# Joe Rogan expresses concern over wellness influencer's claims about cooking oils



During a recent episode of "The Joe Rogan Experience," host Joe Rogan exhibited visible distress while listening to wellness influencer Gary Brecka's claims regarding the potential dangers of common cooking oils. Brecka, a biohacker and health coach with a clientele that includes celebrities like Kendall Jenner and UFC chairman Dana White, described seed oils—such as sunflower, canola, corn, and grapeseed oil—as "chemically altered toxins" unsuitable for human consumption.

Brecka articulated grave concerns about these oils, asserting, "These aren't natural oils — they're industrial byproducts." He further elaborated, stating that they contain neurotoxins that can damage the brain and carcinogens that could contribute to cancer, claiming, "We're literally cooking our food in poison." Rogan, visibly affected by Brecka's remarks, responded with distaste, calling the processing methods for these oils "so vile."

Brecka linked the consumption of seed oils to a rise in neurodegenerative diseases such as Alzheimer’s, pointing to their pro-inflammatory effects on the brain. He described the production process of these oils as a "chemical nightmare," involving high-heat extraction and the use of solvents like hexane, which he argues may leave harmful residues that could cause long-term damage to the body.

Independent experts have acknowledged emerging evidence that suggests a potential link between seed oils and cancer; however, they caution that the research remains inconclusive. They characterised Brecka's claims as a "gross oversimplification." Brecka indicated an intention to present his findings regarding seed oils to Health Secretary Robert F Kennedy Jr, who has also asserted that Americans are being "unknowingly poisoned" by these oils.

Both Brecka and Kennedy have suggested that alternatives such as beef tallow or animal fat should replace seed oils among food producers and restaurants. For instance, Steak 'n Shake has recently transitioned to a new fry recipe using beef tallow across its 400 locations nationwide.

While some health authorities have stated that there is no conclusive evidence linking seed oils to chronic diseases like heart disease when consumed in moderation, Brecka, who has previously faced criticism for promoting controversial cancer treatments costing up to $134,000, continues to speak out against these oils. Despite lacking a medical license, Brecka has degrees in biology and claims to possess knowledge about the harmful potential of processed oils.

Health organisations frequently recommend seed oils as healthier alternatives to butter in order to lower saturated fat intake, which has been directly associated with heart disease. A recent Harvard University study suggested that swapping even a small amount of butter for seed oil could reduce the overall risk of death by 17 per cent.

The average American reportedly consumes nearly 100 pounds of seed oils annually, a figure significantly higher than in the 1950s, when these oils became popularised in the US due to agricultural advancements following World War II. In discussion with Rogan, Brecka stated that the vegetables used to produce seed oils are not inherently harmful, explaining, "Very often it's not the food but the distance from the food to the table."

He elaborated on the extraction process of oils like canola, which involves the use of hexane, a chemical solvent. Massachusetts General Hospital has indicated that most hexane evaporates, leaving behind only trace amounts, although studies on hexane's toxicity remain limited.

Brecka also raised concerns regarding sodium hydroxide, which is utilised to remove unpleasant odours from seed oils. However, it is not classified as a carcinogen by the Environmental Protection Agency (EPA) or the International Agency on Research on Cancer (IARC). While there are reports linking it to exposure-related cancers, these findings typically involve levels high enough to irritate the esophagus.

Despite these concerns, experts like Stuart Tomc, who specialise in nutritional health, point out that the residual levels of hexane and sodium hydroxide present in seed oils are considerably lower than the safety thresholds established by relevant health authorities. They caution against attributing health issues solely to these substances, labelling such claims as potential oversimplifications.

Brecka contends that the processing methods behind seed oils foster inflammation within the body, which he claims could play a role in chronic conditions such as heart disease. He controversially likened cholesterol to a responding firefighter, asserting that it is called to address inflammation rather than being the cause of it. This analogy was made to shift blame away from cholesterol and onto the processing of seed oils.

Critics of seed oils suggest that their omega-6 fatty acids, when consumed in excess, may contribute to inflammatory processes. However, both the American Heart Association and American Cancer Society indicate that there is insufficient evidence to support claims that moderate consumption of seed oils leads to chronic health issues or increased mortality rates.

Experts, including cardiologist Dr David Rizik, maintain that while beef tallow has a lower omega-6 content, suggesting it as a catch-all substitute for seed oils may not be advisable. Dr Rizik recommends a holistic dietary approach, advocating for a variety of wholesome fats, including those found in olive oil, avocados, and fatty fish, while minimising ultra-processed food intake.

Overall, while Brecka's assertions regarding seed oils have spurred a discussion on their health implications, expert consensus largely supports a balanced approach to dietary fats rather than the outright rejection or endorsement of any single type.

Source: [Noah Wire Services](https://www.noahwire.com)