Udo Erasmus says your body needs an oil change

Episode 102: Udo Erasmus says your body needs an oil change

Gregory Anne: Welcome back everybody to another episode of Rebellious Wellness Over 50. Today I have a very special guest. I must have somehow manifested this while I was sleeping. Udo Erasmus has been in my psyche for, I don't know, 30 years when I first read about his work with oils, protecting oils so that we get the best nutrition from them.

And there's lots going on since then. Udo welcome and thank you

for being here.

Udo Erasmus: Oh, thank you for having me on. This is always fun.

Gregory Anne: Tell us about what, how did you get involved in

oils?

Udo Erasmus: Well, after I left university and I was in biological sciences and biochemistry and genetics and

psychology and I was interested in everything that has to do with life. Hmm. You gotta be not very bright if you look around the planet and you see all the wiggly and flying and creeping things and growing things and not be interested in, not being entranced by it, you might say.

And so I went to university. I wanted to know everything about life and living. And I was looking for something I thought in, I might find it in biology. I thought we would end up with a beaker, a glass beaker, full of life. And I, I pictured it as liquid and shining.

But in biology, you don't study biology. You study form and function. The bio is missing. You don't study life in biology. Then I did psychology the same way. Psychology means study of soul. Well, you don't study soul in psychology. You study beliefs and emotions and then therefore you wanna go further.

I didn't go there, but theology, you don't get to know God in theology. You just study theories. So that thing I was looking for, I didn't know what it was, but I knew I'd recognized it or found it. I didn't find it in university. So after like eight years I left, said, okay, whatever I'm looking for this is not it. And in the process I traveled and messed with psychedelics for a couple of years and looking at everything. Got married, had three kids, marriage broke up. I was really upset, so I took a job as a pesticide sprayer. I had that from a gardening job 'cause I used to do quite a bit of blue collar work. Uh, carpentry and drywalling and gardening and all kinds, all kinds of stuff, logging, mining. So I had this pesticide license from a previous gardening job, and I was offered a full-time pesticide sprayer job. And I took it because of I wanted to kill something.

And as a pesticide sprayer, you get to kill stuff. That's what pesticides are for. And I was really careless. I walked over lawns barefoot after I had sprayed them. Oh, and then the skin peeled off the bottom of my feet. I. So I thought maybe that's a little too far. So then I wore rubber boots, but it was a summer job and I wanted to have a tan 'cause I'm light skinned.

And you know, when you're discontent, you always want something different than what you got. So I wanted to be darker skinned, so I, I drove around on a tractor with a big tank and sprayed pesticides all over the place for all kinds of different purposes in a bathing suit, wearing rubber boots.

Gregory Anne: I need a picture of that Udo.

Udo Erasmus: Yeah, yeah, yeah. Well, somebody said the only thing that's missing is the tie.

Anyway, so I was careless and people even said to me, aren't you worried you're gonna get poisoned? I said, nah, I'm immune. We call that testosterone poisoning. Happens to young men quite a bit until they hit the first wall. And anyway, so after three years I got poisoned. So I went to the doctor, I said, what do you have for pesticide poisoning?

And she said nothing like, wow. That's when the penny dropped.

Gregory Anne: And this was in the seventies?

Udo Erasmus: This was in 1980 eighties. Okay. Yeah, and, and I knew that health is my responsibility, but that day it really landed. It's like, oh my God. This is really seriously my responsibility.

And then because I hadn't studied nutrition, but I, I knew biology really well. Actually biology, you learn a lot about health in biology 'cause you're studying normal creatures in normal situations, doing normal things. In medicine you study sickness and I took a year of medicine, I left because they don't know about health.

They do disease management. Even though it's called healthcare. It's actually disease management. I had a talk with the dean about it, and I asked him, what is health? He said, we don't know. We're working on it.

What?

Gregory Anne: That's not funny, but it's funny.

Udo Erasmus: Yeah, it's funny. It's a huge disappointment. And then we were told that a doctor should always sound as though he knows what's going on, even when he doesn't. And on a farm we call that lying. And I decided, you know what? I'm not gonna make my living doing that. And so I, I left, I, I left

that. So then I got into, because I had the background, I got into the journals and read everything about health and nutrition, disease and nutrition.

And the idea is, look, your body is made out of food plus water and air. And if something goes wrong with your body, then all you need to do is raise the standard. Because your body's always turning over, and in one year, 98% of the atoms in your body are removed and replaced. So your body is a major construction site.

So if you raise your standard for what you bring into the body to be more in line with life and with nature, then in one year you have, you will have rebuilt 98% of your body to a higher standard. Hmm. That's called healing. That's why healing is possible 'cause you're turning over the body and you're not supposed to throw drugs at it.

You're supposed to make sure you optimize your intake of all of the essential building blocks, the minerals, the vitamins, the essential amino acids, the essential fatty acids that your body can't make but has to have. So they have to be brought in from outside. And when you don't get enough of those, your health goes down.

You get deficiency symptoms. They get worse with time. And if you don't get enough long enough of any essential nutrient, you die. 'cause you have to have them. Hmm. So you have to optimize those essential building blocks. If you wanna have optimum health. That's just how it works.

So the idea then is for healing, you need to raise your standards.

That's how healing happens. And so I was looking at all of that stuff, the minerals, the vitamins, the essential amino acids from proteins. There's 42 essential nutrients, and two of those come from oils and none of them come from carbohydrates. So carbohydrates are actually the least important food.

There's essential amino acids and proteins, essential fatty acids in oils. No essential carbohydrates. So carbs are good fuel if you burn 'em, if you don't burn 'em all, you're gonna wear 'em. They turn into fat in your body. So I call carbs undeclared fats. So, so what really got me finally was I, I saw a, a study that said Omega six

which is one of the essential fatty acids is essential by the definition that I didn't quite finish. First is you have to have, it can't make it. You gotta bring it in from outside. Second is if you don't get enough long enough, you die. Third is if your

health is going down, 'cause you're not getting enough, and before you die, you bring enough of it back into your body.

All the problems that come from not getting enough are reversed. 'cause life knows what to do and you have responsibility only here at your mouth to make sure that optimum amounts of all the essential building blocks land in your body. So life can do its job to make you a body in optimal health, like this is the physical part of health, right?

Mm-hmm. And so one says Omega six is essential. You have to have it. And then the very next study I read said, omega six gives you cancer and kills you. And my head exploded.

Gregory Anne: Yeah. I'm with you.

Udo Erasmus: Like, yeah. It's like, what? You know I have to have it and then I get cancer and it kills me. How dare you.

And it was that contradiction because I didn't make the assumption that the scientists were liars, because that could also be a possibility. But I'd made the assumption, they did a study, that's what they found. They did a study, that's what they found. How do you bring that together?

And it was that contradiction that forced me to look deeper, and that got me looking into how oils are made. And what I discovered is they, they make them for shelf life, not for health. And in order to get along shelf life, they treat the oil with sodium hydroxide. Very corrosive base.

Then with phosphoric acid, a very corrosive acid. Then they bleach it with bleaching clays, which makes it rancid and smell bad. And then they heat it to frying temperature in a process called deodorization. Mm-hmm. Now when that's all done, you have a colorless, odorless, tasteless oil.

It's made from non-organic seeds, so you have pesticides in the oil and part of the heating it to high temperature is to blow off some of the pesticides, but they only get out 50% of the pesticides in the oil, and it's put in plastic bottles and oils, swell plastics and plastic leeches into oil quicker than into water.

So, and, and so I started finding out all of this. Then I found out, okay, so when you treat the oils like that, about a half to 1% of the molecules of the oil are damaged. And so I called the Oil Chemist Society, the, the umbrella organization for the industry. And I said, I wanna talk to a scientist. They got

him on the line and I said, when you know that this does damage to the oil, why do you do it?

And so he said to me, well, one of the reasons we do it is because we can get rid of 50% of the pesticides. I didn't even know there were pesticides in oils at that point. Now it's like, and of course I'd been poisoned by pesticides. So my, in my head, I'm going, oh, you mean the other 50% stays in the oil?

And so I asked them, well, why don't you start with organically grown seeds? 'cause then you don't have the problem and you don't have to fry it. And he didn't have an answer for that. So he was quiet for a long time and then he got mad. He said, I don't know what your problem is. The oil is 99% good.

It's only 1% damage. And if you got 99% on an exam, you'd be damn happy, wouldn't you? So now I'm backing off and I say, well, maybe I'm overreacting. It's only 1%. We had a saying in the university, when in doubt. Do the math, right? Yeah. When in doubt do the math numbers don't lie, right?

So I said, okay, I'll do the math. If I have a tablespoon of an oil that is 1% damaged, how many damaged molecules am I going to have in that oil? And there's a way to figure that out using numbers, avogadro's number, you know, it's like the molecular weight in grams of a substance. Has in at 6.02, three times 10, uh, a one followed by 23 zeros.

Wow. That's called Avogadro's number. So, and then you figure out how much weight is in a tablespoon. And what is the molecular weight? And then say, okay, tablespoon is only a part of that molecular weight, 14 grams out of close to a thousand. So you multi, so you, so you take Avogadro's number and you divide that down, and then you take 1% of that, and then you have the number.

And I found out, and I ask this all the time when I give talks, live talks, guess how many damaged molecule are in that tablespoon? 1% damage.

Gregory Anne: Could not guess.

Udo Erasmus: Yeah, you could.

Gregory Anne: A million.

Udo Erasmus: Okay. So good. Thank you. Would you like to know the actual number?

Gregory Anne: I would like to know the real number.

Udo Erasmus: Okay. So a million is a one followed by six zeros, correct?

Gregory Anne: Correct.

Udo Erasmus: Okay. So this number is a six followed by 19 zeros. That means your guess is 13 zeros too small. Hmm. 13 zeros is a thousand million. Billion. Trillion. So it's 10 trillion times too low. So then I say to people, listen, and, and, and the guesses are always at least a billion times too low.

'cause people don't know how, how big is the molecule? Right. They'll have guess. So say, okay, so you're, you're your guess is a billion times lower than the actual number. Is that cause for pause? If I'm doing a billion times more damage to myself than I thought I was doing, maybe I should reconsider what kind of oils I use.

Gregory Anne: And then you have to multiply that by how much oil a person uses.

Udo Erasmus: Yeah. Then you multiply it by two to four tablespoons, which is the daily. You have to add in the pesticides. You have to add in the plastic. You probably have to multiply it by three to six times for when you use it for frying, and then you have to multiply that by 365 for the days in the year. Or if you wanna do 30 years, it's about 10,000 times. So you have to multiply it by all that.

Gregory Anne: There's not enough zeros Uto.

Udo Erasmus: Yeah. Lucky. Lucky for us that zeros don't take any room. So there's as many as we want anyway. When I was in Ireland, I said, well, if you were to about to get on a plane and they told you that your chance of crashing and dying on your trip on the plane

was a billion times higher than you thought it was. Would you get on the plane?

Gregory Anne: Oh, no.

Udo Erasmus: And when I was in Ireland, I told them I would canoe back to Canada if I found that out. We had a good laugh about it, but it's serious from a health perspective, it's serious. Yeah. We're doing way more damage to ourselves with these oils then we even think. Even though you know they're

unpopular now and they say, ah, you shouldn't use seed oils and you shouldn't use omega sixes.

But the problem is not the seed oils or the omega sixes, the problem is the damage that we've done to it. And in the research they work with these damaged oils. And the results they get are blamed on the oil that should be blamed on the processing, on the damage. And that's where all the people who write about that they haven't done their homework.

So what, what happened to me when I found that out, I said, oh my God, I can't get healthy on oils like that. We should make them with health in mind. But how do you make oils with health in mind? Well, they're the most sensitive of all of our essential nutrients. Omega three and Omega six. Omega three is five times more sensitive than omega six and light oxygen heat damage them very rapidly, so you have to protect them from light, oxygen, and heat if you wanna make them with health in mind.

And you have to protect them from the time they're closed in the seed, which is very good packaging. They found flax seeds 5,000 years old. Planted them and still grew. Wow. That's how good nature's packaging can be. Hmm. So from the time they're in the seed, through the pressing, the filtering, the settling, the filling, till they're in a brown glass bottle, nitrogen flushed, so there's no oxygen in there in a box to keep all the light out completely in the fridge, because keeping them cool protects the oils.

No light, oxygen, heat, you have to make a very, very tight system because light and oxygen, will go everywhere through everything. So it has to be a really tight system. And I developed that tight system first, theoretically. 'cause I, I understood the issues. And then we had engineers make the parts because nobody in the oil industry uses those parts.

You can't buy those parts. So we had to custom make them. And then we started making oils with health in mind. So that was the idea is, you take the most sensitive or nutrients that should get the most care that we usually give the the least care. 'cause we throw 'em in the frying pan and turn them into smoke.

So I said, why don't we give them the care they need so that they can unfold their health benefits for us? And it's a pain to do that. But the benefits are gigantic. So found out the year after I got poisoned, it was in 19 80, 19 81, it was established that omega three is an essential nutrient.

By the definition, if I can't make it, gotta have it die if you don't get enough long enough, everything that goes wrong when you don't get enough is reversed when you bring enough back into the diet. So omega three is essential, happens to be the most sensitive of all our essential nutrients. So it needs the most care is the nightmare to work with.

Mm-hmm. And, every cell needs it. Just like every cell needs omega six and 99% of the population does not get enough omega three for optimum health, the research now. So that was known then the research now says that when you increase omega threes in your diet, provided they're not damaged and not toxic.

Don't, can't contain toxins, you can improve virtually every major degenerative condition of our time. Wow. And that's because they're widespread, you know, deficiencies widespread. Every cell needs them. And when you go down from optimum to less there's consequences. Right now, I didn't say that they're a cure for every degenerative disease.

I said they improve it. And they improve it to the extent that that condition was caused by omega three deficiency because omega threes will only reverse problems that come from omega three deficiency.

Gregory Anne: Right. Makes sense.

Udo Erasmus: They won't reverse magnesium deficiency, right? They won't reverse zinc deficiency.

But anything that gets better when you drop omega threes on it. Had to have been caused, you know, the improvement that you get or the problem that improves, had to have been caused by not enough omega threes. Mm-hmm. So there's our single most widespread essential nutrient deficiency of our time. And so what we did is we started working with flax because flax is the richest source of omega threes of the essential fatty acid.

By the way, E p A and d h a that get from fish oil are not essential fatty acids because if you get enough alpha linolenic acid, the plant-based omega three that's present in flax oil, if you get enough of that in your body, in your cells, you have the genes that make the enzymes that convert alpha linolenic acid into e p a and d h a and a whole lot of other regulatory and hormone like and antioxidant anti-inflammatory molecules that the body makes out of the essential fatty acids.

If you get enough starting material, hmm, if you have zero alpha linolenic acid, you will make zero conversion and most people are deficient in omega three. And the issue is not that the body can't convert, which you sometimes hear, the issue is you are not getting enough starting material for the body to make the conversion, and so we decided, let's bring back the omega threes that are too low in almost everybody's diet and balance them with omega sixes because the balance between the two, they kind of work in opposition to each other.

So you have to have a balance, right? Because if you get 'em, get the balance wrong, you know, one will crowd out the other, or the other will crowd out the one. And so we started working with that. We built the machinery, looked at the the ratios. In fact, at the ratio that we work with now came from me getting Omega six deficient on flax seed oil.

'cause it has a lot of omega three and very little omega six. Hmm. And it took me about two or three months. I got dry eyes, skipped heartbeats, arthritis, arthritis like pain in my finger joints and thin papery skin. Classic Omega 6 deficiency symptoms. I fixed them by eating sunflower seeds, which have lots of omega six, but no omega three.

And then brought the balance back and said, we should make a blend of oils where the ratio is made right. So we did that in the Udo's oil blend,

Gregory Anne: and I know you have nine in there. Omega nine.

What's the nine?

Udo Erasmus: Omega nine. It's a tradition in the trade to call those oils omega three, six, nine oils, omega nine is monounsaturated, is not, is not essential. It's found in pretty much all oils, but it's not essential. Only omega three and six are essential. And Omega nine will never be essential and your body can make omega nine out of sugar and starch. But Omega nine is in all the oils and also a little bit of saturated fat is in all the oils.

Yay. So it's called Omega 3 6 9, blend. And there's also an omega seven and an Omega five. They are also not essential. But if you say, well, I, you only have an Omega three six blend. That's what we used to call it. Oh. But I found an Omega 3 6 9 blend.Oh, that must be more,

Gregory Anne: must be better.

Udo Erasmus: It's like now it's omega 3, 6, 9 7 and then it was Omega 3 6, 9 7 5. Oh dear. And then some people think, oh, well that must be like really good. And Udo you know he's half baked, he only puts three and six in there, you know? And, and that's how people think because they don't know the issues. And in marketing there's a lot of bending of truth because you wanna get people's attention. You want them to buy your stuff. So you tell 'em a story, right?

Gregory Anne: I tell ' em a story. Well, I'm gonna ask you a question. You can tell me a story.

When I go get blood work done, yeah. They do a VAP profile, cardiac, and they include omega three and omega six as results on this blood panel. And I'm wondering, since I only take fish oil, but I probably get some of those from salmon and wherever else they live, eggs, maybe, is that not an accurate reading of my levels or, so you're saying that not all the omega threes in the world are created equal?

Right. So I have a good, healthy level according to Western medicine on this blood work panel. So I'm just asking you, is it possible that I could have a healthy level not having the optimal source for that.

Udo Erasmus: Yeah. You know, uh, Richard Burton got a clean bill of health from his doctor seven days before he died of a massive heart attack.

Where I really wanna go with it is, first of all, the tests may not be as accurate as we're told. That's an issue. And there could be interfering factors. You might have, I don't know what, I'm just totally making this up. You might have too much N-acetylcystine in your, and that might actually change the readings on your test.

It might, right? Or something else or, so that's one issue. The second issue is your in your tissues are different levels of omega threes and omega three derivatives naturally, but they're only measuring your blood, right? They're only measuring your plasma. And in fact, there are three tests that that are commonly done.

Fatty acid profile tests, they're called, right? One is your, plasma your blood without the blood cells in it. Second one is blood cell membranes, and the third one is fat tissue. And when you measure those on the same day at the same time those three tests will give you different readings because plasma looks at what's happened in the past 24 hours. Blood cells will reflect what's happened in the

past maybe three or four months. And fat tissue will reflect what's happened in the past 16 months.

Hmm. So they, you can get completely different. Like if, you know, if you've been eating exactly the same diet for two years, they might be pretty similar, but people change all the time. Yeah. Right. So that's another issue. And then they only give you those three. What about your, your liver cupfer for cells?

What's normal for them? I don't know. And I don't think they even know. And so what they do is they get you measurements on what's easy and convenient, right? Mm-hmm. Because you take a blood sample, you can do two of those tests. One is plasma, one is red blood cells, right? Right. But what about in your brain?

Yeah. Well, you don't really wanna stick a needle in your brain and suck out a bit of brain tissue. We already have too little in there.

Gregory Anne: Speak for yourself.

Udo Erasmus: So you don't know what's normal for your kidney? Your kidney filtering cells.

Mm. We don't know what's normal for your blood marrow. You can look at all the different spleen, lungs, stomach, heart, is there a difference between the level in the arterial tissue and the venous tissue? I'm talking about the blood vessel tissue, right?

We don't know. I've never seen any, studies done like that. So what we're doing is we're taking something super complicated. And then we simplify it and if we simplify it, that's convenient for the person who does the test for you. And he gets paid for doing the test. And if the test results are wrong from Nature's life's God's point of view, the doctor still gets paid.

You know, if you wanna be healthy, you really have to look at how was it in nature before we got civilized, or what was nature's mandate for creatures? Nature's mandate of how to eat for creatures that eat fresh, whole, raw, organic, for human beings, mostly plant-based.

But there, of course, there are people who will argue that. And if you do that in nature, there are all kinds of plants they make all kinds of molecules. We can't make microbes, make molecules that's why the microbiome is so important

.And we get from them things that we depend on that we can't depend on ourselves For.

Hmm. That's why living in line with nature and living in line with your nature is highly recommended if you wanna have the best, most productive, most enjoyable life for the time that you have.

Okay.

Gregory Anne: I'm gonna ask a question because not everyone is going to give up their frying pan. We talked about this earlier.

And not everyone is going to eat mostly raw, mostly plant-based. So if you could make a determination, I'm not sure you can, but is there possibly a healthy choice for people that like extra virgin olive oil or walnut oil or or peanut oil, all those terrible, like Right, they're in clear plastic bottles. We've already as ascertained that that's no good. But what about, is there something that people can use that you would say, yeah, I give that my blessing.

Not optimal, but it's okay.

Udo Erasmus: Um, that I call that the Russian roulette question because my, because my job is, is to tell the truth the best way I can. Yeah. And then people make choices.

Gregory Anne: Of course.

Udo Erasmus: And the question that you're asking and everybody asks it, it's always, what can I get away with? Instead of asking what do I need to incorporate to get me the longest life and the best health?

That would be the good question to ask since we're talking about health, right? Yeah. But we ask, okay, I'm supposed to deal with health, but uh, can I get away with that? What about that? What if I just fry a little bit? What if I don't let it turn into smoke, but it's still too hot to burn my fingers if I put 'em in, right? I mean, so the answer goes like this. If you have a frying pan and everybody has a frying pan, everybody's gonna listen to this show, has a frying pan. Go get the frying pan, pull it out wherever you got it. Turn it upside down. Hit yourself up the side of the head with it and throw that stupid thing out is because that is the most damaging thing that we have ever invented to do to our food.

If you're measuring it in terms of effect on health. The dumbest, dumbest thing we've ever done. And when you use oils, I cannot give you a, here's a good oil to fry with. Some people will do that, but I, I have to tell you the truth. You get to decide how, what you do with it. But I want to give you really clear information that you can base good choices on.

So it goes like this. The more double bonds are in a molecule, the more chemically sensitive it is. Omega three has more double bonds than omega six, which has more double bonds than monounsaturated, like olive oil, and the saturated fats have no double bonds. So that means you least wanna use omega threes for frying, right?

You get the least damage if you use hard fats for frying. So butter, coconut. So, lard, lard. Right. There's a few others, but so you get the least damage, but when you put your bacon grease in the pan or your, your Crisco. A Crisco is real junk too. But if you put a hard fat in a frying pan, first of all, it melts and then it starts to cook.

And you hear the sound right and then it turns into smoke and what you put in there because it boils at a high temperature, water boils at a hundred degrees Celsius or 200 degrees Fahrenheit. Oil boils at 160 or higher, sometimes 245, uh Celsius, 450. So that's a much, much, much higher temperature. And when you put foods in oils or fats, You're actually burning the food.

You're burning the oil,

Gregory Anne: but it tastes so good.

Udo Erasmus: No, it doesn't. It does. No, it doesn't. No, it doesn't. If you actually take that, that burnt stuff, you scrape that off of food and you get a tablespoon of it and you eat it, it's, it's acrid, scratchy, and it tastes bitter, and it tastes disgusting.

Now, where's the taste come from? You wanna burn the food, you get this awful taste, okay, then you put some onions on there, or you put some garlic in it, and then you put rosemary in there, or you know, whatever it is. But the taste always comes from the vegetables.

Animal foods are kind of bland in taste in comparison to what you get from plants. Hmm. So then we'd burn them. The reason we like burned food is because our mother was bamboozled by the oil industry to change from cooking

in water to cooking in oil. 'cause the oil industry's only 120 years old and they said it's more convenient.

And you know, mothers are always busy and they always have way more things to do than they got time for. And they got bamboozled into doing that. So you got this burnt food with mother love and you now have to separate the mother love and keep it. 'cause mother love is definitely a keeper. And you need to separate it out from the bad habit that the industry that was not interested in your health, but very interested in money that boosted your mother into adopting.

Have to forgive your mother 'cause she didn't know better. The industry knew better. Yeah. And we certainly know better now. Right? And if, a whole fresh, whole raw, organic is nature's mandate, then the question we should be asking is whereby now how far away am I from that? And with what steps can I take in the direction back to fresh all raw, organic.

Every step you take back in that direction, you're gonna gain something in health. Just as every step you took away from that, you eventually will pay a, a price in, in worse health.

Gregory Anne: As my friends, Italian grandmother from Sicily used to say, you can either pay the grocer or you can pay the doctor.

Yeah.

Udo Erasmus: Right. Yeah. Yeah. And I love that. Yeah. Fundamentally and, and yeah. And the farmer is closer to healthcare than the doctor is.

Gregory Anne: Absolutely right. So tell me about your, so your products, when you talked about you have the 3, 6, 9 blend. Yeah. Is that something that you would pour on a salad, or We're not gonna fry.

We're not gonna put them in a frying pan. Yeah, but it's basically either drink it or pour it on things. Yes.

Udo Erasmus: No, no. Don't drink it. Don't drink it. Oil. Oil belongs with food. Okay. So we recommend, we recommend mix it in food, spread your intake out over the course of the day. 'cause if you drink too much oil, all by itself, your liver has to process oils.

And if you give the liver more than it can handle, then it'll make you feel heavy, tired, or nauseous. Okay. And then if you got nauseous and you drank more oil, you would throw up. That's how your liver protects itself from your excesses.

Gregory Anne: Well, I'm not gonna mention this doctor's name, but he's very popular, uh, as a vegan doc, and he was doing shots of oil the other day in an ad for, um, health.

Udo Erasmus: Well, there's a lot of people who recommend it, but it's stupid. Uh, and I'll tell you why, why it's stupid. One is that oils in foods enhance flavors. Yeah. That makes things taste better because a lot of the flavor molecules are all soluble. Mm-hmm. And the second one is that oils with food enhance the absorption of oil soluble nutrients in the foods.

And that's the reason why oils belong with food. And oil is never by itself in nature. Right. So it's like taking a drug. Hmm. Take, take a tablespoon per 50 pounds of body weight per day if you're in a place where there are winters.

So that's the winter dose tablespoon per 50. For me, that's about four tablespoons. Always mixed in food. I don't never drink the oil. Um, uh, and in summer when it's hotter, I don't need as much to burn and to keep warm. So I use about two or two or three tablespoons mm-hmm. A day. And I've been doing it now since we started that oil in 1994.

I, I do it every day. It is part of what I do every day, just like drinking water, just like breathing air, just like eating seeds and nuts, just like eating my whole foods. And I, uh, turned 81 couple weeks ago.

Gregory Anne: Wow.

Udo Erasmus: So all these people who say, oh, you know, seed oils are bad and omega sixes are bad.

No, omega sixes are just as essential as omega threes. You have to get them both in the right ratio and they both are very easily damaged and you need to get them in an undamaged form. Right. And we actually built that industry. That's the industry that that got created out of my experience with pesticide poisoning and then looking for health.

We'd actually developed a method for making oils with health in mind, and began an industry of oils made with health in mind. First oil was flax seed oil. The best oil is the blend because flax oil is a poorly balanced oil. So I don't

recommend it anymore, but I developed it. So we now work with the blend because people also say, well, is there one thing I can do that gets me all the good stuff and none of the bad stuff.

The answer to that is yes, that's what we made the blend for. And it gets complicated. Yeah. You know, every oil, every seed has a different amount of oil in it, and every oil has a different fatty acid profile. And, uh, omega threes and sixes need to be balanced.

And, you know, there's other properties that you need to deal with, organic and plastic and all of that. So we did all of that. It basically made the, the, uh, what would you call it? The Lamborghini oil. Maybe that's not a good choice, but, the high end made with health in mind.

And it takes a lot, it takes a lot of doing to do that. We keep it refrigerated in the factory. In the stores, it's refrigerated. We don't, we don't do business with stores that won't refrigerate it. You keep it refrigerated at home. And if we ship it longer than two weeks, we even ship it refrigerated.

So it's just like steak and ice cream. We do it for steak and ice cream, but for some reason we've never wanted to do it for oils which are way more important for you. And then you put 'em in food. You can put 'em in hot foods and cold foods in, uh, warm foods, but you put them in hot foods after they come off the heat source.

So you can put 'em in hot pasta sauce. You can, you can put 'em in on steamed veggies. I love 'em on steamed veggies. Yeah, you can put 'em in oatmeal. So it goes in any food compatible with all foods. The one thing you have to be careful of omega threes turn on fat burning and turn off fat production in the body.

But if you eat too many carbs, they block that effect, huh? And so when you decide to take more oil as you fuel instead of carbohydrates, then you need to also lower the carbohydrates so that they don't interfere with what oils do exceptionally well if you give them the space to do it.

Gregory Anne: So interesting.

And people can find, if they don't have a store that offers your products nearby, they can go to udo's choice.com to find the

products.

Udo Erasmus: Yeah, that's, yeah. You could, yeah. There the stores are there and they're basically in the, in the brown glass bottle, in a box in the fridge, in the supplement section, in the health food stores.

You get it on Amazon, but I recommend going to the stores because I don't know about Amazon's refrigeration. They tend to not take that good care about certain things and they may not even know that they have to do that.

Gregory Anne: Yeah, and plus we wanna support our local health food stores and markets.

Udo Erasmus: Yeah. So if you go on the websites, it's, it's more for information. We talk about the oil, but we also talk about digestion, which is the second most neglected area of nutrition. Oil is the first, and so we work with enzymes and probiotics. Uh, because when you cook foods or processed foods, you destroy the enzymes and you kill the probiotics that are in and on raw foods that'll do 60% of the digestion for you.

And the probiotics actually, um, they basically regulate the rest of your microbiome. And, when you lose those, then you get all kinds of problems with the other bacteria in your digestive tract. So we work with that.

Gregory Anne: Yeah. I was gonna say, I think we should have you back to talk about digestion and, because probiotics have become an IT thing, right?

Everybody's talking about probiotics, but enzymes don't get as much attention. And of course when we cook food, they're very important.

Udo Erasmus: Yeah. Because, because when you kill the enzyme, when you destroy the enzymes, you make your immune, you make your digestive system do more than twice the work then it would have to do if you ate raw.

And, it wasn't made for that. It was made for raw foods in nature. So then that becomes too much for your digestive system, then your immune system has to get involved. And then the immune system isn't free to go after all the other things it's supposed to do like viruses, fungus, bacteria, cancer cells, dead cells, debris cleanup, inflammatory proteins, and all of that.

So it's not as able to do that. So you take a load off your digestive system and you take a load off your immune system when you replace the enzymes that were destroyed when the foods were cooked and processed.

Gregory Anne: There's just so much here to, uh, talk about, and I think we should honestly come back again.

And we didn't even get to talk about, The inside. Our soul. Inspiration, creativity.

Udo Erasmus: Yeah. Total health. Total sexy health. We didn't get to talk about that.

Gregory Anne: Would you come back again? Udo.

Udo Erasmus: Oh, I come back anytime you want.

Gregory Anne: That would be awesome.

You've been just so informative. I just don't wanna overload people so they start losing track of the important things you've taught us today. Um, so anybody. Listening, it's Udo Erasmus if you wanna look him up online. He's on Instagram and all those great places .

Udo Erasmus: You just have to put in my first name. U d O not even a four letter word. And I will always appear on the first page.

Gregory Anne: You mean there's not another u d o in

the world?

Udo Erasmus: Oh no. There are some, but not that

many.

Gregory Anne: Not as famous as you anyway.

Udo Erasmus: No, I I'm the famous one.

Gregory Anne: You are the famous one.

Well, thank you so much for your time. It really has been extraordinarily wonderful and, uh, people, I'll be back next week. Yeah. With another guest.

Udo Erasmus: Yeah.

Thank you. Thank you for what you're doing. This is cool. Bringing good message amplifier for good messages.

Gregory Anne: Absolutely. Wanna age in good health?

We gotta get the message out. Yep. Okay.

Take care, beeps.