The Oiling of America
by Mary G. Enig, Ph.D. and Sally Fallon

SUMMARY: MARGARINE'S THE BAD GUY AND BUTTER AND EGGS ARE THE GOOD GUYS.

Big business, government agencies and medical organizations have campaigned deceptively against cholesterol, meat, eggs, butter and other traditional foods, leading to huge profits from sales of potentially more harmful margarine, refined foods and trans-fatty acid products. Scientific data contradicting that public health policy was suppressed and censored from publication for many years. Dr. Enig and Sally Fallon now tell you the truth about how that happened.


Full Text

Endnotes
18. M G Enig, Modification of Membrane Lipid Composition and Mixed-Function Oxidases in Mouse Liver Microsomes by Dietary Trans Fatty Acids, Doctoral Dissertation for the University of Maryland, 1984
30. Castelli, William, "Concerning the Possibility of a Nut. . ." Archives of Internal Medicine, Jul 1992, 152:(7):1371-1372
43. D Kritchevsky, Medical Counterpoint, March 1969
46. B Koletzko and J Muller, "Cis- and Trans-Isomeric Fatty Acids in Polasma Lipids of Newborn Infants and Their Mothers," Biology of the Neonate, 1990, 57:172-178
60. E M Cranton and J P Frackelton, "Free Radical Pathology in Age-Associated Diseases: Treatment with EDTA Chelation, Nutrition and Antioxidants," Journal of Holistic Medicine, Spring/Summer 1984, pp 6-37