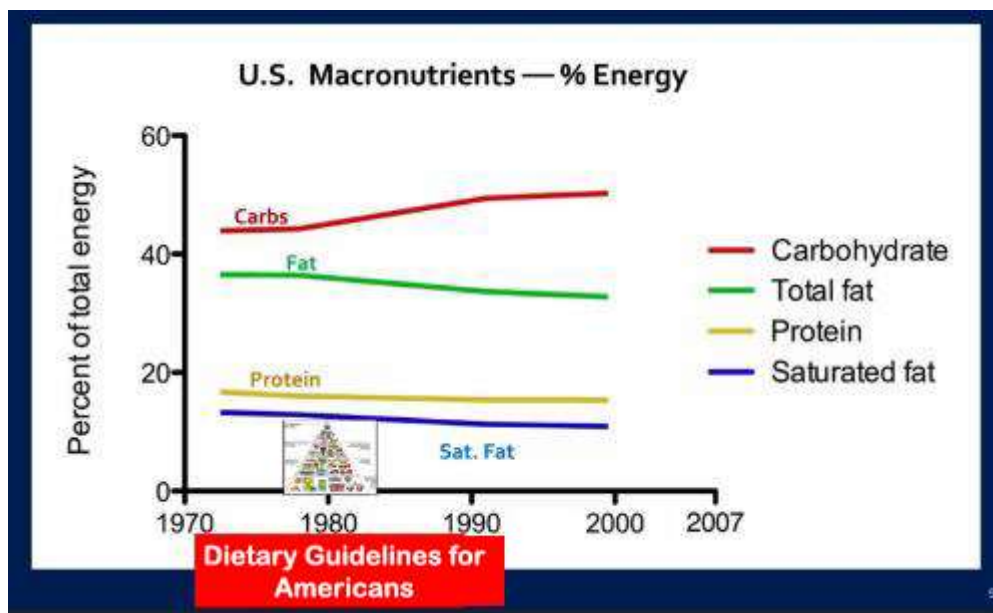
So because I think this is critically important and when we look at this and then we correlate it to the diet It's powerful. So here's what we usually see right the world is getting heavier. The United States leads the way, we're winning this race and here's where the US dietary guidelines were introduced 1980



And we know total energy intake over the next decade went up about



250 calories a day. Everybody's probably seen this and then the next thing that often, you know, said is as you can see carbs (koolhydraten) went up, fat went down.



Carbs are the problem, right? Not so fast!

The fat composition here is still changing and that is going to be the crux of what I'll try to show you today.