Twitter Thread by Ayur Arogyam

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Why should we refrain from refined edible oils:

- Major factor of cardiovascular risk is caused by refined oils
- Study found,Even rats which were constantly fed food made out of refined oils have shown symptoms of hypertension & ischemic heart causing cardiovascular disability



Traditional Indian consumed oils made from locally available seeds like sesame, gingelly, groundnut and coconut oil

The dynamics of edible oil industry got disrupted after we adopted mass production / import of refined oils at lower cost to our wallet(costing our heart health)



Oils are essential dietary fat which were implicitly included In our food culture

Age old days,Oils were extracted at home and given the complexity of extraction it was used mindfully

Oils are excellent supplement if we know how much is too much

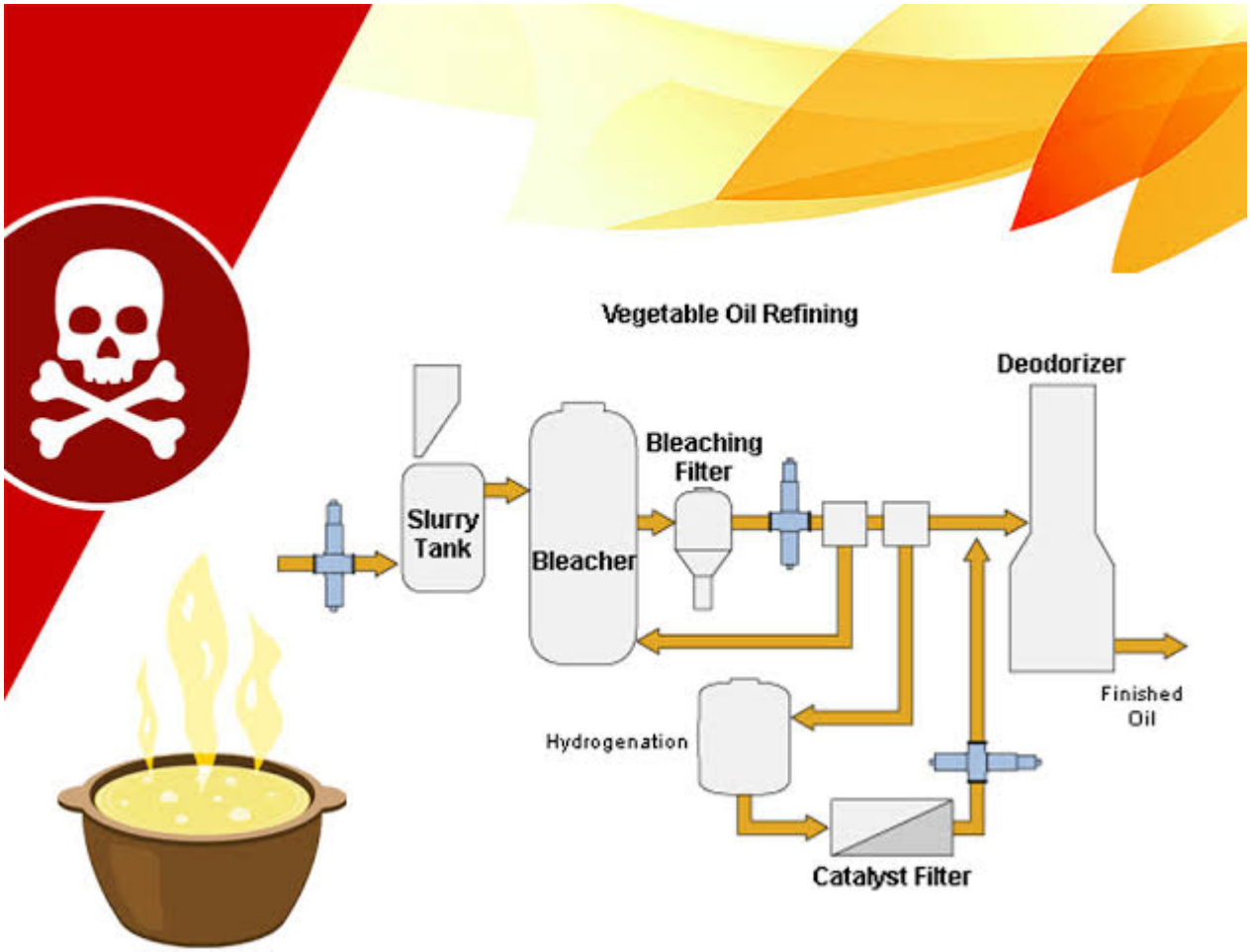


Refined oils are trade ploy to make you sick or reduce your life span early due to high chemical treatment and food processing

Refined oils are gateway for

- Obesity
- Hypertension

- Abnormal cholesterol/ Lipid profile
-Ischemic heart disease
-Cardio vascular risk / disability



Refined oil mafia are quite influential to fund a favourable study that refined oils aka healthy oils were meant to do good to your than trad cold pressed oils

As health is subjective to individual so does oils were subjective to region person lived (Tropical bio diversity)

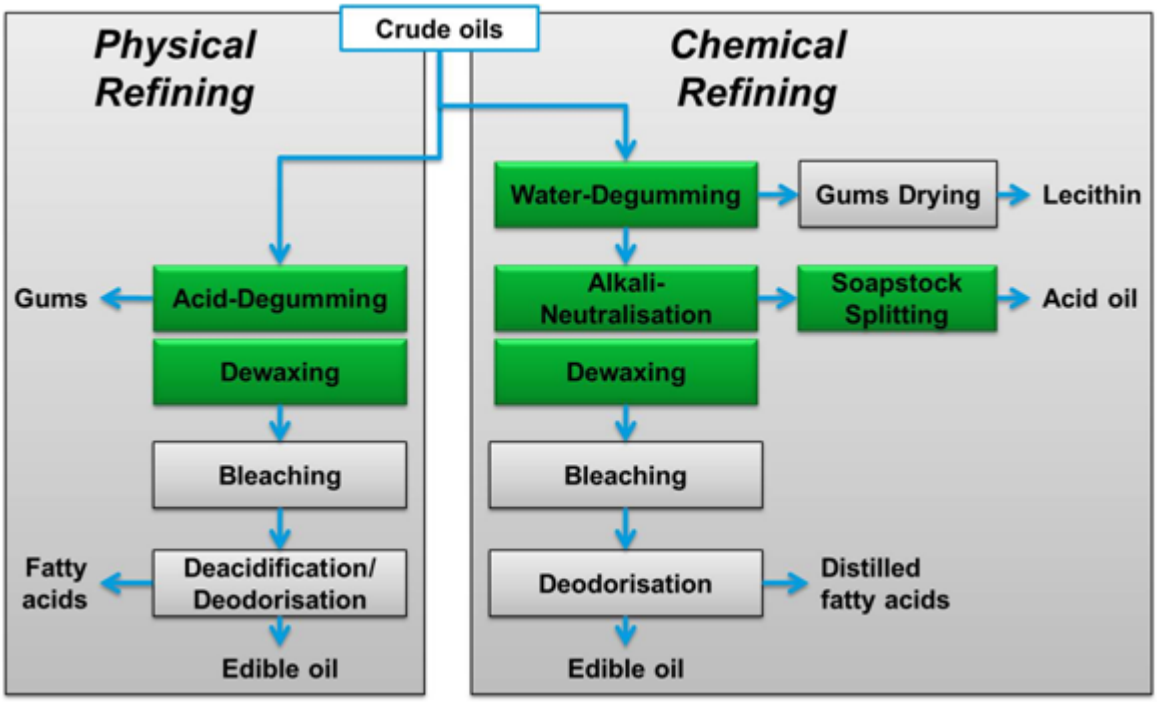


Oil which purpose is dietary fat supplement get's lost in it modern refining process

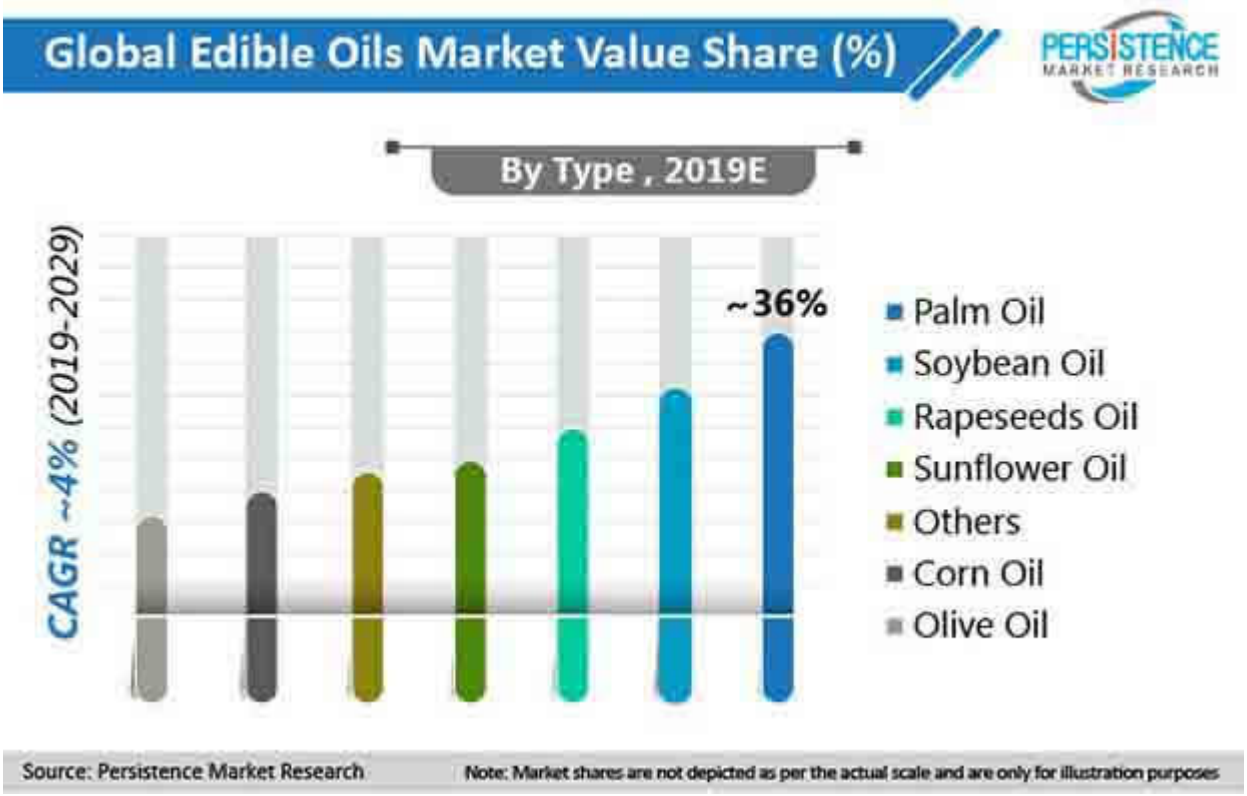
- why it has to be refined , it's for the byproducts, longer shelf-life

Edible oils refinery generates

-Soapstock
- Acid oil and fatty acid distillates (for producing biodiesel)



Why you are flooded with cheap refined oils, the below picture is worth of millions of healthy hearts



If you cannot control your lifestyle atleast judiciously choose and use your cooking oil

Your genetic lipid nutrition history may look for the tropical which your ancestors and family were using for generations

Use that type of Oils atleast it's your heart health!



*tropical Seed oil