

Megagram-Post



So many random people are talking about seed oils now.

Seed oil hatred is going mainstream.

2023 is the year when seed oil free is the new gluten free (but way cooler).



carnivoreaurelius



edited · 140 weeks

Everybody is waking up to what a massive scam *seed oils* are and it is beautiful to see.

Seed oils are the most destructive force in the world today and cutting them out of your diet will radically change your health.

It doesn't matter if you're a vegan or a carnivore.

This toxic *sludge* is linked to almost every chronic disease and is hidden in every single diet if you're not careful. Not eating them is not enough.



62.553 Likes

February 11th 2023

Hintergrundinformationen zum Einstieg

- Unter dem Pseudonym „Carnivore Aurelius“ veröffentlicht der „All-Meat-Diet-Influencer“ Informationen zu Gesundheit und Ernährung auf allen gängigen Social-Media-Plattformen. Auf Instagram folgen ihm 1,1 Millionen Menschen. Er bezeichnet sich selbst als unabhängiger Gesundheitsforscher. Er hat keinerlei qualifizierende Abschlüsse im Bereich Medizin oder Ernährungswissenschaften. Über seine Website vertreibt er Nahrungsergänzungsmittel und Biokaffee.
- Quelle Post:
https://www.instagram.com/p/CoISJ3fOBqD/?utm_source=ig_web_button_share_sheet (letzter Zugriff 23.10.25)



Quelle: Screenshot Instagram Account Carnivore Aurelius

Transkript Instagram-Post vom 11.02.23 von Carnivore Aurelius

Everybody is waking up to what a massive scam seed oils are and it is beautiful to see. Seed oils are the most destructive force in the world today and cutting them out of your diet will radically change your health. It doesn't matter if you're a vegan or a carnivore. This toxic sludge is linked to almost every chronic disease and is hidden in every single diet if you're not careful. Not eating them is not enough.

You need to have a yard sign rejecting them. You need every person that enters your home to know that you hate seed oils. You need to throw them away in every home you walk into. You need to scream at waiters that serve them. You need to bring butter with you everywhere. You need to dedicate your life to taking down these oils.

Why do they cause so much damage? I believe one of the things that ties together all the mitochondrial dysfunction are seed oils via three main mechanisms: First, they remodel the cardiolipin structure of mitochondria.

This causes:

- energy to leak from mitochondria
- cellular death
- leakage of potassium

Second, seed oils are highly susceptible to damage from the unsaturated bonds and they break down into toxic byproducts like HNE, acrolein and MDA when oxidized. These byproducts are linked to cancer, obesity, diabetes and alzheimers disease.

Third, they serve as precursors to inflammatory prostaglandins that are also linked to every chronic disease. When people consume seed oils, they accumulate them in their fat. The average human today has over 20% of their fat as linoleic acid, vs just 7% 50 years ago Similar to letting a bottle of oil sit out in the sun, over time this causes your body to go rancid This is sickness. Stick to saturated fats instead.

My recommended alternatives:

- Butter
- Ghee
- Beef Tallow
- Macadamia Nut Oil
- Coconut Oil
- Organic extra virgin olive oil