

Chris Wark (00:00.14)

bio here and you look good, you sound good. what's that?

Udo Erasmus (00:01.722)

Okay, I think I need to...

Is this better? Is this better? I made myself a little louder. Okay, okay.

Chris Wark (00:11.637)

You're good. You're good.

Chris Wark (00:18.348)

Let's see.

Chris Wark (00:34.766)

All right. Okay. We ready? Okay. Here we go. Hey gang. So today I am interviewing the legendary Udo Erasmus. I first learned about Udo in January, 2004, a very long time ago through George Malcomis. And, Udo was a, is a pioneer in health and wellness. He, was

Udo Erasmus (00:37.316)

We're ready.

Chris Wark (01:05.742)

One of the first early voices of the healthy fats and healthy oil movement, he invented the methodology and machinery to create healthy oils, including healthy flaxseed oil. In 94, he co-founded Udo's Choice, the supplements. Some of you are very familiar with Udo's Choice and wrote a book that sold...

hundreds of thousands of copies called fats that heal and fats that kill. He has a brand new book called your body needs an oil change. And he has an extensive education in biochemistry and biology. he has reached a lot of people over the years. And I'm excited to talk to him finally and talk about oils because right now, just in the last couple of years, there's been a

this sort of big movement against oils, against seed oils. There's a lot of sort of food fear that has permeated the health and wellness community. And no one knows more about oils than Udo. I think he really is probably the world's foremost expert on healthy oils and unhealthy oils, healthy fats, unhealthy fats. So we're going to dig into all that and hopefully give you some clarity and context.

So you'll have a deeper understanding and perspective and you can decipher these claims appropriately because not all plant oils are bad for you. They're not all seed oils are bad for you. Some are incredibly healthy and wonderful health promoting. So we're going to dig into all that. Udo, great to see you. Thanks for taking the time.

Udo Erasmus (02:50.828)

Yeah, thanks. You've already told my whole story. I can go now.

Chris Wark (02:53.986)

Alright, good. Well, good to have you and have a great day.

So I guess let's jump back in time. How did you get into fat research? Like what prompted that research and led you to publish *Fats that Heal, Fats to Kill*?

Udo Erasmus (03:12.142)

Yeah, my marriage broke up and I was really upset and I wanted to kill something. So I took a job as a pesticide sprayer because pesticides only are made for one thing, to kill things. So that was a perfect job for me, for my state of mind. And I was really careless. I walked barefoot over the lawns I sprayed with weed killers until the skin peeled off the bottom of my feet.

Chris Wark (03:20.951)

wow.

Chris Wark (03:25.186)

Yeah.

Udo Erasmus (03:38.958)

And at that point I decided to wear rubber boots, but it was a summer job. did it in a bathing suit with rubber boots. No, no black tie, but, and the wind would drift a spray on my back. And I noticed that. And somebody said to me, aren't you worried you're going to get poisoned? And I said, nah, I'm immune. I think people, some people call that testosterone poisoning. That's what happens to you. I know I was 38 when I got poisoned.

Chris Wark (03:47.712)

Right?

Chris Wark (04:01.846)

In what age? Early 20s?

Chris Wark (04:07.254)

wow, okay, all right.

Udo Erasmus (04:08.892)

I'm an old guy. That was in 1980, I got poisoned. I went to the doctor and said, what do you have for pesticide poisoning? She said nothing.

Chris Wark (04:21.004)

And what were your symptoms?

Udo Erasmus (04:24.019)

Cramps, nausea, dizziness. If I turned my head, it felt like my brain turned but my head didn't, or my head turned but my brain didn't. mean, obviously that's not what happened, but that's what it felt like. It's really strange. And then no energy. I was 38. If I walked around a city block, I would have to sit down and rest.

Chris Wark (04:37.538)

Yeah.

Chris Wark (04:46.486)

What made you think it was the pesticides?

Udo Erasmus (04:49.171)

I was obvious. We were spraying a place with soil sterilants. It's one of those tanks where they do oils, then they have a moat around the tank so that in case the oil breaks, that it is kept confined. that weeds grow there. So we went in there with soil sterilants and killed the weeds.

Chris Wark (05:16.375)

Hmm.

Udo Erasmus (05:16.407)

And then they wouldn't let us clean up in their food place, you know, because we had pesticides on them. They wouldn't let us clean up. I ate my sandwich. I had stuff on my fingers and I ended up, it was really obvious. And then, so when the lady said, we don't have anything for pesticide poisoning. yeah. my God. my health is actually my responsibility. Now I knew that, right?

Chris Wark (05:31.983)

Okay.

Udo Erasmus (05:45.85)

But it really landed that day. And then I thought, okay, well, I guess if something goes wrong, then you should do the opposite of what got you the problem. So I stopped spraying, obviously. then I started, and then I figured, you know, because I had a lot of biological science background. And one of the things I knew is that your body turns over all the time. Like every year, some people say 98 % of the atoms in your body are removed and replaced.

So I thought, okay, well, if your body's made out of food, of course it's food, water and air, but I was just thinking about food. Your body's made out of food. If something goes wrong, raise your standard, right? And if you raise your standard for intake of what your body's made of, you can rebuild 98 % of your body to a higher standard in one year. So that was my go-to, right? And then I got into the...

research journals because I hadn't studied nutrition, I'd studied biological science where you learn quite a lot about health because you're studying normal creatures in normal situations doing normal things, not like medicine where you're always studying what's wrong. In nature, you're studying what's right. I had background, I had pretty good confidence in it. I said, okay, but what are the pieces? I went into the research to look for everything about essential nutrients.

Essential nutrients, what is an essential nutrient? Very specific definition. It is a nutrient that you have to have to live and be healthy, but you can't make it in your body from anything else. So you have to bring it in from outside. That's the first part. The second part is if you don't get enough of any essential nutrient, you cannot stay healthy. Your health will deteriorate. You will get deficiency symptoms that are degenerative in nature.

They will get worse with time and if you don't get enough long enough, you die. This is like really, really important building blocks. That's the second part. The third part is if you're going down, cause you're not getting enough of an essential nutrient, but before you die, you bring enough back into your body, then all the symptoms of, of not, you know, all the, all the symptoms are not getting enough are reversed because life knows how to make a body provided we take responsibility here at our mouth.

Chris Wark (07:49.335)

So.

Udo Erasmus (08:14.233)

to make sure all of the building blocks that it needs to do that land in the body. And there's 42 of them, 18 minerals, 13 vitamins, nine essential amino acids from proteins, and two essential fatty acids from oils. And then the fourth part was that you can't call a nutrient essential until researchers have identified at least one vital biochemical reaction in the body that requires that nutrient and without which that

biochemical reaction cannot take place. So this is a very precise definition and that's why it's also really powerful because when you understand that and then somebody tells you, omega-6s are bad, you say, no, that is BS because omega-6s are one of the 42 essential nutrients that if you get no fat in your diet, that will kill you if you do it long enough because you will neither get omega-3 nor omega-3.

no, 6, because those two come from OS.

Chris Wark (09:15.544)

Well, and I think some easy examples that a lot of folks have heard would be, you know, vitamin C deficiency leads to scurvy, vitamin D deficiency leads to rickets, vitamin B deficiency leads to beriberi, pelegra.

Udo Erasmus (09:29.103)

And Pellegr for B3. All of that was figured out in the past 150 years. Omega 3 were shown to be essential in 1981. That was the last one.

Chris Wark (09:33.677)

Yeah.

Chris Wark (09:41.389)

And it's.

Chris Wark (09:47.254)

And so, so our bodies, want to make sure I understand this too. Our bodies cannot manufacture omega-3 or omega-6. must come from food. Is that correct?

Udo Erasmus (09:57.242)

correct. then, yeah, and if you can, and how they figured that out is if something was not essential and you could make it in your body, not depriving you of that would not kill you because you can make it. And the distinction was that the ones that are essential, if you didn't get enough long enough, you would die. They did all of the studies first on animals and then they messed around with humans as well.

Chris Wark (09:59.131)

And okay. so.

Chris Wark (10:25.966)

So another example would be cholesterol because our bodies can make cholesterol, right? And so cholesterol is not essential in the diet because our livers make it. now some people are out there saying, you know, we're not getting enough cholesterol. need to eat more cholesterol, produce more cholesterol. But what would you say to that?

Udo Erasmus (10:31.789)

Yep. Yep.

Correct.

Udo Erasmus (10:44.675)

No. B.S. The body, the bodies can make cholesterol out of carbohydrates and the body can make cholesterol out of fats. cholesterol is a different situation. The body can make it, but once it's made, it can't break it down. So how people get high cholesterol and cholesterol problems is when if you don't have enough fiber in the diet, because then they won't be carried out of the body, goes through your liver to your gallbladder to your

Chris Wark (10:47.98)

BS.

Udo Erasmus (11:14.735)

digestive tract into the toilet, right? But if you don't, so if you don't have enough fiber in your diet, then up to 94 % of the cholesterol that the liver dumps is reabsorbed into the body. So you lose your exit mechanism. And the second thing is if you get stressed, your body makes more cholesterol because all the stress hormones are made out of cholesterol. So between getting more fiber in your diet and chilling,

You can pretty much control your cholesterol, but it's not essential. Your body can make that up.

Chris Wark (11:48.118)

and stop eating it. Right.

Udo Erasmus (11:51.0)

Yeah, well, there's a pretty good mechanism in the body. If you eat more, your body makes less. And if you eat less, though, your body makes more. So, but there are limits to every system. you know, eating less is one way to deal with it.

Chris Wark (12:08.547)

Well, stress contributing to high cholesterol is probably something that most people have never heard.

Udo Erasmus (12:15.127)

I know, but it's obvious. If you need to make more stress hormones, you got to make more cholesterol because they're made out of cholesterol. Right? Yeah.

Chris Wark (12:25.304)

That's really fascinating. So in your story, you, so you get poisoned, you quit, you know, quit spraying pesticides. You start researching essential nutrients and I'm assuming because you were trying to heal yourself, get healthier. Was the poisoning, did it cause lingering problems for you?

Udo Erasmus (12:30.221)

Yeah.

Udo Erasmus (12:35.63)

Yeah.

Udo Erasmus (12:48.291)

most of them were fairly short lived. The longest one was low energy and that probably resolved in, I don't know, six months. I started paying attention to how I eat. And then the reason why I got into fats is because I was looking at all of this stuff and the one area that was really

confusing was the area of fats. It's still confusing.

It's still like, and literally what happened was I read a study. says omega-6 is an essential nutrient by the definition I just gave you. That's why I gave you the definition, right? That's what that study said. And the very next study said omega-6 gives you cancer and kills you. I'm going, huh? What? You can't have it both. You have to eat it so it can kill me.

Chris Wark (13:36.93)

Just follow the science.

Udo Erasmus (13:41.562)

That's funny. Right? So I said, okay. And then I wasn't like, say, really bad. I didn't get into it into that thing. Right? I wasn't and I wasn't looking to make money and get attention. And, you know, a lot of times people do this because they they want to get your attention and and fear mongering gets attention. Right. What I did is I said, OK, well, it can't it does some I must be missing something.

Chris Wark (13:59.619)

Yes.

Right?

Udo Erasmus (14:10.157)

This doesn't make sense. I must be missing something. And it was that contradiction that drove me nuts, that got me looking into how oils are made by industry and the damage done by the way they're made and by the way we use them when we use them for frying. Right? So what I found out is the industry treats oils with sodium hydroxide, which is a very corrosive base.

Then they treat it with phosphoric acid, which is a very corrosive acid. Then they treat it with bleaching clays to take out the color molecules because they absorb light and then damage the oil because light, oxygen and heat are the three things that damage oils. They're the most sensitive of all of our nutrients and should be treated with the most care and the most protection. We treat them with the least care.

So anyway, so they do this, so they take out the color molecules, then the oil gets rancid and stinks. So they have to deodorize it. I used to call it de-stinkerize it. Right. And to deodorize the oil, they have to heat it to frying temperature for 30 minutes. And that blows off the rancid molecules. And then you end up with an oil that is colorless, odorless, tasteless. And the oil is

a half to one percent damaged by this processing. And I got that from the journal of the American Oil Chemist Society. So I called them. I only ever had one talk with those guys. I called them and I said, I want to talk to a researcher. And she said, okay. She put him on the line. I said, when you know, you know, I hear I'm the poison guy, right? I'm trying to get honest

answers because I wanted to actually get healthy.

I said to him, when you know this does damage to the oil, why do you do that? This doesn't make sense. He said, one of the reasons we do that is we can get rid of half the pesticides in the oil. I doodled myself because I got peasant by pesticides. I didn't even know at that point that there were pesticides in oils. Of course, they are because they don't

Udo Erasmus (16:33.967)

So I said to him, I didn't say anything to him, but I said, holy shit. I said to him, why don't you start with organically grown seeds? Because then you don't have the problem. Well, apparently had never heard that. So there was this long silence at the other end of the phone. And then when I waited, I can talk. I'm a good talker, but it's obvious already, I think I'm sure. But.

I know how to listen to, so I got really quiet and I waited. And then when he got back to me, he was really angry and he yelled at me. says, I don't know what your problem is. The oil is 99 % good. It's only 1 % damage. And if you had 99 % on an exam, you'd be damn happy, wouldn't you? So now I was like, okay, first of all, I used to get a hundred percent on the exams on the courses that I really liked. So that was not the big point for me.

But I said, okay, it's only 1%. Maybe I'm overreacting. So I did what we were told to do when in doubt, do the math. So I said, okay, if I have a tablespoon of an oil that is 1 % damaged by the processing that industry does, how many damaged molecules would be in that oil? And I always ask people to answer that because most people don't know how to the calculation.

Do you know? If you read the book, I think I spelled it out in the book.

Chris Wark (18:03.638)

I would spend years and I wouldn't even try to guess how many molecules are in a tablespoon of oil, much less how many, what one percent is. I don't know, a million? I really have no idea.

Udo Erasmus (18:09.315)

But that's why I want you to do it. Yeah. OK. So that's cool. So people don't know because we don't know how big is the molecule.

Chris Wark (18:23.736)

But let me look before I before you answer, let me just say this. I feel like the 99 % pure or only 1 % damage claim is feels suspect to me. Even that claim that it's still 99 % good or whatever after all that processing, I feel that's even sketchy. But but anyway, go ahead.

Udo Erasmus (18:42.991)

You think it's less than 99 % good? that what you're saying?

Chris Wark (18:49.038)

Yeah, feel like, I mean, again, I'm not claiming that I know this, I'm just saying instinctively, after all that processing, I feel like the quality of the oil is not 99 % of its original quality.

Udo Erasmus (18:52.163)

Mm-hmm. Yeah.

Udo Erasmus (19:01.249)

Okay. Okay. Well, it's interesting because I have not seen any numbers on that. And there's like more than 10 different ways that you can damage the molecules. But of all those damaged molecules, only two are measured, trans fatty acids, which are twisted molecules and oxidized molecules, which you do with peroxide value and nicotine value. So those two are measured. The other eight are not even measured.

But generally speaking, they say that if it's less than 1%, don't worry about it. So you could have 10 % damage in the oil and they would still not worry about it. they don't have any commercial tests for it because it's very expensive to do that. So you'd have to take it to a university lab and do it there, right? So, but let's say...

Chris Wark (19:54.776)

Well, not to get too deep into semantics, but then you just, then you wonder, what is their definition of damage? Right? Because the oil is clearly denatured with the heating, with the deodorizing and all this kind of stuff. so measuring the damage to the human body by ingesting an oil in this form is a whole different conversation, which maybe we'll get to.

Udo Erasmus (20:02.541)

Why?

Yeah, yeah, and yeah, there's.

Yeah, yeah.

Udo Erasmus (20:16.814)

Yeah, yeah. Yeah. And there are some companies that call the oil cold pressed even though it's been heated to 425 degrees Fahrenheit as part of the process. And you say to them, well, how can you call that cold pressed? Oh, well, because we define cold pressed to mean that we never added any external heat while the oil was being pressed. So they even define the words.

in a way that makes them look good, even what they're doing is not good. Yeah, so they...

Chris Wark (20:50.048)

Wow. So it's cold pressed and then it's then it's cooked.

Udo Erasmus (20:54.7)

Yeah, yeah, but they don't tell you about the cooking part. So there's stuff that.

Chris Wark (20:59.968)

Okay. We got to close the loop on the molecule question before we move on. Cause I know I threw some wrenches in the conversation. So how many molecules are in a tablespoon of oil?

Udo Erasmus (21:04.534)

Yeah, so.

Yeah, you said it. So what did you say? You said million, right? Yeah, you said a million.

Chris Wark (21:13.206)

I don't know. said what's one. I said a million and I don't know if a million was the total number of molecules or I don't know. really don't.

Udo Erasmus (21:19.918)

No, no. the question is how many, it's 1 % damage. Do you have a tablespoon? How many damaged molecules? You said a million. Okay, a million has six zeros, right? The actual number is a six followed by 19 zeros.

Chris Wark (21:27.446)

A million sure. Okay.

Yes.

Chris Wark (21:38.208)

Yeah, we don't even have a name for that number.

Udo Erasmus (21:40.067)

Yes, we do 60 quintillion. So it goes a thousand million billion trillion quadrillion quintillion. Each one is three zeros. 60 quintillion, that's more than a million damaged molecules for every one of your body's 60 trillion cells. And wherever one of those damaged molecules goes in your biochemical architecture,

Chris Wark (21:42.459)

okay. Well, I'd say corrected.

Chris Wark (21:48.834)

There it is.

Wow.

Udo Erasmus (22:07.53)

It will interfere what's going on there because it's the wrong molecule. That architecture is supposed to be natural. These molecules are not natural. These did not exist in nature and life never made a breakdown program for them. So they tend to pile up. And the research is very clear that when you overheat oils and you overheat food with oils, carbohydrates and proteins,

and oils, increase inflammation and increase the risk of cancer independent of each other. So they all do that when you burn them. So, and when I found out, my God, more than a million damaged molecules in a tablespoon and people use two to four tablespoons and there's

The oil is in plastic, so plastic leaches into the oil. And you got pesticides in the oil. And then they fry the oil. You have to multiply that number by another five times. And then they do that for 30 years. So you have to multiply the number you got from your tables by another 11,000, which is more or less the number of days in 30 years.

And then at the end of that, you get cancer and you say, I don't know why I got cancer. I always ate good. Yeah, because they never told you that. They never told you what you were doing, you know, what they did to the oil in the first place. And then what you did to the oil in your frying pan.

And these are the most sensitive of the molecules. So you got to give them the care they need if you want them to unfold their health benefits. And the issue with the guys who say seed oils are bad and omega-6s are bad, they haven't done their homework. They never look deeper. They are blaming what should be blamed on the damage or the ratio in

Udo Erasmus (24:20.798)

the wrong ratio or the wrong amount. They're blaming the oil for mostly the damage done by the processing. It's the process. Yeah, if you look at everything in nutrition and degenerative diseases, human degenerative diseases, ultra-processed foods, processing is the one thing that when a

Chris Wark (24:30.478)

And really, it's the processing.

Udo Erasmus (24:46.008)

when a food is taken out of the way nature made it, because we evolved in nature. And we live best when we live in line with nature and our nature. And every step you take away from that, you pay a price in health. So,

Chris Wark (25:03.256)

Well, I think it's important to point out too that many of the oils that are used today as food additives or for cooking, were not consumed by humans until the advent of very expensive industrial machinery like corn oil and canola oil. It was pretty hard to extract the oils from those crops until we had these

Udo Erasmus (25:23.015)

Yeah, wait, like what?

Udo Erasmus (25:29.378)

Well, corn would have been hard to extract because there's not much oil in corn. So that would have been hard to make an oil out of. Canola is actually a rapeseed. And they made oil out of rapeseed with small presses in India, like in the dawn of the age. So most of the seeds they could make, but their presses were wedge presses. And all you did is you put them in and then you hammered the wedge and squeezed them.

Chris Wark (25:41.229)

Right?

Chris Wark (25:50.222)

Hmm.

Udo Erasmus (25:58.871)

and little bits of oil dripped out. It was fresh, was unrefined, it was not chemically treated. You had to do it fresh because it had a weak shelf life without any other protection. It wasn't so hard to make the oils, but they were made in a very simple way. Then the mega oil industry really started in the 1850s, 1860s.

Chris Wark (26:11.224)

Yeah.

Udo Erasmus (26:26.984)

60s and then became really big in the 1920s and 1930s. But the other thing that is important to point out, when you eat seeds and nuts where those oils come from, they are associated with longevity. And then you take the oil out and then you say, well, all of a sudden it's poisonous. Wait. So again, you have to ask the question, what is causing the problem?

One of the things that's really interesting, there's been people saying Omega-6s are bad and seed oils are bad ever since I started doing my work. They were bad from the damaging and the use. We fixed that. We developed a very tight method for making oils so they don't get damaged when they're being made. There were always people that talked about how bad these oils are.

And not one of the authors of any of the books, not then 45 years ago is when I started, 1986. Well, it's yeah, it's 40 years ago. We came out with Flexwell in 1986. You know, and not one of the authors of any of those books, not the ones that have big profile that are talking about it, that quote each other because it's all BS. Not one of those people has ever talked to me. And I have not been hiding.

I have a book, Fats That Heal, Fats That Kill. We've sold probably 300,000 copies of it. I've been to 40 countries. I've given more than 5,000 lectures. I've done more than 3,000 media interviews. I'm pretty close to a thousand podcasts now. It's not like I'm hiding under my bed or anything like that, but not one of those people has thought that it would be appropriate.

to actually find out what I'm doing. And they accuse me of stuff behind my back that they completely made up in their head. It's like, okay, it's actually quite amusing. Because I'm in a position where I see the bullshit for what it is. In this arena, there are other places I don't know how much bullshit there is. In this arena, I know who's doing what.

Udo Erasmus (28:51.598)

So it's quite funny. I would love to talk to Kennedy because Kennedy has been mis-educated by those people. If you have access to him, tell him he needs to talk to me. Two hours.

Chris Wark (29:03.436)

I don't, but I would love, I have great respect for Kennedy, but we disagree for sure on what a healthy diet looks like. And he's seems to be very, very, very much into animal protein and saturated fat and eating a high animal protein diet and kind of anti-seed oils, but not understanding that there's the processing is really what makes all the difference between a healthy seed oil and an unhealthy seed oil.

Udo Erasmus (29:15.266)

Well, I think you're probably at

Udo Erasmus (29:20.689)

yeah, yeah, yeah.

Udo Erasmus (29:28.952)

Yeah, yeah.

Yeah, yeah, yeah. And I, I think the fact that he's even taking it on is, is, you know, is, in my opinion, is laudable.

Chris Wark (29:45.1)

Yes, I agree. And I think he's a reasonable person. If he was really showing the evidence, I think he would seriously consider it. just think, yeah, for sure. For sure.

Udo Erasmus (29:45.794)

You know, so yeah, and.

So if you get to him before I do, send him to me. And if I get to him before you do, I'll send him to you. Between the two of us, we could probably straighten them out pretty good. He's a lawyer. You know, he's a lawyer. So he knows a lot. He's a smart guy, but he's a lawyer. He's not

a, you know, he's not a, he's not a biologist. Yeah.

Chris Wark (30:01.262)

So let's talk.

Mm-hmm.

Chris Wark (30:12.396)

Let's talk specifically about fats that heal and fats that kill, because I know my audience is very health conscious and they want to know, okay, well, what type, what are, you know, everybody loves to talk about healthy fats. You got to make sure you eat your healthy fats. So what are the healthiest fat sources in nature that we should be consuming, you know, regularly?

Udo Erasmus (30:17.538)

Yeah.

Udo Erasmus (30:34.87)

Okay, if you if you look in terms of the chemistry of it.

The whole world of oils is optional except for omega-3 and omega-6. Omega-9 is not essential. Your body can make that out of sugar and starch. That's part of the marketing, but that's not part of the science. Take omega-3, 6, 9. Omega-3 and 6, they're essential by the definition. Can't make it, gotta have it. If you don't get enough long enough, you die.

Chris Wark (30:46.808)

So Omega-9 is...

Chris Wark (30:53.496)

Got it.

Chris Wark (31:01.133)

Mm-hmm.

Udo Erasmus (31:09.408)

If you bring it back before you die, then everything that falls apart because you're not getting it is reversed. By that definition.

Chris Wark (31:15.98)

And what does fall apart? What are some of the conditions that we know a deficiency in omega three and six are connected to?

Udo Erasmus (31:26.286)

Well, let me turn the answer around to you from your question. There is research that says that

if you increase omega-3 intake, and I add to it undamaged, not filled with pesticides, if you increase intake of omega-3s, can

improve, they don't say reverse, they say improve every major degenerative condition of our time. And what that means is that anything that improves when you throw omega-3s at it, to the extent it improves, that condition had to have been caused by omega-3 deficiency. Now, so cancer is in that as part of it.

Chris Wark (32:12.94)
Hmm.

Udo Erasmus (32:19.874)
But you can get cancer not just from omega-3 deficiency, you can get cancer from toxicity and you can get cancer from deficiencies of other nutrients as well that your immune system needs. So the omega-3s will only improve what lack of omega-3s causes. But because they say it's, and 99 % of the population doesn't get enough omega-3 for optimum health.

One of the reasons why I got so excited about flaxseed oil at the beginning is because, my God, if we can make them with health in mind and then bring them back, it's like, my God, we could help almost everybody. That was the driver for that project. I was so, you know, my God, feels so good in your heart when you help. You know what I'm talking about? Just like it doesn't feel very good when you hurt people. Doesn't feel good in your heart, in your chest, right? So that's what...

Chris Wark (33:07.724)
Absolutely.

Udo Erasmus (33:16.652)
That's what drove that. of the whole, you need omega-3 and 6. Both are sensitive. Omega-3s are five times more sensitive to damage than omega-3s. So you need to make them right. You need to get them in the right ratio because they turn into all kinds of hormone-like regulating substances in your cells. Super important in cell regulation. And they use the same

system for being converted into derivatives. That means if you get too much of one, it'll crowd out the other. If you get too much of the other, it'll crowd out the one. The reason I don't work with flax seed oil anymore is because it is too much omega-3 and not enough omega-6. Everything else is too much omega-6 and not enough omega-3. Flax oil is the other way around. I became omega-6 deficient on flax.

And I got dry eyes, skipped heartbeats, arthritis-like pain in my finger joints, and thin papery skin. Classic omega-6 deficiency symptoms. Fixed it by eating sunflower and sesame seeds, which have omega-6s but no omega-3s. Brought the balance back. And then when I made the blend, we made the blend because the ratio is important. Okay? So...

Yeah, so the ratio is important and then the amount that you get is important. They're actually major nutrients. So I've usually recommend two to four tablespoons for most people or a tablespoon per 50 pounds of body weight per day. More in winter than in summer. That's the winter dose, tablespoon per 50 or whatever makes your skin soft and velvety because together they form a barrier in the skin against the loss of moisture. They can't do it alone.

And then when you lose the, when you get that barrier, then your skin doesn't dry. You don't need to drink as much water either, because you're actually protecting your water in your body with the essential fatty acids. So in the whole universe of fats, those are the only two things that you have to have. You've to get enough and you got to get right ratio.

Chris Wark (35:28.36)

Well, a lot of people think

Chris Wark (35:32.632)

When you say Omega-3, I think the first thing that most people think about is fish and fish oil. Why is that not your top source, your preferred source of Omega-3?

Udo Erasmus (35:37.838)

So sure. Yeah. Yeah.

Udo Erasmus (35:47.726)

Well, because the EPA and DHA in fish oil are omega-3 derivatives, they're not essential fatty acids, although the fish oil industry says they're essential. They're not, because your body can make those out of alpha-linolenic acid if you get enough of it. Obviously, if you don't get enough starting material, you can't do the conversion.

But if you get the ratio right and you get the right amount, your body makes all the fish oil you need in itself, where it needs them, in the quantities it needs them, and you have metabolic control that you don't get from gulp and fish oils. And they always said they're essential, they're not essential. And then they're five times more sensitive than the alpha-linolenic acid. So they're a nightmare to work with and the industry doesn't take the care. And you can get fish oil in little glass bottles, not in capsules, but in glass bottles.

You open that up and take a little thing out, you put it in your fridge. In days, you can smell the rancidity. That's how sensitive they are. If you compare a saturated fat to EPA and DHA for sensitivity, the fish oil is 156 and a quarter times more sensitive to damage than the saturated fat would be. Five times more than alpha-linolenic acid. Alpha-linolenic acid, five times more than linoleic acid.

acid the omega-6, then oleic acid two and a half times more than the omega-9, and omega-9 two and a half times more than the saturated. So you multiply all those out. When you go from

fats that heal, fats that kill, or you go from sensitivity, at one end it's 156 times more sensitive to damage than at the other end. So you got to take all that into account.

Chris Wark (37:38.584)

So that's a big takeaway. So that's a big takeaway for the, for in terms of understanding fish oil is it's extremely sensitive and they have to do a lot of processing with fish oil and they have to.

Udo Erasmus (37:51.212)

And they don't take the care because they usually make the fish shells out of rotten salmon skins or rotten fish heads or all the guts and garbage. And they throw them all in a tank and it all just ferments and rots there. And then they pull it out and do the chemical feast to get something useful out that they can sell. But they get free raw material. it's good business to get something for free and then make something for money out of it. It's the same thing like

Chris Wark (38:19.022)

So they're squeezing the oil out of the fish guts and the parts they can't sell you for food. But then they have to deodorize it and process it and try to keep it from going rancid.

Udo Erasmus (38:28.001)

Yeah, they treat it just like the other cooking oils. Only the fish oil is more sensitive to damage.

Chris Wark (38:35.98)

I'd like to read a study, the results of a brand new analysis about fish oil supplements. And I don't know if you've seen this yet, but my team made me aware of this. So basically this is a new analysis of data from the Alzheimer's disease neuroimaging initiative. And they found that older adults who reported taking omega-3 supplements, mostly fish oil, experienced faster cognitive decline than non...

Udo Erasmus (38:40.535)

Mm-hmm. Mm-hmm.

Chris Wark (39:04.894)

supplement takers across three major tests of memory and thinking, which is the MMSE, the ADAS and the CDR SB. Anyway, this was surprising to the researchers because, you know, it's widely believed that omega-3s and fish oil are protecting your brain and they're good for your cognitive health. And so that's, that was a pretty surprising finding, I think, not only for the researchers, but maybe for a lot of people listening. Probably not for you though.

Udo Erasmus (39:06.805)

Okay.

Udo Erasmus (39:13.238)

Yeah.

Udo Erasmus (39:20.823)

Good for brain function.

Yeah. Yeah.

Udo Erasmus (39:33.326)

Well, that specific one I hadn't heard yet, but I know when you do review studies where you take a whole bunch of studies, know, brain function or heart function or whatever, whatever you are, and then you look at all the studies. There was a time maybe 20, 30 years ago when the fish oils were actually not as damaged as they are now. And what happened in like maybe 20 years ago,

They found out that there was up to 1,300 parts per billion of dioxins and PCBs and pesticides in fish oils. They said, no, the government said, no, that's too high. You have to bring that down to 90. Now, there is no safe level of that stuff. They said, well, you've got to be reasonable and you can't get it completely out. 90 is the rate. You've got to come down from 1,300 to 90.

In order to do that, they had to do more heat processing, probably more deodorization, maybe do several series of them. When you do that, you do more damage to the oil. There was a time when the fish were clean and the ocean wasn't the most polluted place on the planet, where fish oils were good for health. Your body could still make them if you had the two sources.

But the fish were good for health and the fish oils were pretty good for health. But then when they started doing review studies after 20 years ago, they came to the conclusion that all the nice things that had been said about fish oils no longer hold up. So I think that happened over the past 20, 30 years because they did more processing and the processing did more damage to the fish.

And now the officials, all the stuff they said they're good for, they're not coming through on any of them, even though the advertising still says, yeah, brain good, heart good, this good, this good, you know, it actually is not true anymore. It was maybe true during the, from the older studies, but that they actually make it worse. Well, that makes sense because in your brain there's DHA.

Udo Erasmus (41:54.446)

And if the DHA is damaged, it'll go to where it's supposed to go, but then it isn't going to be able to do the work. So it would make sense that what is good for you when it's right becomes even more toxic for you when it's damaged than some other molecules might be. So it's not surprising.

Chris Wark (42:19.416)

That makes a lot of sense. Well, and for two reasons. One, obviously we know that pollution is a

major problem and then a lot of fish are accumulating environmental toxins in their fat. And when you squeeze the oil, you're squeezing and concentrating those environmental toxins. But then the other piece of it, which you didn't mention is farm raised fish are fed very toxic, you know, sort of fish food have been shown and demonstrated in studies to have higher levels of

Udo Erasmus (42:31.319)

Yeah.

Chris Wark (42:48.363)

toxins, and if they're using farm raised fish guts to produce fish oils, then you're going to have a higher concentration of those contaminants in there too.

Udo Erasmus (42:59.275)

Yeah, and then at one point they were not feeding them any omega-3s because the fish don't make omega-3s. They get them out of the food chain. So then they fed them corn oil. That didn't work. So, then, but then what they feed them, you know, again, the food costs money. Well, the cheapest source of food, well, it's garbage. Right? And you have some...

Chris Wark (43:14.508)

Yeah.

Chris Wark (43:23.03)

A lot of fish get Omega-3s from eating algae, right?

Udo Erasmus (43:25.985)

They used to get them from where they algae make them originally. And then the krill eat the algae and then the little fish eat the krill and the big fish eat the little fish and the massive fish eat the big fish. So they literally work their way up through the food chain, but they're actually made by algae. Now there are some vegetarian fish that can make EPA and DHA from algae, but most of the fish we eat.

Chris Wark (43:41.037)

Mm-hmm.

Udo Erasmus (43:55.144)

are carnivorous fish and they don't make it. They get it from the food chain

Chris Wark (44:00.536)

So two questions before I forget them is one, is eating fish a good source, a good way to get omega-3? And what is your opinion on algae oil? Because we know there are algae oil products, supplements and things that are touted as being good sources of omega-3.

Udo Erasmus (44:02.797)

Yeah.

Udo Erasmus (44:08.683)

Mm-hmm.

Udo Erasmus (44:23.223)

Yeah. Okay. So I used to eat fish all the time when I was a kid. I don't eat it anymore. It's the dirtiest meat on the planet. And it's because, it's because our oceans are our sewers. All the garbage we throw on land goes downhill, ends up in the ocean. And we've been doing that for a long time now, like 100, probably 200 years. And the ocean is dirty, very dirty. and then when they, the

the toxins also concentrate up the food chain. So why do I want to do that to myself? I can take my flax.

Chris Wark (44:56.396)

What about the small fish like sardines, like the little fish?

Udo Erasmus (44:59.659)

Well, that would be better and krill would be better. In fact, if you got to take a supplement, I recommend krill oil because it's the lowest on the food chain. The algae only have 4 % fat, so you can't get wild algae oil, but the krill that you can get that it's also in a different form and it has its own antioxidant in it. So if you're going to do it, then krill oil would be the one I would recommend.

Chris Wark (45:24.376)

But would that be subject to some of those similar issues with processing and whatnot? Because the krill is a, you know, it's a living, it's an animal that they have to.

Udo Erasmus (45:29.312)

No, the Crayola-

Yeah, no, no, but the krill oil is made in a different way. They're not getting body oil, they're not getting triglyceride oil, they're getting phospholipid oil, which is the membranes. And so they make it in a different way and they make it under protection and they don't do all the things they do to fish oil, they don't do that to krill. So that's the, I do not, I'm out to prove that.

Chris Wark (45:36.334)

Mm.

Chris Wark (45:53.496)

Got it. Do you take grill oil?

Udo Erasmus (45:59.054)

the essential fatty acids when you get the ratio right and you get them undamaged, that whatever you need for your brain and your eyeballs is going to be made in your body. And I'm going to be 84 next week. So I think I can start bragging about my functionality. I'm getting close to being able to brag about it. Yeah. Yeah.

Chris Wark (46:20.457)

Well, you look

Chris Wark (46:24.238)

You look excellent for 84 and you're very, very articulate. Your brain seems to be functioning well.

Udo Erasmus (46:30.133)

Yeah, yes, I'm functioning. I'm firing on at least two cylinders.

Chris Wark (46:34.964)

And I'd say more than two, I'll give you three, at least three.

Udo Erasmus (46:38.626)

Okay, two and a half, two and let's settle for two and a half.

Chris Wark (46:42.47)

So, you know, my, my father died of Parkinson's disease and he died. He was just shy of 83. And obviously that's neurodegenerative and, and, know, his, started, the symptoms started to manifest. I don't know, maybe in his early to mid seventies, but, but obviously I have concerns.

about that. I want to, I want to protect my brain. want to preserve my brain health and, and, you know, avoid dementia, Alzheimer's, Parkinson's, any of the neurodegenerative diseases, which is tongue twister. what is your, what is your take on, you know, omega three, omega six and brain health.

Udo Erasmus (47:13.325)

Mm-hmm.

Udo Erasmus (47:23.788)

Yeah.

Udo Erasmus (47:32.302)

Okay, so given that omega-3 and 6 in their most sensitive form are 61 % of your brain if you measure the fat in your brain after pulling the water out. So they call it the dry brain, 61 % fat. So you're a fathead. And when somebody calls you a fathead, it's a compliment because it's true.

It's omega-3 and omega-6 derivatives, DHA for omega-3 and arachidonic acid for omega-6. They're sort of close to a one-to-one ratio. Given how sensitive they are, you want to make sure that your source of those, if you're getting it from outside, is clean. If you're making them from plant-based omega-3 and omega-6,

which are far more stable and easy to work with, they still need to be undamaged, non-toxic, and in the right ratio. In that regard, I don't have to worry about it. I take the blend, I take my blend, we made the blend in a two to one ratio in favor of omega-3. Long-term sustainable because there were diets that had that ratio. So long-term sustainable and I use it every day.

The way I do it is I get tahini. You know what tahini is, right? Yeah, so I dump the sesame oil off it. I let it sit. The oil goes on top. I dump the oil. I put my oil blend in because it's a better oil. It has omega-3, omega-6, and all that minor ingredients in it. Then I put in...

Chris Wark (49:03.434)

I do, from its matrix sesame seeds.

Udo Erasmus (49:23.597)

cayenne and cumin and ginger and turmeric and black seed and clove and I use curry and I use hawthorn and a bunch of other herbs and spices but particularly the spices because the spices

The really good spices are antiviral, antifungal, antibacterial, anticancer, anti-cardio, anti-diabetes, anti-autoimmune, anti-oxidant, and anti-inflammatory.

And so I, and the oil is a fire maker. The oil increases energy, omega-3 particularly. We've tested the blend in athletes. If they do their sport to exhaustion within 30 days of starting on a tablespoon per 50 pounds of body weight per day, mixed in their food, their performance to exhaustion goes up by 40 to 60%.

And we've done that with strength athletes and endurance athletes. And we've done it with sport, you know, like game players, like soccer, soccer football, hockey.

Chris Wark (50:38.542)

Is this like a measure of VO2 max improvement or something else?

Udo Erasmus (50:43.533)

Well, it's VO2 max. It's, you know, the way you get tired is you build up an oxygen debt and you build up lactic acid and you build up your potassium going out of the cells and the sodium going into the cells. So there are different measures of what makes you tired. Well, whatever they are, your recovery is in a third to a half the time. And when you get injured, you heal in a third to a half the time.

Chris Wark (50:51.885)

Mm-hmm.

Udo Erasmus (51:11.243)

So the whole, know, but my, way I explained it simply is look, they increase oxygen metabolism. That's how your energy is made and they increase metabolic rate. And in fact, if you take more omega-3 than you need in summer, you might sweat a little more. In winter, you need more because more of it is burnt for energy in places where it gets cold.

So.

Chris Wark (51:39.054)

It's great to use on a salad dressing by the way.

Udo Erasmus (51:41.249)

Yeah, anything. They're compatible with anything. The only thing you want to be careful if you use them with carbs, then you might actually put on some weight because the carbs, the omega-3s turn on fat burning in the body actively, turn on the genes for it. And they turn off the gene for fat production. But when you take starches or carbs, they turn off fat burning and turn on fat production.

So if you end up with too many carbs and you put on weight, you'll blame the oil, but it's actually the carbs that are giving you the problem. So when you start using more oils for energy, then you want to lower your carbs at the same time. And it's really, it's remarkable. So we use, know, they say, fat makes you fat. No, it doesn't. When you eat more carbs and you burn.

Chris Wark (52:27.15)

That makes sense.

Udo Erasmus (52:36.76)

your body has to turn the excess into fats. And then you get low blood sugar and then you get cravings and then you get into the carb addiction cycle. And the carb addiction cycle has been measured to be four to eight times more intense than addiction to cocaine. Carb addiction, right? And then the omega threes, you know, even they say saturated fats make you insulin resistant.

and it's kind of true. It's kind of true. But the truth is omega-3s make you more insulin sensitive. And so you could say the only reason why saturated fats make you insulin resistant is because you don't have enough omega-3 in your diet. Because insulin resistance is a symptom of omega-3 deficiency.

And then if you make sure you optimize your omega-3 and 6 intake in the right ratio, then you can eat your coconut and you can eat your tallow and all that other stuff. But you can't eat that

and get your omega-3 and 6 need met. And those two are essential.

Chris Wark (53:48.058)

We've seen a lot of folks in our community reverse insulin resistance by eliminating saturated fat. When they convert to a whole food plant-based diet, they start eating a lot more omega-3 and 6 from whole plant sources, nuts and seeds. And then when they eliminate animal products and they stop eating meat, dairy and eggs, they A, they stop eating cholesterol and they stop eating saturated fat. And those two things, when you eliminate those from the diet and then naturally increase

Udo Erasmus (54:01.867)

Yep.

Chris Wark (54:17.292)

your consumption of omega-3 and 6 from plant foods and undenatured whole plant sources. Yeah, we see this all the time. People reverse insulin resistance, they lose weight, they're inflammatory, blood markers go down, C-reactive protein goes down, they're...

Udo Erasmus (54:30.698)

Yeah. Yeah. And the platelets become less sticky, so they're less likely to get a stroke and the saturated fats actually make your platelets more sticky. One of the reasons why the omega-3s and 6s do that is they have negative charges. So they tend to push apart from each other rather than gluing together. And it's the gluing together of saturated fats that causes the problems. Some of them.

Chris Wark (54:41.646)

Mmm.

Chris Wark (54:56.706)

Well, that makes me wonder if the processed omega 3 and 6, that are processed in all of these way, cooked and deodorized and all this stuff, right, if it reverses their charge, do they still have a negative charge when they go through all this aggressive processing?

Udo Erasmus (55:08.204)

Mm-hmm.

Udo Erasmus (55:15.948)

Well, the charge is on the double bonds. As long as the double bonds stay intact, the charge doesn't disappear. most of the problems that they cause, I think, has to do because the shapes change. And when the shape changes, properties change. And then they go into an architecture that needs a very specific shape. And then it comes in there and it hasn't got that shape and it can't do the job. So I think it's more on that level. And there is like

yeah, the charge, not so much, but, but, then there's one other thing about omega threes, you know, omega threes build a fire and you want the fire because that's your juice. That's your energy. That's your vitality. That's your performance ability. Right. But the, if the stronger the fire is, the more sparks it throws. And in the body, we call those sparks free radicals and the free radicals are.

Single electrons, electrons like to be coupled. So a single electron is like a bachelor's, know, breaking up marriages, stealing an electron. And then you get these chain reactions before they all settle down as pairs again, you get these chain reactions. Well, the body requires antioxidants and the way antioxidants function, they're double bonds between carbons.

but they're two carbons apart. And in oils, the double bonds are three carbons apart. But when you move a double bond, so it's only two carbons apart, then you get an antioxidant effect. And omega-3s turn into, they have five and six double bonds, and then a part of those ends up turning into antioxidants and anti-inflammators, but just

just by moving the double bond around. So they give you the fire and they turn into your spark control. There's no other molecule in nature that does that, that can do both. And so people used to say when we started working, they say, my God, omega-3s, omega-6s go bad. Omega-3s go five times more sensitive. They're gonna go bad even quicker. But we always felt like they had antioxidant effects.

Udo Erasmus (57:40.416)

Because in practice, they didn't give you more oxidation. They didn't give you more free radical problems. And then this thing that I just told you about turning into antioxidants, that was only discovered maybe 15 years ago.

And it's really interesting that a molecule can be that active and then protect you from the danger of that activity. This is like, who came up with that?

Chris Wark (58:16.482)

That's amazing. So let's talk about the fats, fats that kill. I know you've, we've kind of already alluded to this unhealthy oil processing, which certainly be problematic for health, but what other types of fats are, you know, should people be aware of and wary of and stay away from?

Udo Erasmus (58:18.444)

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Udo Erasmus (58:23.913)

Mm-hmm. Yeah.

Udo Erasmus (58:36.318)

Okay, well, the worst is fried. When you fry oils, they fry your health. Fried oils, fry health, fried

foods, fry health. There should be a chant at the football game, know, fried foods, fry health. So what I say to people is look, got a frying pan at your house. Most people do go get it, turn it upside down, hit yourself upside the head with it. So it's associated with pain. Throw that stupid thing out.

Go back to cooking in water if you're gonna cook, but head in the direction of, if you look at nature, every creature that eats, fresh, whole, raw, organic, local, mostly seasonal, and for human beings, probably mostly plant-based. Not everywhere, but when the hunters had rocks to hunt with, they came home without meat most of the time, because animals run away or they fight. And when they didn't have meat,

They ate vegetables. They ate plants because plants are really easy to hunt down and kill. Right? Yeah. So.

Chris Wark (59:40.44)

That's right. I've said this for years. Exactly. It's like animals are our cavemen ancestors didn't eat meat three times a day. It's really hard to catch and kill an animal and eat it. It's real tough, you know, with, especially without any type of modern traps or weapons or guns or whatever. Yeah.

Udo Erasmus (59:51.627)

Yeah.

Udo Erasmus (59:56.011)

Yeah, yeah, yeah, yeah, so, so.

So I forgot what your question was.

Chris Wark (01:00:05.196)

Well, just unhealthy fats. So fried any, any form of fried fat, whether it's so butter or lard or seed oils, any of those, if they're fried, they're really creating a problem.

Udo Erasmus (01:00:07.518)

yeah, so okay, so that's that's the worst fried is the worst.

Udo Erasmus (01:00:14.06)

Yeah, we'll get...

Udo Erasmus (01:00:17.696)

Yeah, although the oils when they're fried become more toxic than the saturated fats when they're fried. So if you're going to fry, you get the least damage from coconut and, and, you know, the hard fats, right? Butter, butter, coconut, palm kernel, cocoa butter, shea butter. They're all pretty saturated. So you get the least damage.

Chris Wark (01:00:34.126)

Mm-hmm.

Udo Erasmus (01:00:46.218)

You're still going to get damaged because you're still going to burn your food. But the fat itself is damaged less because it's not as chemically sensitive. But you have your own problems because it interferes with the essential fatty acids and it doesn't do the job of the essential fatty acids. The point is, you know what, when people ask me questions about this kind of stuff, they're always asking Russian roulette questions. What's the Russian roulette question?

Chris Wark (01:00:56.418)

but it has its own problems because it's saturated fat.

Udo Erasmus (01:01:16.978)

Okay, what can I get away with? And the answer is nothing. And the answer is nothing, right? But they always say, well, can I just fry it a little bit? Or can I just use saturated fats for frying? can I just, if I close my eyes and put my hands over them, then it's not there? You know, like how kids do that, right? So the second, I would say, trans fatty acids, those are twisted molecules around double bonds.

Chris Wark (01:01:19.788)

Right. Nobody gets away with anything.

Chris Wark (01:01:36.142)

Mm-hmm.

Udo Erasmus (01:01:46.687)

And in the margarines, we used to have tons of them. And in the shortenings, we used to have tons of them. Dairy products have some trans fatty acids in them. Those are associated, the trans fatty acids with doubling risk of heart attack, increasing risk of stroke, interfering with reproduction in both male and female animals.

increasing risk of cancer, increasing risk of diabetes, they just don't belong in the diet. So trans fatty acids, you know, get them out of your diet. here's like a good one. If you have less than a half a percent of trans fatty acids in a product, you can say no trans fatty acids. Even though a tablespoon of that product that is

a half a percent trans fatty acids would give you 500,000 trans fatty acid molecules for every cell in your 60 trillion cell body. So when you say half, you can say half, they call it rounding to the next integer. You round it down to zero, it's only 0.5, 0.49.

490,000 damaged molecules for every cell in your body in a tablespoon of one of those no trans

fatty acids fats. So the numbers mislead you and how we've created the stories will actually mislead you. So fundamentally go back to fresh whole raw organic in season, mostly plant-based, don't cook.

If you have a stove, throw the stove out, sell it to the Salvation Army. I don't know what to do.

Chris Wark (01:03:48.482)

Are you a raw food, are you a raw food exclusive eater?

Udo Erasmus (01:03:52.855)

Pretty much, I'm not fanatic, but I eat mostly raw, eat mostly plants, eat mostly, yeah, I make my tahini with my oil and the spices in it, I dip my veggies in it, I love broccoli, and I eat seeds and nuts. I don't just use the oil, I use seeds and nuts too. And I always like to get them unroasted, unsalted.

If you can get them in the shell, they're going to be fresher than if they'd be broken out of the shell because the omega-6s and omega-3s, they start oxidizing. If you get walnuts, if you get walnuts now in pieces, can usually, when you go to the bin that they're in, you can smell the rancidity. They're good. I like them in fall and winter, but by March you could smell them.

best way to get your walnuts is to get them in the shell, in the shell they keep and then when you eat them, you crack them.

Chris Wark (01:04:55.084)

Rock it yourself.

Chris Wark (01:05:00.014)

I do not do that. And I'm not arguing with you that is best. That makes sense. Yeah.

Udo Erasmus (01:05:07.85)

Yeah, yeah. And my job isn't to tell you what to do, but my job is to tell you how it works. And so I haven't done that either, but I don't buy walnuts other than in fall because the heat, the warmer it gets, the faster the oxidation happens.

Chris Wark (01:05:15.982)

Mm-hmm.

Chris Wark (01:05:29.016)

So let's talk about avocados.

Udo Erasmus (01:05:31.552)

Yeah, I eat one every day.

Chris Wark (01:05:34.638)

So that's a good fat. We like those.

Udo Erasmus (01:05:36.47)

Well, it's got a little bit of omega-3. I think it's about 5 % omega-3 and about 15 % omega-6, and they're mono-unsaturated. There's nothing wrong with mono-unsaturated. The issue is, of all the things you have to do with fats, the two things you need to give priority to.

Omega 3 and 6 undamaged in the right ratio. When that's done, that cuts you slack for everything else. In way, is like in oils, it's the same thing like jumping to a different sphere. What did the master say about how to live a good life? He the kingdom of heaven is within you. Seek first the kingdom and everything else will fall into place. He said a little different, but then.

Chris Wark (01:06:08.43)

Mm-hmm.

Udo Erasmus (01:06:29.536)

Right? So of all the things to do in your life, that's actually the most important thing to do. When you're fully present in your being and you enjoy the peace and the love and the beauty of that, your life becomes a lot easier. And then it's not about, can I do get to get myself taken care of? No, then actually you can help and you can feel good about helping. And, know, you live it, you end up living a much simpler life. Right? Well, when it comes to fats, it's kind of like that too.

Omega 3 and 6, that's what you need to pay attention to deliberately. Get them right. Once you've done that, everything else in the world of fats pretty much falls into place. But then don't...

Chris Wark (01:07:12.344)

So let's talk about, obviously it's easy to supplement, Udo's oil. Again, I've known about it since 2000.

And I have enthusiastically endorsed it for a long time. But in terms of whole foods, what are your favorite nuts and seeds? Do you have some that you feel like, these are superior? I know they're all healthy generally, but do you, what do you think? Like where does hemp seeds fall in the, on the spectrum of healthy seeds, for example?

Udo Erasmus (01:07:35.755)

Yeah.

Udo Erasmus (01:07:40.236)

Yeah, okay. All right, I would say this. Flax is the richest source of omega-3, four times more omega-3 than omega-6, but you have to blend it because the seeds are really hard. And if you eat flax seeds and swallow them whole, they'll go through your body and you can plant them

and they'll grow. Because the flax seed wants to make another flax plant. It doesn't want to feed you necessarily. So put it in a blender or a shake. Okay.

Chris Wark (01:07:57.422)

They're hard to eat.

Chris Wark (01:08:01.507)

Ha ha!

Chris Wark (01:08:07.17)

Right. Yep. And you can fresh grind them and put them on oatmeal.

Udo Erasmus (01:08:11.359)

Fresh grinding, yeah. You can do it that way too. So that's my go-to for omega-3s. And then I like sesame and sunflower seeds for omega-6s. They're easy to get. Yeah, they're easy to get. They taste pretty good, but you need to get the balance right. And it's about five tablespoons of flax seed to three tablespoons of sesame and sunflower seeds.

Chris Wark (01:08:20.184)

Mm-hmm.

Chris Wark (01:08:25.58)

and sunflower, those are easy to snack on.

Udo Erasmus (01:08:40.975)

Then that gets you the two to one ratio. Those are my favorites, but I eat pecans and I

Chris Wark (01:08:52.65)

almonds, walnuts, cashews, brazil nuts.

Udo Erasmus (01:08:52.789)

Brazil nuts, walnuts sometimes. Cashews are mostly saturated, so that's my least favorite. I eat almonds sometimes, pistachios. I mean, I pretty much eat them all.

Chris Wark (01:09:01.217)

I see.

Chris Wark (01:09:07.245)

Mm-hmm.

Yeah. And what about pumpkin seeds?

Udo Erasmus (01:09:13.895)

yeah, I love pumpkin seeds. Hemp is in my book in Fats at Heal, Fats at Kill, I wrote that it was the best balanced seed because flax is too rich in omega-3 for if it's your only source. Hemp has three times more omega-6 than omega-3. It would be better if it had more omega-3. I would use it in a mix.

Chris Wark (01:09:16.449)
and hemp seeds, hemp hearts.

Udo Erasmus (01:09:40.998)
I eat hemp hearts sometimes, the ratio is better than most. Walnuts have a little bit of omega-3. Canola has a little bit of omega-3 or mustard seeds. Soybeans have a little bit of omega-3, but the ratio of all of those is much higher in omega-6s than omega-3s, except hemp.

Chris Wark (01:09:45.486)
but it's a pretty good ratio.

Udo Erasmus (01:10:09.963)
hemp is about 50, what is it, 57 % omega-6 and 19 % omega-3. Walnuts about 50 omega-6 and 10 omega-3. Soybean 57 % omega-6 and 9 % omega-3. And then canola is about 24 % omega-6, 10 % omega-3.

That's a good ratio, but the oil is damaged like all the other oils. So I don't recommend any of those oils. I don't recommend the damaged seed oils either. I just want to put the blame on the damage done by processing and cooking, not on the seeds or the oils from those seeds.

Chris Wark (01:10:57.996)
Okay, so let's talk about olive oil, which is sort of in its own unique category.

Udo Erasmus (01:11:01.926)
Olive oil, there's two reasons why olive oil is popular. One is it's not damaged like the other oils because the process is different. If you have real extra virgin olive oil, and people lie about that sometimes, but you got to be careful. If you got real extra virgin olive oil, it is not damaged by the process. The second thing is it keeps well because it's 80 % mono unsaturated and 10 % saturated and 10 % omega-6.

Chris Wark (01:11:14.787)
Yes.

Udo Erasmus (01:11:29.589)
has less than 1 % omega-3. So it's a lousy source of omega-3 and it's a pretty poor source of omega-6s too. So from the nutritional point of view, the health point of view, from the damage point of view, good. From the nutrition point of view, meh, highly overrated. Yeah.

Chris Wark (01:11:48.938)

in terms of omega-3 and 6, but it does have this unique oleic acid and oleocanthal, which is anti-cancer.

Udo Erasmus (01:11:54.239)

Yeah, no, no, and what I would say, eat the damn olive. Forget the oil.

Chris Wark (01:11:58.382)

Well, the problem with olives, I have to say this because I used to think that too, olives are so salty. I mean, you can't get an olive that isn't just absolutely, you know, just drenched in salt because they have to preserve it. And so my concern is the high sodium content for eating, trying to eat, you know, a sufficient amount of olives.

Udo Erasmus (01:12:14.346)

What?

Udo Erasmus (01:12:19.595)

Okay, so don't use salt and other stuff.

Chris Wark (01:12:23.336)

Yeah, I hear you. hear you.

Udo Erasmus (01:12:25.419)

Right? Or, Chris, Chris, or here's a chance for you to start a small business on salted olives.

Chris Wark (01:12:34.702)

It's so funny. I've tried to find them. I imagine there might be some out there somewhere, but I have, this is true. I've never eaten, I've never eaten an unsalted olive. I've never eaten one.

Udo Erasmus (01:12:39.721)

Well, I can tell you this. Yeah.

I I I was in Spain and I had to drive to Portugal. I had four days to do it. And so I had no plans at all. And I drove up and think went into an olive orchard, picked an olive.

ate it my my god

Chris Wark (01:13:05.014)

I'm really curious. I mean, how did it taste? Did it taste, would you say it tasted good or was it bland?

Udo Erasmus (01:13:09.839)

my God, no, they're bitter. They're very bitter. They're very bitter. But the point is that, you know,

there's no salt on the olives when they're on the tree. you already know where the source is. And let me know when you've done it, because I'll be your first customer.

Chris Wark (01:13:12.78)

Mm. Mm-hmm.

Chris Wark (01:13:20.014)

I know. Yeah, they have to brine it. have to keep it.

Chris Wark (01:13:29.646)

I'll sell you some bitter olives packed in water.

Udo Erasmus (01:13:34.102)

There go. Yeah, why not? Yeah. So olive has a good reputation, but the biggest thing is the keepability. It's pretty stable. So you don't have to do, and everybody wants things convenient and stable because if you're the owner of the company, so you don't want to have to mess with, my God, it's gone rancid. I got to take it back and blah, blah, blah. Right? Well, olive oil doesn't do that. With flax oil, you could have that problem.

Chris Wark (01:13:37.74)

that's great. Well,

Chris Wark (01:13:45.742)

Mm-hmm.

Udo Erasmus (01:14:02.931)

And so everybody wants to, know, all the people who do keto diets. Nobody talks about omega threes and sixes. Keto diet is unsustainable without omega three and sixes being the center of it.

Chris Wark (01:14:03.096)

Yeah.

Chris Wark (01:14:16.502)

Yeah. And a lot of keto, a lot of keto eaters, they, they load up on coconut oil, right? Cause they, they read somewhere they, that coconut oil is a, you know, the best source of fat or they, or they consume this highly processed MCT oil, which is completely unnatural and denatured.

Udo Erasmus (01:14:16.554)

because

Udo Erasmus (01:14:34.951)

Yeah, well, you know what? MCT is unnatural in the sense that it's pulled out, but it's very

stable. So it's not so damaged. It's the double bonds that make things subject to damage, to light, oxygen, to heat. The stable fats, the medium chain triglycerides are all saturated fats. So I would take those before I took the

the seed oils except they don't have any omega-3 and any omega-6 in them. So, it always comes back to you you really have to be deliberate about omega-3 and 6 because those are the ones you got to have and then everything else.

Chris Wark (01:15:11.064)
Yeah.

Chris Wark (01:15:18.06)
Yeah. My argument against MCT oil would be that there's no way human could consume it without this extensive processing. You you couldn't, you couldn't squeeze MCT out of

Udo Erasmus (01:15:27.391)
Well, yeah, yeah, there's no MCT. There's no MCT nut. yeah. That's true. Yeah.

Chris Wark (01:15:31.956)
Yeah. Yeah. It has to be processed out to ingest it. So that's a red flag for me. Yeah. It's like an artificial sweetener. Same category, right? This is a highly processed extraction that, you know, humans weren't meant to ingest. That'd be my argument. But in terms of stability, I understand what you're saying too, that it's shelf stable and stuff. Well, I could talk to you for hours.

Udo Erasmus (01:15:42.709)
Yeah, yeah.

Yeah, yeah.

Udo Erasmus (01:15:56.714)
Yeah, I had, I actually had, I had a, I had a bucket of MCTs. I put them on a shelf right under my ceiling in my kitchen where it's the hottest. And five years later, there was no, no taste change. Right. Because it's that stable, that stable without refrigeration. But is it important for health? No. You know, if you had never ever saw a medium to if no cell in your body ever saw an MCT molecule in its lifetime.

Chris Wark (01:16:13.986)
Mm-hmm.

Udo Erasmus (01:16:27.263)
None of them would suffer. They're not essential. And that's why like what I talk about, it's always about the essential stuff. What is the stuff that we can't make but have to have and have to bring in from outside? Let's focus on those. You know, the 18 minerals, 13 vitamins, 9 amino

acids, 2 essential fatty acids, no essential carbohydrates. That's a sign of something. And lithium.

is the new one. So there may be 19 minerals. Lithium in small doses, like one milligram a day, really good for brain function and prevention of the neurodegenerative diseases. There's some pretty good

Chris Wark (01:16:59.758)
Mmm.

Chris Wark (01:17:13.356)
Or what's the best natural source of lithium, whole food source?

Udo Erasmus (01:17:17.483)
Seawater. can see water. If you go to the salt lakes, it's concentrated in the salt lakes in Utah. Often land can be low in it because they're very light and they go downhill and they leach out of the rocks. and around volcanic.

Chris Wark (01:17:19.842)
Mmm.

Chris Wark (01:17:27.53)
Utah.

Udo Erasmus (01:17:46.707)
Fresh volcanic rocks have lithium in.

Chris Wark (01:17:50.328)
So no obvious food sources.

Udo Erasmus (01:17:52.652)
Well, the food sources depend on the soil sources. If you grow food on organic soil, like in Iceland, they would have more lithium in them than the same plant in the mountains or in mountains in old soils.

Chris Wark (01:17:55.02)
I mean, there may be trace amounts. We could Google it.

Chris Wark (01:18:02.382)
Hmm.

Chris Wark (01:18:19.256)
Sure.

Udo Erasmus (01:18:23.093)

But if they all end up in the ocean, that's why the ocean is a good source. So if you get Celtic sea salt or that kind of salt, that'll have lithium in it.

Chris Wark (01:18:37.048)

That's good. That's, that's good to know. I have seen some of this emerging lithium research, especially in the longevity community and some, you know, some of these longevity supplements are adding lithium to their stack and with some claims and all that. It's not something that I'm actively promoting or, or taking, but, I'm certainly interested in learning more about it.

Udo Erasmus (01:18:37.897)

Yeah. Yeah.

Udo Erasmus (01:18:51.359)

Yeah. Yeah, yeah.

Udo Erasmus (01:18:56.351)

Yeah. Yeah, it's small. It's about a milligram a day, somewhere between 0.8 and 1.2 milligrams. They used to use it in very high doses in bipolar disorder and it calmed them down, but it had side effects in those doses. They used to use like a thousand milligrams a day and the maintenance dose is more like one milligram a day.

Chris Wark (01:19:09.645)

Right?

Chris Wark (01:19:20.524)

Mm-hmm.

Udo Erasmus (01:19:26.015)

So it's like a trick.

Chris Wark (01:19:26.392)

Well, that's the first time I ever heard about it was for bipolar. And then when it came around, I had a little bit of a, you know, when it came back around, I was like, no, we, you know, we should be supplementing lithium. I'm like, really? thought that was just for bipolar, but no, it makes sense for sure. It's a dose. It's a thousand times lower. Yeah. Yeah. Yeah. I didn't know it had health benefits, right? So I've, you know, we're constantly learning things. Well, I want to be respectful of your time. Thank you so much, Udo. How can people follow you?

Udo Erasmus (01:19:30.367)

Yeah.

Udo Erasmus (01:19:39.977)

Yeah, yeah, yeah, yeah, yeah. A thousand times lower, yeah.

Udo Erasmus (01:19:48.511)

Yeah. Yeah.

Yeah.

Chris Wark (01:19:56.122)

I connect with you. want to make sure we'll of course link to your books in the show notes and also link to your hold them up, show them off.

Udo Erasmus (01:20:01.472)

Yeah. You want to see the books? You want to see the books? There's the book. There's the one. And there's the other. is origin of fat set here, fat set kill. Yeah. Body needs and all change. Our website is udowarasmus.com. I'm doing, it's a work in progress. I'm on Facebook. I'm on LinkedIn. I'm on Instagram.

Chris Wark (01:20:10.626)

The original Fast and Heal, Fast to Kill and the new one, Your Body Needs an Oil Change.

Udo Erasmus (01:20:30.523)

I have a YouTube channel mostly about oils. And right now I'm working on turning human nature into a teachable field and total health based in nature and human nature into teachable field. We've been here for 200,000 years and we've never done that. And the two things that affect us most is our own nature and health. And why haven't we put that together? Well, you you could say because there's more money in disease and not fixing the problems.

Chris Wark (01:20:33.72)

Good.

Udo Erasmus (01:21:00.875)

Well, that's not my style. Before I check out, be they will both be teachable fields. I've got 10,000 pages of notes and I'm just organizing it now. Yeah, that's right. Yeah.

Chris Wark (01:21:10.274)

Sounds like you got to get busy. Get it together. Well, I have no doubt that, you still have the mental, the mental acuity and brain power to finish that project. after talking to you. Yeah. I'm so glad you're still doing what you're doing. You're still passionate about this subject that you've studied for, I guess the better part of 50 years. Yeah. That's awesome. Well, thank you so much again, folks.

Udo Erasmus (01:21:23.082)

Yeah, yeah.

Udo Erasmus (01:21:28.17)

Yeah.

Udo Erasmus (01:21:32.651)

Close to 50 years, yeah.

Yeah.

Chris Wark (01:21:39.128)

Please share this interview.

Udo Erasmus (01:21:39.561)

Yeah, Chris, that's awesome. Awesome. What you do. I, and I'm glad that, I'm glad that the kind of insanity your doctor said you had has served you well.

Chris Wark (01:21:49.774)

I appreciate that. Thank you. That really does mean a lot. And I, I'm just, I'm just thankful for another day of life and health. And, and I appreciate you. This has been a very special treat for me to connect with you and learn from you. And I'm excited to share this interview with my audience. So thanks for watching folks and.

Udo Erasmus (01:21:55.947)

Yeah.

Udo Erasmus (01:22:01.054)

Yep.

Udo Erasmus (01:22:05.375)

Yeah. Yeah. But for me too.

Chris Wark (01:22:12.76)

Great. That's awesome. All right. See you guys. Okay. I'm going to hit stop.

Udo Erasmus (01:22:15.627)

All right.

up.