



Vegetable Oil is More Dangerous than Sugar or Fat



The Worst Vegetable Oils



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Biological Effects of Vegetable Oil

- Dopamine
- Serotonin
- Glutamate
- Estrogenic
- Age-Related Macular Degeneration
- Cancer
- Diabetes
- Obesity



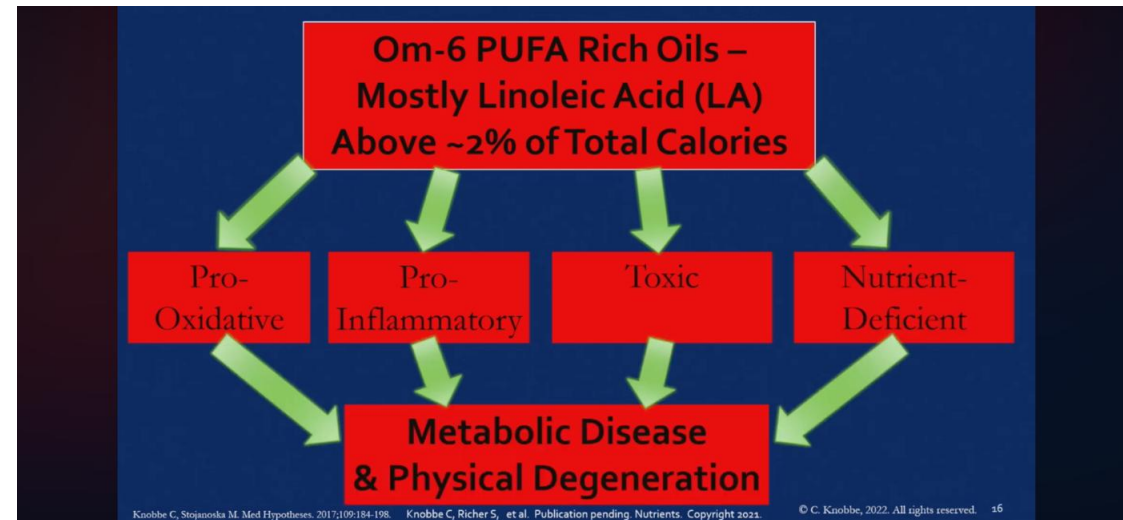
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Biological Effects of Vegetable Oil

- Dopamine - addiction
- Serotonin - mood
- Glutamate - excitatory
- Estrogenic – hormonal on every DNA
- Age-Related Macular Degeneration
- Cancer
- Diabetes
- Obesity



Health Effects of Vegetable Oil



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Health Effects of Vegetable Oil

Chris A. Knobbe, MD

In 2017, Dr. Chris Knobbe left his ophthalmology practice to start the [Cure AMD Foundation](#). Age-Related Macular Degeneration is a Westernized disease. He gives a great presentation about it making the case definitive that **vegetable oil is more dangerous than sugar and fat**.

Obesity, Diabetes, and Chronic Disease: Is it the Sugar, 'Carbs', Vegetable Oils, or All Three?



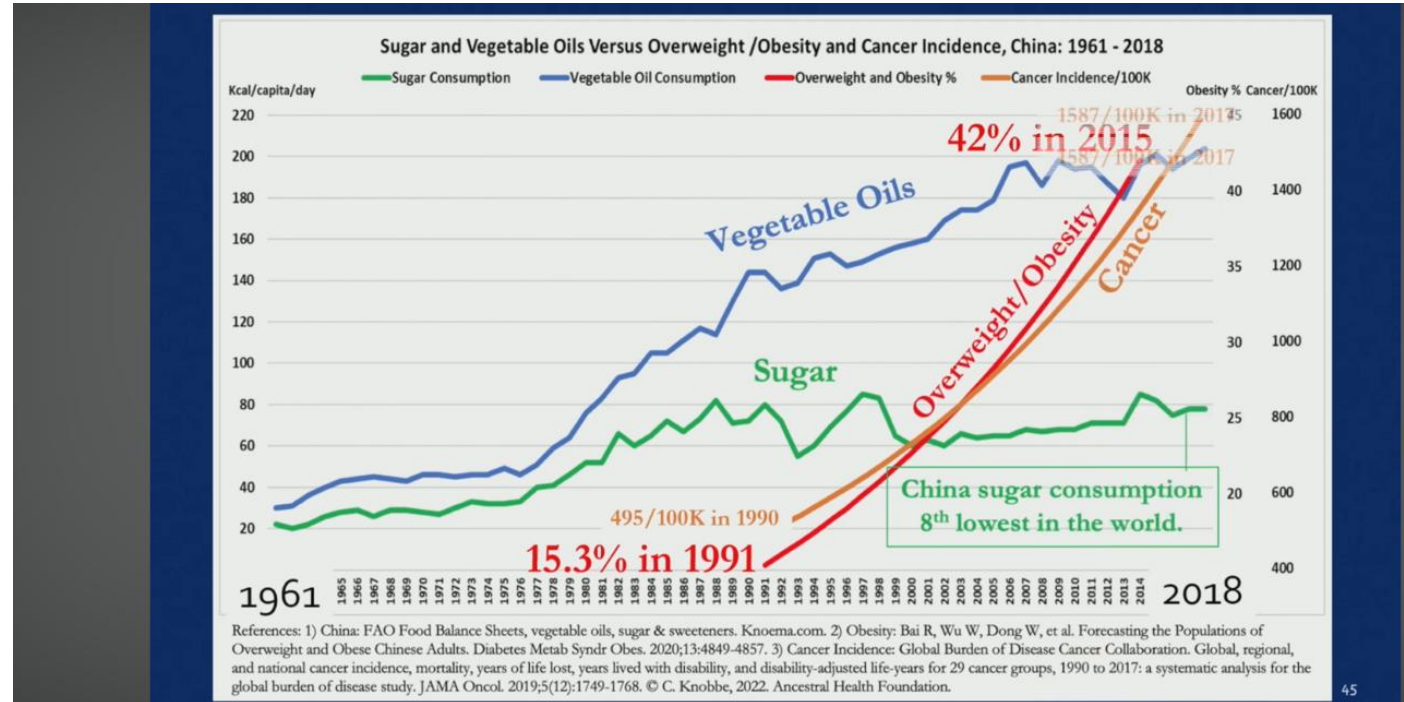
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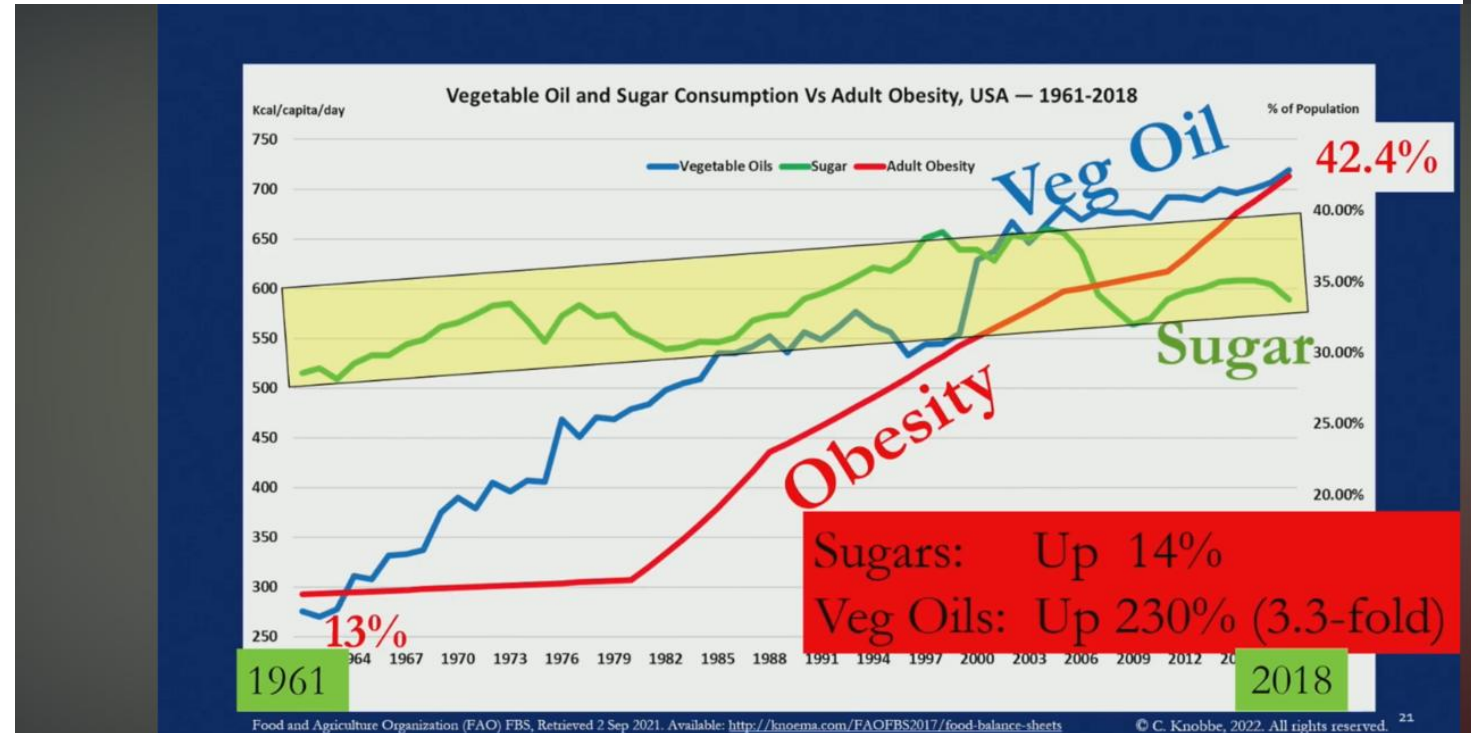


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Want to Mindshift?

- Do you want to fight back?



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LocalFats.com

Restaurants & cooking oils

Find restaurants cooking with good fats

"Seattle, WA" or "90210"



Currently listing 5623 restaurants and their
cooking oils in 29 countries - 10/26/2025



3D Restaurant Globe

Global Map

↖ Near Me

Browse by category, species or social media

Beef Tallow

Butter

Ghee

Pork Lard

Duck Fat

Olive Oil

Coconut Oil

Avocado Oil

Peanut Oil



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GetRealMilk.com

Find Raw Milk Worldwide

Search the database to find raw milk

"Seattle, WA" or "90210" 

Currently listing 6498 raw milk sources
worldwide in [59 countries](#) - 10/26/2025

 3D Raw Milk Globe

[Global Map](#) [Near Me](#)

Browse by category, species or social media

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[Donkey Milk](#) [Camel Milk](#) [Buffalo Milk](#) [A2 Protein](#)

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Want to Mindshift?

- Do you want to fight back?
- Cook your own food.



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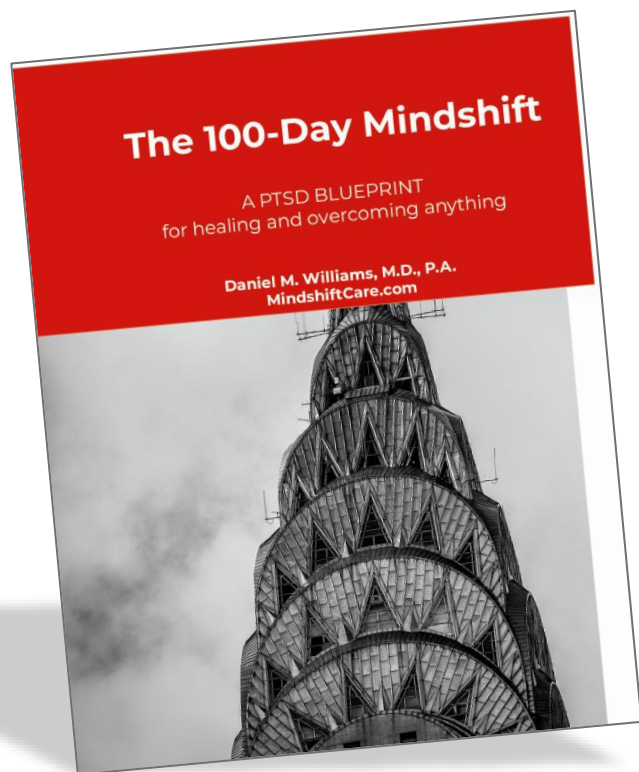
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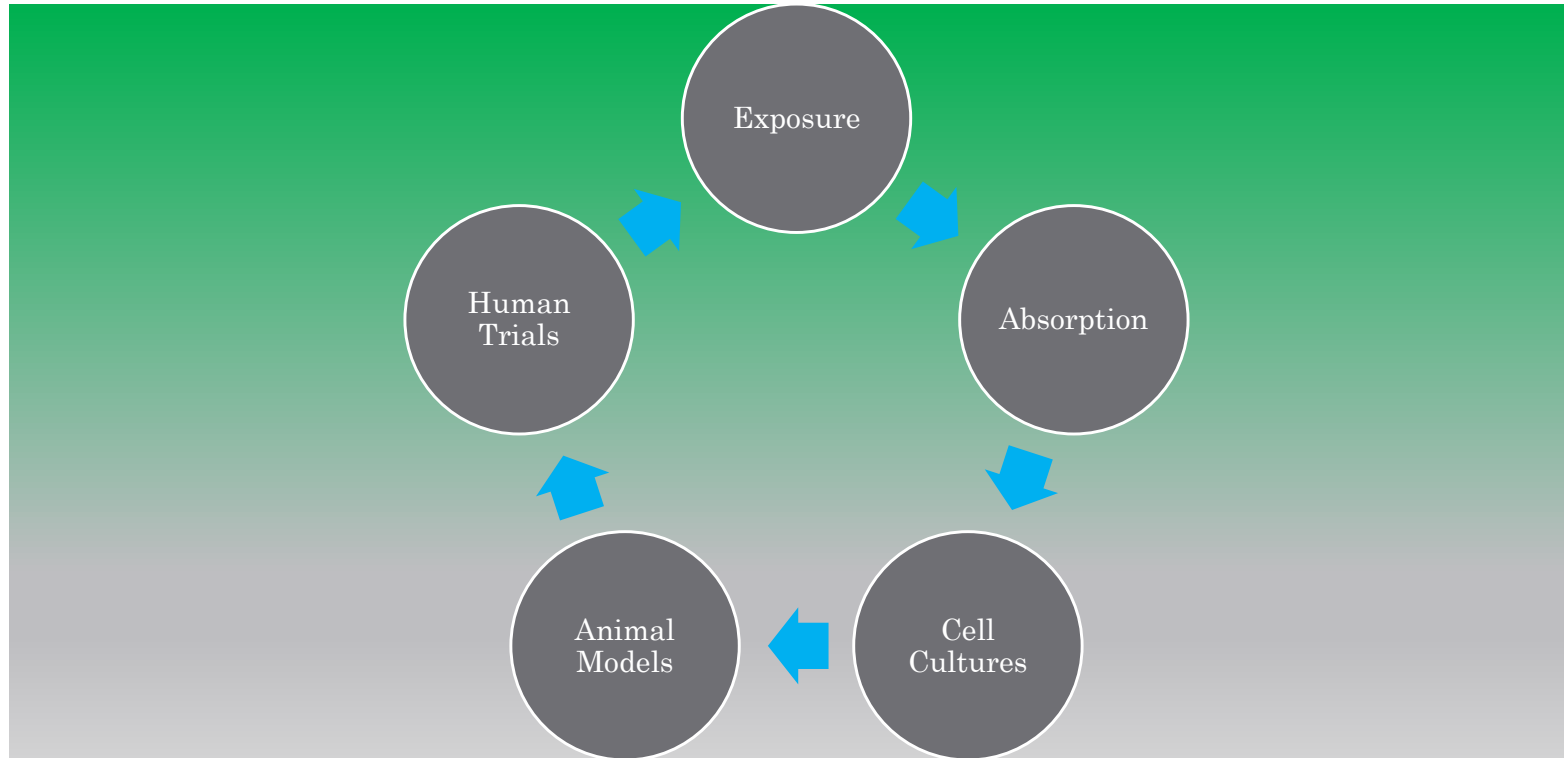


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Independent Medical Opinions

- Disability applications
- Civilians and veterans



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“A friend loveth at all times;
And a brother is born for adversity.”
Proverbs 17:17 ASV

Daniel M. Williams
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Texas- Mexico Border 2022

