



Supporting the birth that is right for you!

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Curious how your food is made?

By Rebecca Pugh

Hydrogenation

Hydrogenated oils are harmful and here is why...

The process begins with already rancid oils that are mixed with metals like nickel oxide. Soap-like emulsifiers are added and then starches to build consistency. This mixture is heated as it is “steam cleaned” to remove the foul odor that results from processing. The oils must then be bleached, a carcinogenic process, because they take on an ugly grayish color. Then the oils are dyed and flavored artificially to resemble natural butter.

These oils are dangerous to consume. The processing prevents our bodies from receiving the nourishment unprocessed oils provide. Hydrogenated oils disturb normal cell metabolism and therefore blocks the utilization of essential fatty acids. Without fatty acids we are susceptible to sexual dysfunction, increased blood cholesterol, and damage to our immune system. Use of these oils is associated with diabetes, obesity, low-birth weight babies, atherosclerosis, and poor vision, problems with lactation, and troublesome bones and tendons.

Homogenization

Homogenization is the process by which the fat in cream is strained through tiny pores under severe pressure. This results in fat particles, reduced in size, that stay suspended in milk rather than separating and floating to the top. The milk is then more susceptible to spoiling and oxidation.

This process results in fats that are difficult to digest and more likely to cause heart disease.