<Untitled Chapter 1>

Introduction to seed oils

You've likely heard about seed oils and You've likely heard about seed oils and that they're bad for you. But beyond that they're bad for you. But beyond that, you might be left where we break that, you might be left where we break down complexities.

down complexities. >> What are they? What are they called on >> What are they? What are they called on labels? How do I avoid them? What are labels? How do I avoid them? What are they actually doing in my body?

they actually doing in my body? >> I'm there you're not really. And that's >> I'm there you're not really. And that's why today I'm taking an opportunity to why today I'm taking an opportunity to understand their health about seed oil.

understand their health about seed oil. In each episode, I'll bring you insight In each episode, I'll bring you insight to strategies for our health and science to strategies for our health and science back solutions back solutions journey, she's been the adviser to journey, she's been the adviser to George Foreman and the UAE royal family George Foreman and the UAE royal family and now she's the co-author of the book, and now she's the co-author of the book, The Truth About Seed Oils.

The Truth About Seed Oils. This episode is such an incredible This episode is such an incredible resource of information. And I honestly resource of information. And I honestly learned a lot about, you know, the learned a lot about, you know, the backstory of seed oils, how they came backstory of seed oils, how they came about, and really what they're doing in about, and really what they're doing in our body. They are so inflammatory, and our body. They are so inflammatory, and it's really incredible just how many it's really incredible just how many different ways they can impact our body different ways they can impact our body and all the health concerns they can and all the health concerns they can really be behind. She also, you know, really be behind. She also, you know, not only is she breaking down the not only is she breaking down the science in this conversation, she also science in this conversation, she also gives really practical ways to shift gives really practical ways to shift your diet and gives you really your diet and gives you really reasonable expectations of how how reasonable expectations of how how you're going to feel better, when you're you're going to feel better, when you're going to feel better. So, I I love how going to feel better. So, I I love how she breaks it down and makes it really she breaks it down and makes it really useful. I think you're going to find useful. I think you're going to find this to be a really incredible, helpful this to be a really incredible, helpful tool to be able to shift your diet for tool to be able to shift your diet for yourself, for your family, and hopefully yourself, for your family, and hopefully see some really incredible outcomes from see some really incredible outcomes from it. Sherry, thank you so much for being it. Sherry, thank you so much for being with me today.

with me today. >> Oh, thank you for inviting me. Excited >> Oh, thank you for inviting me. Excited to talk about my favorite subjects. to talk about my favorite subjects. >> Yeah.

Cherie's background and personal health journey

>> Yeah. >> Yeah. >> Um, so to start, I mean, you've been in >> Um, so to start, I mean, you've been in the nutrition world for decades, and I'm the nutrition world for decades, and I'm curious what got you passionate and curious what got you passionate and wanting to talk about and write about wanting to talk about and write about seed oils.

seed oils. Well, it all started with my own health Well, it all started with my own health and just getting interested in and just getting interested in nutrition. Back in my 20s, at chronic nutrition. Back in my 20s, at chronic fatigue

syndrome and fibromyalgia, and fatigue syndrome and fibromyalgia, and no one knew what to do. they still don't no one knew what to do. they still don't for those conditions. So, um, after for those conditions. So, um, after seeing a few doctors and being seeing a few doctors and being disappointed, I thought, I got to take disappointed, I thought, I got to take some control myself, if I'm ever going some control myself, if I'm ever going to get better. And so, I went to some to get better. And so, I went to some health food stores and talked to people health food stores and talked to people there and they asked me what I was there and they asked me what I was eating. Nobody had asked me what I was eating. Nobody had asked me what I was eating. It was all junk food, fast food.

eating. It was all junk food, fast food. I was a sugarolic. I was a sugarolic. I hated vegetables. No wonder I was I hated vegetables. No wonder I was sick. So, I learned about juicing. I sick. So, I learned about juicing. I bought my first juicer and did a bought my first juicer and did a five-day vegetable juice fast. On day five-day vegetable juice fast. On day number five, my body expelled a tumor number five, my body expelled a tumor about that size, about the size of a about that size, about the size of a golf ball with blue blood vessels golf ball with blue blood vessels attached. So, it looked like somebody attached. So, it looked like somebody cut them and something had. It was the cut them and something had. It was the phytonutrients that we now know about phytonutrients that we now know about that are nature scissors, I call them, that are nature scissors, I call them, or god scissors. and uh they halt or god scissors. and uh they halt angioenesis, the growth of those blood angioenesis, the growth of those blood vessels to the tumors that feed the vessels to the tumors that feed the tumors. So I was flooding my body with tumors. So I was flooding my body with all sorts of phytonutrients and they all sorts of phytonutrients and they were doing their job. And um I was young were doing their job. And um I was young so that makes a difference too. My body so that makes a difference too. My body was like gung-ho. Let's just tackle this was like gung-ho. Let's just tackle this thing. And um I thought well tomorrow thing. And um I thought well tomorrow morning I'm going to wake up well and I morning I'm going to wake up well and I didn't. I was on a journey and we know didn't. I was on a journey and we know about that journey as practitioners in about that journey as practitioners in holistic health. It's linear or maybe holistic health. It's linear or maybe not even linear. Two steps forward, a not even linear. Two steps forward, a step back, you you get a little better, step back, you you get a little better, you get a little worse. And I thought, you get a little worse. And I thought, well, I got great results. I'm sticking well, I got great results. I'm sticking with this. So, I just ate mostly with this. So, I just ate mostly vegetables, ancient grains, legumes like vegetables, ancient grains, legumes like beans, lennels, split peas. I went vegan beans, lennels, split peas. I went vegan that summer and thought and lots of that summer and thought and lots of juice and smoothies. and I'm getting juice and smoothies. and I'm getting well no matter what. I'm gonna stick well no matter what. I'm gonna stick with this and I'm gonna be well. It took with this and I'm gonna be well. It took me about three months, but one day I me about three months, but one day I woke up and thought, "Wow, I'm a brand woke up and thought, "Wow, I'm a brand new person." And it wasn't just boom, new person." And it wasn't just boom, that day I got well. I had been working that day I got well. I had been working toward healing all the way along. It was toward healing all the way along. It was just that one day I felt it. And so, uh, just that one day I felt it. And so, uh, I was so impressed and and, um, I I I was so impressed and and, um, I I realized though thinking that was a cure realized though thinking that was a cure and I could go on with my way of life, I and I could go on with my way of life, I realized I couldn't I couldn't have realized I couldn't I couldn't have those cheeseburgers and fries and fried those cheeseburgers and fries and fried chicken and pizza with my friends. Um, I chicken and pizza with my friends. Um, I had a new way of life that I needed to had a new way of life that I needed to carve out. And when I discovered how carve out. And when I discovered how powerful that was, I thought, I'm going powerful that was, I thought, I'm going back getting my master's degree in whole back getting my master's degree in whole foods nutrition. And that has led me a foods nutrition. And that has led me a many steps to today where I'm talking many steps to today where I'm talking about the dangers of seed oils. And about the dangers of seed oils. And that's been another strong topic on my that's been another strong topic on my heart that people need to know about heart that people need to know about that. Uh in addition to what do you eat, that. Uh in addition to what do you eat, what don't you eat and this is what you what don't you eat and this is what you don't eat and we need to get those nasty don't eat and we need to get those nasty things out of our diet too. Mhm. I feel things out of our diet too. Mhm.

How seed oils entered the food supply

I feel like, you know, nowadays, especially like, you know, nowadays, especially people who are more health consscious, I people who are more health consscious, I feel like people are aware of seed oils feel like people are aware of seed oils and more worried about seed oils. But and more worried about seed oils. But when we were

growing up or, you know, when we were growing up or, you know, when we're in our 20s, like your when we're in our 20s, like your experience, experience, experience, >> it was more of, you know, oh, don't eat >> it was more of, you know, oh, don't eat the butter and the lard and the the butter and the lard and the traditional fats. Go with canola oil. Go traditional fats. Go with canola oil. Go with vegetable oil. These are so much with vegetable oil. These are so much healthier. You know, the margarine and healthier. You know, the margarine and the lowfat things. Where did that even the lowfat things. Where did that even come from? Oh, it all started come from? Oh, it all started well way back at the turn of the last well way back at the turn of the last century century century when there were mounds and mounds of when there were mounds and mounds of cotton seeds rotting, piling up, and cotton seeds rotting, piling up, and nobody knew what to do with them. And so nobody knew what to do with them. And so they came up with, well, let's make oil they came up with, well, let's make oil out of them so we can use them all up out of them so we can use them all up and get rid of these piles of cotton and get rid of these piles of cotton seeds. And so they made a smelly, dark, seeds. And so they made a smelly, dark, awful oil that they used on machinery.

awful oil that they used on machinery. That's where it all started. And uh that That's where it all started. And uh that took us into World War II and they used took us into World War II and they used it on aircraft and ships, lubricant. Uh it on aircraft and ships, lubricant. Uh but something else happened during World but something else happened during World War II. The ships carrying coconut oil, War II. The ships carrying coconut oil, tropical oils couldn't make it through tropical oils couldn't make it through the waters. So manufacturers said well the waters. So manufacturers said well and by this time they had also refined and by this time they had also refined those oils to make a cooking oil, a those oils to make a cooking oil, a clear golden odorless oil that you could clear golden odorless oil that you could use for cooking. But it was small. The use for cooking. But it was small. The market was small. But during the war, market was small. But during the war, they thought, well, there here's the they thought, well, there here's the perfect opportunity. Let's step up our perfect opportunity. Let's step up our marketing campaign and and roll uh these marketing campaign and and roll uh these oils out to the American uh cook and oils out to the American uh cook and call it vegetable oil because who call it vegetable oil because who doesn't want vegetables, right? And um doesn't want vegetables, right? And um and so lobbyists and marketing and and so lobbyists and marketing and researchers and cookbook writers were researchers and cookbook writers were hired and everybody got on board for the hired and everybody got on board for the new modern healthy heart healthy. They new modern healthy heart healthy.

The rise of heart disease and the lipid hypothesis

They called it vegetable oil. And another called it vegetable oil. And another thing happened during that time toward thing happened during that time toward the end of the war in the early 50s. All the end of the war in the early 50s. All of a sudden, heart disease uh jumped way of a sudden, heart disease uh jumped way up in heart attack.

up in heart attack. So before then, if you look at a bar So before then, if you look at a bar graph, you see a little small bar and graph, you see a little small bar and and then you see it grow and grow and and then you see it grow and grow and grow in just a few years. And people grow in just a few years. And people were scared and they were saying, were scared and they were saying, "What's going on? And why? Why is my "What's going on? And why? Why is my neighbor dropping over dead and my neighbor dropping over dead and my uncle? And people wanted answers. And so uncle? And people wanted answers. And so they got to work on autopsies and found they got to work on autopsies and found little mounds, of course we know that as little mounds, of course we know that as plaque, of cholesterol and fat and plaque, of cholesterol and fat and calcium and who knows what else is in calcium and who knows what else is in there mounding up in the arteries. But there mounding up in the arteries. But nobody looked at what's beneath. Well, nobody looked at what's beneath. Well, some did, but their voices weren't some did, but their voices weren't heard. There was irritation there.

heard. There was irritation there. That's what started it all. That's what started it all. And we get a unlike on our skin, we get And we get a unlike on our skin, we get a scab that has cholesterol in it too a scab that has cholesterol in it too inside on those ir irritated points in inside on those ir irritated points in the arteries. We get the mounds covering the arteries. We get the mounds covering those like a scab would do on our skin.

those like a scab would do on our skin. And they didn't look at what what caused And they didn't look at what what

caused that irritation in the arteries. What that irritation in the arteries. What why did this suddenly happen? You know, why did this suddenly happen? You know, it never happened before. And why is it never happened before. And why is this happening now? And so they just this happening now? And so they just went for the fat and cholesterol that went for the fat and cholesterol that was in the plaque. And we the lipid was in the plaque. And we the lipid hypothesis, lipid meaning fat hypothesis hypothesis, lipid meaning fat hypothesis was born that we shouldn't eat fat. So was born that we shouldn't eat fat. So out went the butter and the cheese, the out went the butter and the cheese, the dairy products, the the lard, the beef dairy products, the the lard, the beef tallow, as you mentioned, the red meat, tallow, as you mentioned, the red meat, uh the eggs. Out the door they went.

uh the eggs. Out the door they went. These are suddenly no longer good for These are suddenly no longer good for us. and no coconut oil cuz that has some us. and no coconut oil cuz that has some saturated fat in it. And we're going to saturated fat in it. And we're going to go with the modern heart healthy go with the modern heart healthy vegetable oils. And uh they made a big vegetable oils. And uh they made a big donation to the American Heart donation to the American Heart Association. And so that organization Association. And so that organization grew and also um encouraged people to grew and also um encouraged people to eat the new modern vegetable oils that eat the new modern vegetable oils that were golden and pretty and could sit on were golden and pretty and could sit on your shelf forever and not need your shelf forever and not need refrigeration. That should tell you refrigeration. That should tell you something right there. But anyway, something right there. But anyway, that's how it all started. And did it that's how it all started. And did it solve our problem? No. Did industrial solve our problem? No. Did industrial man-made oils heal us? No. Heart man-made oils heal us? No. Heart disease, heart attack is still the disease, heart attack is still the number one killer in America. And we are number one killer in America. And we are still uh in dire straits. And believing still uh in dire straits. And believing that these oils are our answer.

that these oils are our answer. manufacturers still use them big time in manufacturers still use them big time in all sorts of packaged foods, snack all sorts of packaged foods, snack foods, restaurants use them. They're foods, restaurants use them. They're just all over the US everywhere you just all over the US everywhere you turn. And most people are eating them turn. And most people are eating them three times a day. You know, breakfast, three times a day. You know, breakfast, lunch, and dinner. I always say, what's lunch, and dinner. I always say, what's killing us? Breakfast, lunch, and killing us? Breakfast, lunch, and dinner. And all the snacks, too. And the dinner. And all the snacks, too. And the snack convenient, yummy snacks.

snack convenient, yummy snacks. >> Wow. I mean, yeah, that's just just with >> Wow.

The hateful eight u2014 what seed oils actually are

I mean, yeah, that's just just with that story alone, you're like, "Oh my that story alone, you're like, "Oh my gosh, gosh, gosh, >> why why are you doing this?" I >> why why are you doing this?" I appreciate you taking us through that.

appreciate you taking us through that. >> Um, in your book, you call the seed oils >> Um, in your book, you call the seed oils the hateful eight. Can you walk us the hateful eight. Can you walk us through what those are? And even as through what those are? And even as people are, you know, looking at people are, you know, looking at packagings just so they understand what packagings just so they understand what seed oils really are, what makes those seed oils really are, what makes those up?

up? up? >> Yes. Cuz, uh, often it'll say vegetable >> Yes. Cuz, uh, often it'll say vegetable oil too on your package. But they are oil too on your package. But they are canola, which is rape seed oil. We were canola, which is rape seed oil. We were told for a long time that was really told for a long time that was really healthy, very healthy oil. Um, grape healthy, very healthy oil. Um, grape seed oil. That was the other one that seed oil. That was the other one that was marketed for being very healthy and was marketed for being very healthy and it's not. Safflower, sunflower, corn, it's not. Safflower, sunflower, corn, soy, peanut, rice brand oil, cotton seed soy, peanut, rice brand oil, cotton seed oil. So, it's the eight plus a couple.

oil. So, it's the eight plus a couple. >> And those are not good oils. And there >> And those are not good oils. And there are still a lot of like manufacturers are still a lot of like manufacturers and restaurant owners that believe and

restaurant owners that believe canola in particular is very canola in particular is very heart-healthy and will proudly display heart-healthy and will proudly display it on a menu or a manufacturer will put it on a menu or a manufacturer will put it into um their products and um proudly it into um their products and um proudly display it and it is not hearthealthy.

display it and it is not hearthealthy. So, we have to be aware and read labels. So, we have to be aware and read labels. And I always say, well, now we have our And I always say, well, now we have our phones, so but I shop a little phones, so but I shop a little magnifying glass that has a light on it, magnifying glass that has a light on it, so I can see what's in there. Um, but so I can see what's in there. Um, but manufacturers are getting very smart manufacturers are getting very smart that we're label readers now, a lot of that we're label readers now, a lot of us. And so, they're putting it smaller us. And so, they're putting it smaller and smaller print and often white on a and smaller print and often white on a light color background.

light color background.

Reading labels and voting with your dollar

>> So, now the best thing is maybe take a >> So, now the best thing is maybe take a picture with your phone and just blow it picture with your phone and just blow it up so you can see exactly what's in up so you can see exactly what's in there. and start avoiding them because there. and start avoiding them because number one, we are the managers of our number one, we are the managers of our health. Nobody else is going to and when health. Nobody else is going to and when we break down and expect somebody to fix we break down and expect somebody to fix us, often they can't. You know, they us, often they can't. You know, they don't know what to do. So, we have to don't know what to do. So, we have to take care of ourselves. And also, how take care of ourselves. And also, how are we going to make changes in America?

are we going to make changes in America? We vote with our dollar, vote with our We vote with our dollar, vote with our wallet, and we say no that way. And wallet, and we say no that way. And eventually manufacturers, restaurants, eventually manufacturers, restaurants, big fast food chains are going to get big fast food chains are going to get the message. We don't want this. Maybe the message. We don't want this. Maybe we should make a change. Maybe we should we should make a change. Maybe we should cook those fries in avocado oil, which cook those fries in avocado oil, which has very high smoke point. Or beef has very high smoke point. Or beef tallow, another one with a very high tallow, another one with a very high smoke point. Um, maybe we should fry the smoke point. Um, maybe we should fry the chicken in a different oil. How about chicken in a different oil. How about avocado oil? How about fish and chips?

avocado oil? How about fish and chips? Maybe we better do that in a different Maybe we better do that in a different oil. manufacturers for the crackers and oil. manufacturers for the crackers and the chips and the salad dressings and the chips and the salad dressings and the mayo and the baked goods. How about the mayo and the baked goods. How about a different oil? You know, they'll get a different oil? You know, they'll get the message eventually. Here. Here.

the message eventually. Here. Here. Yeah. I feel like for so many people Yeah. I feel like for so many people because those oils are cheaper, the because those oils are cheaper, the products can be cheaper. And when people products can be cheaper. And when people are shopping, they're like, "Well, it's are shopping, they're like, "Well, it's so much cheaper than the organic food or so much cheaper than the organic food or than, you know, the foods that have the than, you know, the foods that have the healthy oils." But I completely agree healthy oils." But I completely agree with you. If we vote with our dollars, with you. If we vote with our dollars, those things will have to become more those things will have to become more economical. those things will have to be economical. those things will have to be the standard. So, yeah, I love that.

the standard. So, yeah, I love that. >> It Yes, they will. And you know, people >> It Yes, they will. And you know, people say that to me a lot, like, "Wow, say that to me a lot, like, "Wow, organic costs more." And getting a a a organic costs more." And getting a a a good health food store cracker with no good health food store cracker with no seed oils, that's more money, and fewer seed oils, that's more money, and fewer crackers. And, you know, the

story goes crackers. And, you know, the story goes on. But what are you paying at the other on. But what are you paying at the other end of things end of things >> when you're sick? When you're not >> when you're sick? When you're not feeling well, not only are you paying feeling well, not only are you paying maybe a co-pay for doctor's maybe a co-pay for doctor's appointments, maybe a co-ay for the appointments, maybe a co-ay for the prescription drugs, u maybe you don't prescription drugs, u maybe you don't even get a co-ay, maybe you have to pay even get a co-ay, maybe you have to pay full price, you have missed days of full price, you have missed days of work, you have missed events in life.

work, you have missed events in life. What is all of that costing us at the What is all of that costing us at the other end? I say it's huge. And if we other end? I say it's huge. And if we really started adding it all up and what really started adding it all up and what it's costing our families um with with it's costing our families um with with sick days and missed events uh and not sick days and missed events uh and not being able to go for things in life like being able to go for things in life like we normally would, it's costing us huge.

we normally would, it's costing us huge. I'd rather pay now a little bit more and I'd rather pay now a little bit more and not have to pay at the other end of not have to pay at the other end of things.

things. things.

How seed oils impact the body u2014 inflammation, disease, and more

>> Yeah, I completely agree with that. >> Yeah, I completely agree with that. Maybe to get into like what are these Maybe to get into like what are these oils doing in our body? How is it oils doing in our body? How is it impacting our health negatively?

impacting our health negatively? >> Oh, so many studies on that. And in my >> Oh, so many studies on that. And in my book, The Truth About Seed Oils, chapter book, The Truth About Seed Oils, chapter 2 is all about that. It's about the 2 is all about that. It's about the studies um linking seed oils to heart studies um linking seed oils to heart disease. First of all, cancer, the other disease. First of all, cancer, the other big killer in America. Um and not saying big killer in America. Um and not saying that it's the only thing that is causing that it's the only thing that is causing this. There's sugar and there's um uh this. There's sugar and there's um uh additives, all sorts of additives and additives, all sorts of additives and carcinogens, but seed oil is right up carcinogens, but seed oil is right up there at the top. There's diabetes, there at the top. There's diabetes, again, direct links, metabolic issues, again, direct links, metabolic issues, all sorts of metabolic issues. Obesity, all sorts of metabolic issues. Obesity, a a big link to obesity with seed oils.

a a big link to obesity with seed oils. So, weight gain, there's um about 3/4 of So, weight gain, there's um about 3/4 of our nation is either overweight or um our nation is either overweight or um obese. and huge link with seed oils to obese. and huge link with seed oils to that. And then emotional issues, that. And then emotional issues, anxiety, depression, aggression, studies anxiety, depression, aggression, studies linking seed oils to that. Well, anxiety linking seed oils to that. Well, anxiety is on the rise big time. Lots of people is on the rise big time. Lots of people are covering the story of young women on are covering the story of young women on anti-anxiety medications.

anti-anxiety medications. Why is that? We we have moral and Why is that? We we have moral and philosophical and spiritual reasons, but philosophical and spiritual reasons, but we also have physical reasons and we we also have physical reasons and we also have proof in scientific studies also have proof in scientific studies that these oils create oxidative stress that these oils create oxidative stress in the brain and that is causing all in the brain and that is causing all sorts of emotional issues for people.

sorts of emotional issues for people. And I've had people say they've gotten And I've had people say they've gotten off seed oils and things have really off seed oils and things have really changed for them. I had one young woman changed for them. I had one young woman that had migraine headaches for years.

that had migraine headaches for years. got off all seed oils, the headaches are got off all seed oils, the headaches are gone. They never came back. You know, we gone. They never came back. You know, we never know what's

going to clear up and never know what's going to clear up and improve until we stop eating certain improve until we stop eating certain things, start eating more of other things, start eating more of other things like in the vegetable category, things like in the vegetable category, things that really feed our body, whole things that really feed our body, whole foods, whole ancient grains, and and um foods, whole ancient grains, and and um other foods from the ground, from other foods from the ground, from nature. And um we're we will know how nature. And um we're we will know how good we could feel unless we do that.

good we could feel unless we do that. And of course, clean animal proteins. If And of course, clean animal proteins. If you're going to have the butter and the you're going to have the butter and the tallow and the red meat, make sure it's tallow and the red meat, make sure it's clean, that it's raised grass-fed and clean, that it's raised grass-fed and without the antibiotics and and all of without the antibiotics and and all of the additives that they give the the additives that they give the conventional farm raised animals. And so conventional farm raised animals. And so I've had so many people say, "Wow, I had I've had so many people say, "Wow, I had no idea. You know, I started adding no idea. You know, I started adding fresh juices. I'm known as a juice lady.

fresh juices. I'm known as a juice lady. I have to bring that up. But they I have to bring that up. But they started adding fresh juices in and they started adding fresh juices in and they started changing their diet and uh they started changing their diet and uh they said, "Wow, you know, pain left. I sleep said, "Wow, you know, pain left. I sleep better. I hear a lot about brain fog better. I hear a lot about brain fog just leaving. A lot of female issues just leaving. A lot of female issues clearing up. um like uh menstrual uh clearing up. um like uh menstrual uh issues um more regular menstrual um now issues um more regular menstrual um now uh women are enjoying rather than what uh women are enjoying rather than what they used to and and the cramps and the they used to and and the cramps and the pain lessening or not even there pain lessening or not even there anymore. It's like wow what happened you anymore. It's like wow what happened you know I went from I can't even go to work know I went from I can't even go to work one day a month to I'm free of this. So, one day a month to I'm free of this. So, it's just amazing and that's what I hope it's just amazing and that's what I hope to encourage everyone listening that to encourage everyone listening that when you start making some of these when you start making some of these changes, you may be shocked at what changes, you may be shocked at what improves in your body. Yeah. I mean, improves in your body. Yeah. I mean, that's fascinating. I feel like certain that's fascinating. I feel like certain things, again, more people are being things, again, more people are being informed of, oh, you know, seed oils informed of, oh, you know, seed oils aren't good for me, and they might think aren't good for me, and they might think of cardiovascular health, but man, of cardiovascular health, but man, you're right. Anxiety is off the charts you're right. Anxiety is off the charts nowadays, especially in women. And so nowadays, especially in women. And so few people would really think back of oh few people would really think back of oh it must be the seed oils. No one really it must be the seed oils.

Seed oils, anxiety, Alzheimer's, and sleep

No one really knows about that connection I don't knows about that connection I don't think. And also you know neuro think. And also you know neuro neurodeenerative disorders like neurodeenerative disorders like Alzheimer's is also skyrocketing Alzheimer's is also skyrocketing nowadays. Is that also connected? Yes it nowadays. Is that also connected? Yes it is. Um and dementia. So those two are is. Um and dementia. So those two are off the charts. And um and and again off the charts. And um and and again head scratchers like people don't really head scratchers like people don't really know what to do just try and manage it know what to do just try and manage it with drugs. So, I've um worked with some with drugs. So, I've um worked with some people that caught Alzheimer's early on, people that caught Alzheimer's early on, early stage, and have turned that around early stage, and have turned that around um by getting those seed oils out of the um by getting those seed oils out of the diet and getting the good things in. And diet and getting the good things in. And juicing is uh an amazing thing that will juicing is uh an amazing thing that will help to gently detox the whole body, help to gently detox the whole body, including the brain. And improving including the brain. And improving sleep, I just can't leave that out when sleep, I just can't leave that out when we talk about Alzheimer's and dementia, we talk about Alzheimer's and dementia, because sleep is directly related, poor because sleep is directly related, poor sleep to Alzheimer's and dementia. And sleep to Alzheimer's and dementia. And uh when you improve your sleep, that's uh when you improve your sleep, that's when your brain detoxes at night. I go when your brain detoxes at night. I go back to to the young women, why on earth back to to the young women, why on earth do are we seeing a giant spike in do are we seeing a giant spike

in anxiety for young women? Part of it, I anxiety for young women? Part of it, I believe, is all the stress in everyone's believe, is all the stress in everyone's lives and they aren't sleeping as much, lives and they aren't sleeping as much, aren't sleeping well. I I hear that from aren't sleeping well. I I hear that from a lot of young people. Um, I did an a lot of young people. Um, I did an event in Los Angeles and had a number of event in Los Angeles and had a number of young actors that stopped by where I was young actors that stopped by where I was signing my book and said, "Do you have signing my book and said, "Do you have anything for sleep?" I I don't sleep at anything for sleep?" I I don't sleep at all. I'm like all night wired and it's all. I'm like all night wired and it's crazy and I can't relax. And I think crazy and I can't relax. And I think we're just all hyped up on sugar and we're just all hyped up on sugar and caffeine and the stresses of life of caffeine and the stresses of life of getting it all done and trying to pack getting it all done and trying to pack so much into a day and our bodies are so much into a day and our bodies are really screaming at us like, you know, really screaming at us like, you know, give me a break literally.

give me a break literally. >> Yeah, absolutely. To take it back, you >> Yeah, absolutely.

Hormonal disruption and menstrual health

To take it back, you mentioned some of the impacts on our mentioned some of the impacts on our menstrual cycle and periods and things menstrual cycle and periods and things like that. Um, do we know how the seed like that. Um, do we know how the seed oils are interfering with hormones and oils are interfering with hormones and balance? Is it known kind of like the balance? Is it known kind of like the mechanism behind that or is it just mechanism behind that or is it just inflammation?

inflammation? inflammation? >> Inflammation. Yes. And is big time and >> Inflammation. Yes. And is big time and the oils are known as hormone the oils are known as hormone disruptors.

disruptors. disruptors. >> And so yes, with all this inflammation >> And so yes, with all this inflammation going on and I should unpack why we've going on and I should unpack why we've got inflammation. There are a couple of got inflammation. There are a couple of reasons why we have inflammation with reasons why we have inflammation with seed oils, but inflammation too is at seed oils, but inflammation too is at the root of every condition there is.

the root of every condition there is. everything I've named everything you everything I've named everything you could think of there's inflammation and could think of there's inflammation and with a lot of things it's chronic with a lot of things it's chronic lowgrade inflammation. Um I w I did an lowgrade inflammation. Um I w I did an article that is coming out of my article that is coming out of my newsletter um on PCOS and pmenopause or newsletter um on PCOS and pmenopause or premenopause and both of those premenopause and both of those conditions um scientific studies show conditions um scientific studies show chronic lowgrade inflammation directly chronic lowgrade inflammation directly connected and one of the things that we connected and one of the things that we know that creates it is seed oils. So I know that creates it is seed oils.

Why seed oils cause inflammation (the science)

So I want to just unpack for a moment why do want to just unpack for a moment why do we have inflammation? Because there are we have inflammation? Because there are a couple of major reasons with seed oils a couple of major reasons with seed oils why we do.

why we do. First of all, it's the high processing First of all, it's the high processing of these seeds with high heat like at of these seeds with high heat like at about 500° about 500° that just in itself is a big cause that just in itself is a big cause because these oils are very fragile.

because these oils are very fragile. They have double bonds. So if you look They have double bonds. So if you look at a chemistry lineup of carbons and at a chemistry lineup of carbons and hydrogens, you'll see in the they're hydrogens, you'll see in the they're also known as polyunsaturated oils and also known as polyunsaturated oils and you'll see in the polyunsaturates double you'll see in the polyunsaturates double bonds linking uh somewhere in

there like bonds linking uh somewhere in there like at least two sets of them where you at least two sets of them where you don't have every link with a carbon or a don't have every link with a carbon or a hydrogen. So you don't need to remember hydrogen. So you don't need to remember that but I just had to say it. And those that but I just had to say it. And those double bonds can get broken very e double bonds can get broken very e easily and when they do that creates a easily and when they do that creates a very toxic byproduct like it will create very toxic byproduct like it will create aldahhides and lipid peroxides and other aldahhides and lipid peroxides and other carcinogens and toxins that um just carcinogens and toxins that um just damage our cells and create this damage our cells and create this inflammation and so the processing in inflammation and so the processing in itself. But then they use um horrible itself. But then they use um horrible costic chemicals like hexane and um and costic chemicals like hexane and um and other deg other deg sorts of different chemicals are poured sorts of different chemicals are poured in there. Um and if you see the sludge, in there. Um and if you see the sludge, I mean there are people posting it on I mean there are people posting it on Instagram, this awful yucky sludge, uh Instagram, this awful yucky sludge, uh that's the part that doesn't go in the that's the part that doesn't go in the bottle, but it looks hideous. And um and bottle, but it looks hideous. And um and so that is creating all sorts of toxic so that is creating all sorts of toxic stuff that creates inflammation. Then on stuff that creates inflammation. Then on top of it, I want to go to another top of it, I want to go to another category, which is omega6 fatty acids.

category, which is omega6 fatty acids. And those um are good for us. We need And those um are good for us. We need them, but we need them in the right them, but we need them in the right amounts. Not um a huge imbalance of a amounts. Not um a huge imbalance of a lot of extra omega6 to just a teeny lot of extra omega6 to just a teeny little bit of omega-3 fatty acids. And little bit of omega-3 fatty acids. And that's kind of where most Americans are that's kind of where most Americans are at. They have a huge imbalance. We at. They have a huge imbalance. We should have about a 1 one to 4:1 ratio should have about a 1 one to 4:1 ratio of omega 6 to omega-3s. We have about a of omega 6 to omega-3s. We have about a 15 to 2021 ratio for most people's diets 15 to 2021 ratio for most people's diets and that creates huge inflammation. So and that creates huge inflammation. So right there we've got a whole bunch of right there we've got a whole bunch of reasons why these are inflammatory and reasons why these are inflammatory and not good for us. There is nothing not good for us. There is nothing healthy about a seed oil even though it healthy about a seed oil even though it was marketed as healthy.

was marketed as healthy. >> Mhm. And in our body outside of even >> Mhm. And in our body outside of even that I mean that the like you mentioned that I mean that the like you mentioned the horrible processing that's really the horrible processing that's really just making these oils really unstable just making these oils really unstable cause a lot of inflammation. I I also in cause a lot of inflammation. I I also in my practice talked with people about my practice talked with people about oxidative stress also. Like these are oxidative stress also. Like these are huge drivers of oxidative stress which huge drivers of oxidative stress which is basically just like instability in is basically just like instability in our cells too our cells too >> that our body has to clean up with >> that our body has to clean up with antioxidants. Um is there also a piece antioxidants.

Seed oils and cell membrane health

Um is there also a piece like a cellular piece to these in terms like a cellular piece to these in terms of the bad oils versus the oils our body of the bad oils versus the oils our body needs? There is and oxidative stress is needs? There is and oxidative stress is a perfect leadin for that. The outer a perfect leadin for that. The outer membrane of our cells is fat and um membrane of our cells is fat and um there's a lot of fat in the brain too. I there's a lot of fat in the brain too. I want to just mention that the brain is want to just mention that the brain is mostly fat and water. So anyway, these mostly fat and water. So anyway, these little membranes of our cells, the little membranes of our cells, the little outer coating is fat. And if we little outer coating is fat. And if we don't have the right fat, and I'll tell don't have the right fat, and I'll tell you, the fat of the seed oils is not the you, the fat of the seed oils is not the right fat for those membranes.

right fat for those membranes. But the body's going to use what it's But the body's going to use what it's got because it has to to keep us got because it has to to keep us functioning. It's got to use something.

functioning. It's got to use something. So when we get to the point of So when we get to the point of replacement, it's going to use inferior replacement, it's going to use inferior fat from these inferior oils. And that fat from these

inferior oils. And that is going to create all sorts of problems is going to create all sorts of problems in our bodies. Talk about oxidative in our bodies. Talk about oxidative stress and all sorts of issues going on.

stress and all sorts of issues going on. We've got faulty cells now. um not uh We've got faulty cells now. um not uh reinforced uh on the external membrane reinforced uh on the external membrane with the right fats. And there is about with the right fats. And there is about a 600 to 680 day halflife for these a 600 to 680 day halflife for these fats, meaning they hang around in your fats, meaning they hang around in your body for about body for about a year and a half at least. So a year and a half at least. So sometimes people say, "Oh, that's sometimes people say, "Oh, that's discouraging. What good is it going to discouraging. What good is it going to do to change my fat?" everything as your do to change my fat?" everything as your body starts and there's always turnover.

body starts and there's always turnover. Cells are always turning over. Things Cells are always turning over. Things are always happening in your body. We are always happening in your body. We are not static. We are in motion and in are not static. We are in motion and in movement all the time. And so you start movement all the time. And so you start replenishing your body with the right replenishing your body with the right fats like olive oil, coconut oil, fats like olive oil, coconut oil, avocado oil, um sesame oil also is fine avocado oil, um sesame oil also is fine to use. And then animal fats. Well, to use. And then animal fats. Well, maybe you use ghee like oil of butter or maybe you use ghee like oil of butter or butter. um beef tallow, those are good butter. um beef tallow, those are good as well. So, when you start feeding your as well. So, when you start feeding your body the right oils, the right fats, you body the right oils, the right fats, you are going to get better and better and are going to get better and better and better and your cells are going to get better and your cells are going to get stronger. And another thing people don't stronger. And another thing people don't realize is the fat around the heart is realize is the fat around the heart is saturated. It's C16 and C18.

saturated. It's C16 and C18. And if we don't replenish that with the And if we don't replenish that with the right fats, we're going to get the wrong right fats, we're going to get the wrong fats in this fat around the heart. Why fats in this fat around the heart. Why is that important? The heart draws on is that important? The heart draws on that fat in times of stress. If you're that fat in times of stress. If you're in stress and the heart is drawing on in stress and the heart is drawing on inferior fats, what's going to happen?

inferior fats, what's going to happen? Not something good. Not something good.

How long to notice results when switching oils

Yeah, I appreciate you giving that like Yeah, I appreciate you giving that like such good scientific information, but such good scientific information, but you're making it very practical, too, of you're making it very practical, too, of here are the oils that we can use. What here are the oils that we can use. What would be when someone is making this would be when someone is making this change? Like, okay, I'm throwing out all change? Like, okay, I'm throwing out all the bad oils. I'm, you know, investing the bad oils. I'm, you know, investing in the good cooking oils. How long can in the good cooking oils. How long can they expect? You mentioned that really they expect? You mentioned that really long halflife, but things are turning long halflife, but things are turning over faster. Is there sort of a time over faster. Is there sort of a time frame that people could expect to notice frame that people could expect to notice a difference with this? Is there a difference with this? Is there anything in like the research on that?

anything in like the research on that? >> And I can't point to any research, but >> And I can't point to any research, but just as a nutritionist, just as a nutritionist, 3 months seems to be about the time that 3 months seems to be about the time that people start really noticing some major people start really noticing some major changes. 21 days though is another point changes. 21 days though is another point that I often refer to of stick with it that I often refer to of stick with it for 3 weeks and you should notice some for 3 weeks and you should notice some positive changes starting. And at 3 positive changes starting. And at 3 months you should be excited like wow months you should be excited like wow things are starting to happen. That's things are starting to happen. That's for me um my 3month program uh produced for me um my 3month program uh produced a total turnover in my health my life a total turnover in my health my life how I felt. So give it some time. We are how I felt. So give it some time. We are so used to in the west going all right so used to in the west going all right take two pills tonight tomorrow you're take two pills tonight tomorrow you're going to feel better right or you're on going to feel better right or you're on these

antibiotics for seven days and these antibiotics for seven days and then you're get you should be well it's then you're get you should be well it's not that way with the human body and not that way with the human body and really getting to the root of issues so really getting to the root of issues so I say give it time don't be discouraged I say give it time don't be discouraged but here's something positive lots of but here's something positive lots of people have noticed within a few days people have noticed within a few days there's improvement, they're feeling there's improvement, they're feeling better. It's so encouraging and so better. It's so encouraging and so whatever, just stick with it and know whatever, just stick with it and know you're doing the right thing. Don't give you're doing the right thing. Don't give up. Uh stick with your program and up. Uh stick with your program and you're going to get there. Yeah.

you're going to get there. Yeah. Amazing. That's so encouraging because Amazing. That's so encouraging because you know, so if someone knows, okay, it you know, so if someone knows, okay, it might take a few weeks to see the might take a few weeks to see the results, stick with it, then they can results, stick with it, then they can stick with it. If they're expecting to stick with it. If they're expecting to notice a difference right away and they notice a difference right away and they don't feel it, then it can feel so much don't feel it, then it can feel so much more discouraging. So that's really more discouraging.

Tips for eating out and avoiding seed oils

So that's really helpful. Um, and do you have any helpful. Um, and do you have any recommendations in terms of you recommendations in terms of you mentioned that in restaurants, most mentioned that in restaurants, most restaurants are using the seed oils restaurants are using the seed oils because they are cheaper and easier to because they are cheaper and easier to cook with. Is there a way to navigate cook with. Is there a way to navigate around that? Can we never eat out around that? Can we never eat out anymore? You know, tips there. Um, I do anymore? You know, tips there. Um, I do have some tips for eating out. Um, first have some tips for eating out. Um, first of all, you can get an app. Ced Scout of all, you can get an app. Ced Scout has an app for restaurants all across has an app for restaurants all across the United States. So they'll give you a the United States. So they'll give you a little map of your area and you can see little map of your area and you can see which restaurants are seed oil free, which restaurants are seed oil free, which ones are doing good things. They which ones are doing good things. They have it kind of outlined for you. If in have it kind of outlined for you. If in your area there is nothing, I have a your area there is nothing, I have a couple suggestions. First of all, don't couple suggestions. First of all, don't order any fried food. You know, fish and order any fried food. You know, fish and chips, fried chicken, uh the French chips, fried chicken, uh the French fries, everybody's going to have one or fries, everybody's going to have one or two or a few of those once in a while, two or a few of those once in a while, but just minimize those. And uh try to but just minimize those. And uh try to order more grilled and baked things.

order more grilled and baked things. when you eat out, you'll be doing when you eat out, you'll be doing yourself a big favor. Um, if there's yourself a big favor. Um, if there's your favorite local restaurant, it's not your favorite local restaurant, it's not a chain, take them a copy of my book, a chain, take them a copy of my book, um, the truth about seed oils and tell um, the truth about seed oils and tell them to take a look and tell them that them to take a look and tell them that they could become the restaurant in they could become the restaurant in town, the go-to place.

town, the go-to place. >> There's another thing you can do when >> There's another thing you can do when you eat out. So many restaurants, some you eat out. So many restaurants, some of my favorite restaurants that aren't of my favorite restaurants that aren't seed free, but my friends like to go seed free, but my friends like to go there. We like to go there, my husband there. We like to go there, my husband and I. um serve butter, whipped butter, and I. um serve butter, whipped butter, whipped with seed oils.

whipped with seed oils. >> You always ask in every restaurant, "Do >> You always ask in every restaurant, "Do you have real butter? Could you give me you have real butter? Could you give me some real butter?" You know, as we start some real butter?" You know, as we start doing that, that's going to kind of get doing that, that's going to kind of get the attention of the restaurant the attention of the restaurant managers. That's what it's all about, managers. That's what it's all about, too. We want to be served good food when too. We want to be served good food when we go out. And we're going to go out.

we go out. And we're going to go out. We're all going to go out from time to We're all going to go out from time to time. I always say, though, kind of time. I always say, though, kind of minimize. Don't eat out every night, you minimize. Don't eat out every night, you know, or don't eat out every lunch. Um, know, or don't eat out every lunch. Um, but have fun with your friends. That's but have fun with your friends. That's part of health and wellness, enjoying part of health and wellness, enjoying life. But do your best, you know, and life. But do your best, you know, and find out where a lot of your time's out.

find out where a lot of your time's out. Which restaurants don't use seed oils if Which restaurants don't use seed oils if you live in a larger area? you live in a larger area?

>> Well, that's so helpful that there are >> Well, that's so helpful that there are tools for us to help, you know, find out tools for us to help, you know, find out which restaurants are the ones. And I do which restaurants are the ones. And I do think, you know, I'm lucky I'm in an think, you know, I'm lucky I'm in an area where there are certain restaurants area where there are certain restaurants where they're starting to advertise where they're starting to advertise that, hey, we use avocado oil or tallow that, hey, we use avocado oil or tallow for our fries. And I think more and more for our fries. And I think more and more as we're all again voting with our as we're all again voting with our dollar and making these choices and I dollar and making these choices and I love those suggestions of even asking love those suggestions of even asking like hey could I have the olive oil like hey could I have the olive oil could I have the real butter then I could I have the real butter then I think you're absolutely right that's a think you're absolutely right that's a way for us to change what's available to way for us to change what's available to us also so that's wonderful that is how us also so that's wonderful that is how change is going to happen in America I change is going to happen in America I see this as a grassroots level uh change see this as a grassroots level uh change that we can build momentum on and no that we can build momentum on and no more seed oil movement is picking up more seed oil movement is picking up momentum. And as we all get on board and momentum. And as we all get on board and talk about it, we're going to make even talk about it, we're going to make even bigger progress. Also, you know, if you bigger progress. Also, you know, if you have a favorite fast food chain, and have a favorite fast food chain, and probably most people do, you know, I eat probably most people do, you know, I eat here once in a while, they'll say, "I here once in a while, they'll say, "I don't I I don't do that, but um many don't I I don't do that, but um many people do." You can always write a people do." You can always write a letter to the management if you're so letter to the management if you're so inclined and you got a couple extra inclined and you got a couple extra minutes and say, you know, I would minutes and say, you know, I would really love it if you would cook your really love it if you would cook your fries in avocado oil or beef tallow. It fries in avocado oil or beef tallow. It would make such a difference for my would make such a difference for my health. Um, that's going to start health. Um, that's going to start changing America. They'll listen to changing America. They'll listen to that. If they get a a few of those, that that. If they get a a few of those, that will res represent a huge number to them will res represent a huge number to them of people. And so they'll start looking of people. And so they'll start looking at that and doing something about it.

at that and doing something about it.

Where to find Cherie and her book

Yeah. Amazing. Well, where can people Yeah. Amazing. Well, where can people find your book if they want to read more find your book if they want to read more about that and see all the studies and about that and see all the studies and everything? So, um, my book is on everything? So, um, my book is on Amazon, The Truth About Seed Oils, and Amazon, The Truth About Seed Oils, and it was it's officially out now. It just it was it's officially out now. It just came out. And, um, you can also go to my came out. And, um, you can also go to my website, juiceladyinfo.com.

website, juiceladyinfo.com. You can sign up for my newsletter. You You can sign up for my newsletter. You can follow me on Instagram at can follow me on Instagram at juiceladysherry ch i e. And I've always juiceladysherry ch i e. And I've always got reels every single day. Reals on got reels every single day. Reals on seed oils, reals on juicing and seed oils, reals on juicing and different health tips. So you can follow different health tips. So you can follow me there. I would love to connect with me there. I would love to connect with you. I would love to hear from you and I you. I would love to hear from you and I would love to know how your health would love to know how

your health journey is going. Amazing. Well, thank journey is going. Amazing. Well, thank you so much, Sher, for being with me you so much, Sher, for being with me here today. You've given so much value here today. You've given so much value to the listener and you're such a wealth to the listener and you're such a wealth of knowledge in this area. I think a lot of knowledge in this area. I think a lot of people probably learned a lot because of people probably learned a lot because again we hear this just like they're bad again we hear this just like they're bad for you and we just don't maybe for you and we just don't maybe understand why or what they actually understand why or what they actually are. So I think this is going to be so are. So I think this is going to be so helpful for helpful for a lot of people helpful for helpful for a lot of people to really understand them and then make to really understand them and then make the better choices for their health. So the better choices for their health. So I really appreciate you.

I really appreciate you. >> Thank you. Thank you so much. It was >> Thank you. Thank you so much. It was great to be part of your show and great great to be part of your show and great to share this really exciting topic that to share this really exciting topic that can change the world really. One of the can change the world really. One of the things that we know that creates it is things that we know that creates it is seed oils. So I want to just unpack for seed oils. So I want to just unpack for a moment why do we have inflammation?

a moment why do we have inflammation? Because there are a couple of major Because there are a couple of major reasons with seed oils why we do. reasons with seed oils why we do.

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because these oils are very fragile. They have double bonds. So if you look They have double bonds. So if you look at a chemistry lineup of carbons and at a chemistry lineup of carbons and hydrogens, you'll see in the they're hydrogens, you'll see in the they're also known as polyunsaturated oils and also known as polyunsaturated oils and you'll see in the polyunsaturates double you'll see in the polyunsaturates double bonds linking uh somewhere in there like bonds linking uh somewhere in there like at least two sets of them where you at least two sets of them where you don't have every link with a carbon or a don't have every link with a carbon or a hydrogen. So you don't need to remember hydrogen. So you don't need to remember that but I just had to say it. And those that but I just had to say it. And those double bonds can get broken very e double bonds can get broken very e easily and when they do that creates a easily and when they do that creates a very toxic byproduct like it will create very toxic byproduct like it will create aldahhides and lipid peroxides and other aldahhides and lipid peroxides and other carcinogens and toxins that um just carcinogens and toxins that um just damage our cells and create this damage our cells and create this inflammation and so the processing in inflammation and so the processing in itself but then they use um horrible itself but then they use um horrible costic chemicals like hexane and um and costic chemicals like hexane and um and other deg other deg sorts of different chemicals are poured sorts of different chemicals are poured in their Um, and if you see the sludge, in their Um, and if you see the sludge, I mean, there are people posting it on I mean, there are people posting it on Instagram, this awful yucky sludge. Uh, Instagram, this awful yucky sludge. Uh, that's the part that doesn't go in the that's the part that doesn't go in the bottle, but it looks hideous. And, um, bottle, but it looks hideous. And, um, and so that is creating all sorts of and so that is creating all sorts of toxic stuff that creates inflammation.

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oxidative stress also. >> Like these are huge drivers of oxidative >> Like these are huge drivers of oxidative stress which is basically just like stress which is basically just like instability in our cells too instability in our cells too >> that our body has to clean up with >> that our body has to clean up with antioxidants. Um is there also a piece antioxidants. Um is there also a piece like a cellular piece to these in terms like a cellular piece to these in terms of the bad oils versus the oils our body of the bad oils versus the oils our body needs? There is and oxidative stress is needs? There is and oxidative stress is a perfect leadin for that. The outer a perfect leadin for that. The outer membrane of our cells is fat and um membrane of our cells is fat and um there's a lot of fat in the brain too. I there's a lot of fat in the brain too. I want to just mention that the brain is want to just mention that the brain is mostly fat and water. So anyway, these mostly fat and water. So anyway, these little membranes of our cells, the little membranes of our cells, the little outer coating is fat. And if we little outer coating is fat. And if we don't have the right fat, and I'll tell don't have the right fat, and I'll tell you, the fat of the seed oils is not the you, the fat of the seed oils is not the right fat for those membranes.

right fat for those membranes. But the body's going to use what it's But the body's going to use what it's got because it has to to keep us got because it has to to keep us functioning. It's got to use something.

functioning. It's got to use something. So when we get to the point of So when we get to the point of replacement, it's going to use inferior replacement, it's going to use inferior fat from these inferior oils. And that fat from these inferior oils. And that is going to create all sorts of problems is going to create all sorts of problems in our bodies. Talk about oxidative in our bodies. Talk about oxidative stress and all sorts of issues going on.

stress and all sorts of issues going on. We've got faulty cells now. um not uh We've got faulty cells now. um not uh reinforced uh on the external membrane reinforced uh on the external membrane with the right fats. And there is about with the right fats. And there is about a 600 to 680 day halflife for these a 600 to 680 day halflife for these fats. Meaning they hang around in your fats. Meaning they hang around in your body for about body for about a year and a half at least. So a year and a half at least. So sometimes people say, "Oh, that's sometimes people say, "Oh, that's discouraging. What good is it going to discouraging. What good is it going to do to change my fat?" everything as your do to change my fat?" everything as your body starts and there's always turnover.

body starts and there's always turnover. Cells are always turning over. Things Cells are always turning over. Things are always happening in your body. We are always happening in your body. We are not static. We are in motion and in are not static. We are in motion and in movement all the time. And so you start movement all the time. And so you start replenishing your body with the right replenishing your body with the right fats like olive oil, coconut oil, fats like olive oil, coconut oil, avocado oil, um sesame oil also is fine avocado oil, um sesame oil also is fine to use. And then animal fats. Well, to use. And then animal fats. Well, maybe you use ghee like oil of butter or maybe you use ghee like oil of butter or butter. um beef tallow, those are good butter. um beef tallow, those are good as well. So, when you start feeding your as well. So, when you start feeding your body the right oils, the right fats, you body the right oils, the right fats, you are going to get better and better and are going to get better and better and better and your cells are going to get better and your cells are going to get stronger. And another thing people don't stronger. And another thing people don't realize is the fat around the heart is realize is the fat around the heart is saturated. It's C16 and C18.

saturated. It's C16 and C18. And if we don't replenish that with the And if we don't replenish that with the right fats, we're going to get the wrong right fats, we're going to get the wrong fats in this fat around the heart. Why fats in this fat around the heart. Why is that important? The heart draws on is that important? The heart draws on that fat in

times of stress. If you're that fat in times of stress. If you're in stress and the heart is drawing on in stress and the heart is drawing on inferior fats, what's going to happen?

inferior fats, what's going to happen? Not something good. Not something good. Yeah, I appreciate you giving that like Yeah, I appreciate you giving that like such good scientific information, but such good scientific information, but you're making it very practical, too, of you're making it very practical, too, of here are the oils that we can use. What here are the oils that we can use. What would be when someone is making this would be when someone is making this change like, okay, I'm throwing out all change like, okay, I'm throwing out all the bad oils. I'm, you know, investing the bad oils. I'm, you know, investing in the good cooking oils. How long can in the good cooking oils. How long can they expect? You mentioned that really they expect? You mentioned that really long halflife, but things are turning long halflife, but things are turning over faster. Is there sort of a time over faster. Is there sort of a time frame that people can expect to notice a frame that people can expect to notice a difference with this? Is there anything difference with this? Is there anything in like the research on that?

in like the research on that? >> And I can't point to any research, but >> And I can't point to any research, but just as a nutritionist, just as a nutritionist, 3 months seems to be about the time that 3 months seems to be about the time that people start really noticing some major people start really noticing some major changes. 21 days though is another point changes. 21 days though is another point that I often refer to of stick with it that I often refer to of stick with it for 3 weeks and you should notice some for 3 weeks and you should notice some positive changes starting. And at 3 positive changes starting. And at 3 months you should be excited like wow months you should be excited like wow things are starting to happen. That's things are starting to happen. That's for me um my 3month program uh produced for me um my 3month program uh produced a total turnover in my health my life a total turnover in my health my life how I felt. So give it some time. We are how I felt. So give it some time. We are so used to in the west going all right so used to in the west going all right take two pills tonight tomorrow you're take two pills tonight tomorrow you're going to feel better right or you're on going to feel better right or you're on these antibiotics for seven days and these antibiotics for seven days and then you're get you should be well it's then you're get you should be well it's not that way with the human body and not that way with the human body and really getting to the root of issues so really getting to the root of issues so I say give it time don't be discouraged I say give it time don't be discouraged but here's something positive lots of but here's something positive lots of people have noticed within a few days people have noticed within a few days there's improvement, they're feeling there's improvement, they're feeling better. It's so encouraging and so better. It's so encouraging and so whatever, just stick with it and know whatever, just stick with it and know you're doing the right thing. Don't give you're doing the right thing. Don't give up. Uh stick with your program and up. Uh stick with your program and you're going to get there. Yeah.

you're going to get there. Yeah. Amazing. That's so encouraging because, Amazing. That's so encouraging because, you know, so if someone knows, okay, it you know, so if someone knows, okay, it might take a few weeks to see the might take a few weeks to see the results, stick with it, then they can results, stick with it, then they can stick with it. If they're expecting to stick with it. If they're expecting to notice a difference right away and they notice a difference right away and they don't feel it, then it can feel so much don't feel it, then it can feel so much more discouraging. So that's really more discouraging. So that's really helpful. Um, and do you have any helpful. Um, and do you have any recommendations in terms of you recommendations in terms of you mentioned that in restaurants, most mentioned that in restaurants, most restaurants are using the seed oils restaurants are using the seed oils because they are cheaper and easier to because they are cheaper and easier to cook with. Is there a way to navigate cook with. Is there a way to navigate around that? Can we never eat out around that? Can we never eat out anymore? You know, any tips there? Um, I anymore? You know, any tips there? Um, I do have some tips for eating out. Um, do have some tips for eating out. Um, first of all, you can get an app. Ced first of all, you can get an app. Ced Scout has an app for restaurants all Scout has an app for restaurants all across the United States. So they'll across the United States. So they'll give you a little map of your area and give you a little map of your area and you can see which restaurants are seed you can see which restaurants are seed oil free, which ones are doing good oil free, which ones are doing good things. They have it kind of outlined things. They have it kind of outlined for you. If in your area there is for you. If in your area there is nothing, I have a couple suggestions.

nothing, I have a couple suggestions. First of all, don't order any fried First of all, don't order any fried food. You know, fish and chips, fried food. You know, fish and chips, fried chicken, uh the French fries, chicken, uh the

French fries, everybody's going to have one or two or everybody's going to have one or two or a few of those once in a while, but just a few of those once in a while, but just minimize those. And uh try to order more minimize those. And uh try to order more grilled and baked things when you eat grilled and baked things when you eat out. you'll be doing yourself a big out. you'll be doing yourself a big favor. Um, if there's your favorite favor. Um, if there's your favorite local restaurant, it's not a chain, take local restaurant, it's not a chain, take them a copy of my book, um, the truth them a copy of my book, um, the truth about seed oils and tell them to take a about seed oils and tell them to take a look and tell them that they could look and tell them that they could become the restaurant in town, the go-to become the restaurant in town, the go-to place.

place. place. >> There's another thing you can do when >> There's another thing you can do when you eat out. So many restaurants, some you eat out. So many restaurants, some of my favorite restaurants that aren't of my favorite restaurants that aren't seed free, but my friends like to go seed free, but my friends like to go there. We like to go there, my husband there. We like to go there, my husband and I. um serve butter, whipped butter, and I. um serve butter, whipped butter, whipped with seed oils.

whipped with seed oils. >> You always ask in every restaurant, "Do >> You always ask in every restaurant, "Do you have real butter? Could you give me you have real butter? Could you give me some real butter?" You know, as we start some real butter?" You know, as we start doing that, that's going to kind of get doing that, that's going to kind of get the attention of the restaurant the attention of the restaurant managers. That's what it's all about, managers. That's what it's all about, too. We want to be served good food when too. We want to be served good food when we go out. And we're going to go out.

we go out. And we're going to go out. We're all going to go out from time to We're all going to go out from time to time. I always say, though, kind of time. I always say, though, kind of minimize. Don't eat out every night, you minimize. Don't eat out every night, you know, or don't eat out every lunch. Um, know, or don't eat out every lunch. Um, but have fun with your friends. That's but have fun with your friends. That's part of health and wellness, enjoying part of health and wellness, enjoying life. But do your best, you know, and life. But do your best, you know, and find out where a lot of your time's out.

find out where a lot of your time's out. Which restaurants don't use seed oils if Which restaurants don't use seed oils if you live in a larger area. you live in a larger area.

>> Well, that's so helpful that there are >> Well, that's so helpful that there are tools for us to help, you know, find out tools for us to help, you know, find out which restaurants are the ones. And I do which restaurants are the ones. And I do think, you know, I'm lucky I'm in an think, you know, I'm lucky I'm in an area where there are certain restaurants area where there are certain restaurants where they're starting to advertise where they're starting to advertise that, hey, we use avocado oil or tallow that, hey, we use avocado oil or tallow for our fries.

for our fries. And I think more and more as we're all And I think more and more as we're all again voting with our dollar and making again voting with our dollar and making these choices and I love those these choices and I love those suggestions of even asking like, hey, suggestions of even asking like, hey, could I have the olive oil? Could I could I have the olive oil? Could I have the real butter? Then I think you're the real butter? Then I think you're absolutely right. That's a way for us to absolutely right. That's a way for us to change what's available to us also. So change what's available to us also. So that's wonderful. That is how change is that's wonderful. That is how change is going to happen in America. I see this going to happen in America. I see this as a grassroots level uh change that we as a grassroots level uh change that we can build momentum on and no more seed can build momentum on and no more seed oils movement is picking up momentum and oils movement is picking up momentum and as we all get on board and talk about it as we all get on board and talk about it we're going to make even bigger progress we're going to make even bigger progress also you know if you have a favorite also you know if you have a favorite fast food chain and probably most people fast food chain and probably most people do you know I eat here once in a while do you know I eat here once in a while they'll say I don't I don't do that they'll say I don't I don't do that Um, many people do. You can always write Um, many people do. You can always write a letter to the management if you're so a letter to the management if you're so inclined and you got a couple extra inclined and you got a couple extra minutes and say, you know, I would minutes and say, you know, I would really love it if you would cook your really love it if you would cook your fries in avocado oil or beef tallow. It fries in avocado oil or beef

tallow. It would make such a difference for my would make such a difference for my health. Um, that's going to start health. Um, that's going to start changing America. They'll listen to changing America. They'll listen to that. If they get a a few of those, that that. If they get a a few of those, that will res represent a huge number to them will res represent a huge number to them of people. And so they'll start looking of people. And so they'll start looking at that and doing something about it.

at that and doing something about it. >> Yeah. Amazing. Well, where can people >> Yeah. Amazing. Well, where can people find your book if they want to read more find your book if they want to read more about that and see all the studies and about that and see all the studies and everything? So, um, my book is on everything? So, um, my book is on Amazon, The Truth About Seed Oils, and Amazon, The Truth About Seed Oils, and it was it's officially out now. It just it was it's officially out now. It just came out. And, um, you can also go to my came out. And, um, you can also go to my website, juiceladinfo.com.

website, juiceladinfo.com. You can sign up for my newsletter. You You can sign up for my newsletter. You can follow me on Instagram at can follow me on Instagram at juiceladysherry ch i e and I've always juiceladysherry ch i e and I've always got reals every single day. Reals on got reals every single day. Reals on seed oils, reals on juicing and seed oils, reals on juicing and different health tips. So you can follow different health tips. So you can follow me there. I would love to connect with me there. I would love to connect with you. I would love to hear from you and I you. I would love to hear from you and I would love to know how your health would love to know how your health journey is going. Amazing. Well, thank journey is going. Amazing. Well, thank you so much Sher for being with me here you so much Sher for being with me here today. You've given so much value to the today. You've given so much value to the listener and you're such a wealth of listener and you're such a wealth of knowledge in this area. I think a lot of knowledge in this area. I think a lot of people probably learned a lot because people probably learned a lot because again we hear this just like they're bad again we hear this just like they're bad for you and we just don't maybe for you and we just don't maybe understand why or what they actually understand why or what they actually are. So I think this is going to be so are. So I think this is going to be so helpful for helpful for a lot of people helpful for helpful for a lot of people to really understand them and then make to really understand them and then make the better choices for their health. So the better choices for their health. So I really appreciate you.

I really appreciate you. >> Thank you. Thank you so much. It was >> Thank you. Thank you so much. It was great to be part of your show and great great to be part of your show and great to share this really exciting topic that to share this really exciting topic that