

# # 1 Worst Food That Causes Aging and Cancer

*(You are probably eating this food daily without realizing it!)*

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Today I would like to share with you some information about the food that is causing the most damage to your body and may be activating the cancer cells within your body.

Did you know that many diseases, as well as premature aging, are preventable by eating certain foods and avoiding others?

It is very important to **understand the relationship to the food you eat and how your body reacts to it** because it can help you prevent disease and heal your body.

## The Free Radicals

Free radicals are the first things you need to understand about cancer and aging in the body. These are the *major causes of both cancer and aging*.

Here is a brief explanation of free radicals:

When weak atom bonds split, unstable free radicals are formed. These free radicals find and attach to another electron, in order to replace the one they're missing. This results in stealing an electron from a whole molecule and leaving another free radical behind. The process, as you can understand, becomes a chain reaction.

Our bodies are equipped to handle these free radicals to a certain extent, but in this modern age, the processed foods we consume are definitely taking a toll on how

our bodies react.

Which brings me to today's topic on the worst food that causes aging and cancer!

Okay... Are you ready to know the number one food that ages you and causes cancer?

***The answer to this is RANCID OIL.***

If you go into your kitchen right now and open your cabinet, there's a high probability that you will find one of the following oils inside: Soybean oil, canola oil, safflower oil, grapeseed oil or corn oil. These are referred to as ***polyunsaturated oils***.

The structure of polyunsaturated oils is unstable because they have two carbon atoms double bonded to each other and many pairs of hydrogen atoms missing a bond. This goes back to what I told you about free radicals. These oils become rancid and produce free radicals very easily. This happens through the process of heating or exposing them to air or light, which is called **oxidation**.

And guess what else?

Before you bring these oils home...while they are sitting on the shelf in the grocery store...they are probably already rancid!

They have already been exposed to high heat in the extraction process and then they are deodorized and bleached so that you, the consumer, will think that they are perfectly healthy to put into your body.

After you bring the oils home, you begin to cook with them which involves heating them to high temperatures and this causes them to become even more rancid!

As you can see, there are many opportunities for you to involuntarily use rancid oils in your cooking at home.

So, you've decided to stop cooking with polyunsaturated oils altogether and make the switch to more stable oils for cooking (which I will address a little later in this article).

Now you don't have to worry about free radicals in the foods you eat, right?

## WRONG.

What about all the food you're consuming that you don't make from start to finish, in other words...processed foods?

What about the fast food restaurant that you conveniently frequent on your commute home from work a few times each week?

*Processed foods and foods found in fast food restaurants are huge culprits for rancid oils!*

If you look at the ingredient list of many packaged (aka processed) foods you will notice that they often include many of these oils. The umbrella term for these oils is "vegetable oil" which includes a mixture of soybean, canola, or corn oil. It is virtually impossible to avoid these oils when you consume processed foods.

This is why it is necessary to read the ingredients and not just the nutritional information. It is important to understand that the nutritional breakdown on the label of a package does not give you the whole story. It tells you how much fat is in a product but it forgets to mention that the oils used are rancid and that ingesting these oils damages your cells and puts you on the fast track for cancer.

When you are armed with the information about what these oils do to your body, you will be able to make better decisions and choose products that do not contain these rancid oils.

Now, don't forget I mentioned fast food having rancid oils too. McDonald's uses a "canola oil blend" for their French fries. Fast food companies use these oils because they are cheap.

They use propaganda to convince you that the food they serve you is healthy. It's all in the name of making money at whatever expense. Even at the expense of your health...



So, you now understand what free radicals do and the fact that they cause cancer and aging...

And you understand that you must avoid rancid oils to avoid excessive exposure to free radicals...

I will share with you information about what oils that are safe to consume, as well as what foods you can eat to reduce free radicals.

The other two types of oils/fats that exist are **saturated** and **monounsaturated**.

### **The Saturated Fats**

Saturated fats are stable and are not as vulnerable to oxidation, therefore they are safe to cook with and consume. Examples of saturated fats are coconut oil, butter, and lard. Keep in mind that using butter in its pure form is healthy in moderation, but margarine or butter substitutes consist of the same rancid oils only in a different package. It is also a wise idea to buy unrefined, cold-pressed, organic coconut oil as to guarantee a better quality, non-rancid product.

### **The Monounsaturated Oils**

Monounsaturated oils are not as heat resistant as saturated oils, but they are great to use if they are cold-pressed and organic. Olive oil is an example of monounsaturated oil. I don't advise using olive oil to cook with at high heats, but for low temperature sautéing and for salad dressings, it is very healthy oil.

Now, I want to address some foods that you can consume to reverse or stop the damage that your body has accumulated through eating rancid oils.

I'm sure you've heard that blueberries, green tea, and even dark chocolate are good for your body in moderation.

Do you know why?

It's because of the presence of antioxidants in these foods. Eating these foods counteracts the damage being done by free radicals. Antioxidants stop the effect of free radicals by stabilizing the chain reaction caused by the free radicals bonding to your

healthy cells.

Antioxidant vitamins are available and you can take them every day, but I believe it is best if you get antioxidants from whole foods in their least processed state. After all, if you're busy eating antioxidant rich foods you won't be busy consuming free radical laden rancid oils!!

In addition to the antioxidant rich foods I mentioned, there are many more. If it's a fruit, veggie, or green in its whole food form with minimal processing (that means nothing with a long ingredient list coming out of a package), then it probably contains antioxidants.

Energize Greens also contain PLENTY of super greenfoods to protect yourself against these free radicals. You can watch the video below and find out more about how Energize Greens is such a powerpacked antioxidant supplement that can reverse aging and boost your health.

**[>> 5 Antioxidant Superfoods That Reverse Aging & Protect Your Health <<](#)**

I hope you can use this information to make better choices for yourself and your family.

Remember, big companies that make packaged foods and fast food chains are not concerned with your health but are concerned with making a profit.

Therefore, we all have the responsibility to take our health and well-being into our own hands. We can do this by educating and informing ourselves about the many safe and effective ways to prevent cancer and premature aging.