

TUCKER GOODRICH ON SEED OILS

UPDATED
VERSION



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WHY OMEGA 6 FATS ARE THE
CAUSE OF CHRONIC DISEASE

Tucker Goodrich on seed oils:

Why omega 6 fats are the cause of chronic disease (Updated Version)

**His best conversions about linoleic acid.
Featuring Brian Sanders and Paul Saladino**



Revised transcripts of his Youtube-Videos
Edited by Hermos Avaca



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***Any review would be greatly appreciated to get
the message of Tucker Goodrich out to the
public!***

Table of Contents

[Chapter 1, with Brian Sanders: Vegetable Oils Being at the Heart of Modern Disease](#)

[Chapter 2, with Dr. Paul Saladino: How Seed Oils Destroy Your Mitochondria and Lead To Chronic Disease](#)

[Other Revised Transcripts Publications](#)

[Sources](#)



Chapter 1, with Brian Sanders: Vegetable Oils Being at the Heart of Modern Disease



Host Brian Sanders

Tucker Goodrich is a Wall Street-tech extraordinaire and nutrition science enthusiast. After doctors in the healthcare system let him down in severe and avoidable ways, he took his health into his own hands and had amazing results.

He's done a ton of research on omega-6 fatty acids, otherwise known as seed oils, otherwise known as vegetable oils... previously known as *an industrial waste product*, before we started feeding them to humans.

He makes a compelling case for them being a major factor in many, if not all modern diseases. You'll definitely not want to be eating fast food fries cooked in old rancid vegetable oils after this episode.

The sunburn stuff at the end is legit. I won't spoil it, but just know Robb Wolf just backed this up on his podcast with science. There is a mechanism there that makes total sense, and I've seen it anecdotally as well.

We seem to have stalled out with the Food Lies film Indiegogo campaign - please keep supporting us there.

This documentary and this podcast is all done by support of people like you. We're not taking any outside money other than from my own pocket to fund this. Thanks so much, I sincerely appreciate it. Now on to the show!

Brian Sanders:

Good morning Tucker, thanks for coming on the podcast with me!

Tucker Goodrich:

Thank you Brian, I appreciate you asking me!

Sanders:

Yeah, I've been tracking down lately. I've been looking at your work and listening to some other podcasts you've done - and I really like your approach on things.

You come from a technical angle as problem solver, I'm a mechanical engineer myself - so I come at things from this *systems approach*, you could say

So how did you get started with this?

Goodrich:

Well it's kind of an odd story: I had a background as a history student, with an eye towards law school, and wound up going into Wall Street instead... and discovered I had a knack for working with computer systems.

It's the classic job story: The more stuff you do successfully, the more work they give you. So I wound up working on little systems... and then by the end of it I had a team of people working on a system I designed, that was processing millions of trades and trillions of dollars of assets

Sanders:

Oh wow!

Goodrich:

Just kind of built it up. I was good at solving problems and good at figuring out why things were broken.

Sanders:

That's great! And then what happened? Did something happen with your health that led you down this path?

Goodrich:

Yeah! When I was 38 years old I got what was initially thought to be a stroke. A transient ischemic attack, a TIA. And I spent four days in a stroke ward at the hospital near my office. They ran all the appropriate tests and came back

with the “You didn't have a stroke-“ diagnosis, “but we have no idea what happened to you!”

Now, the symptoms of the stroke were: I went partially blind, I wasn't able to talk for several hours and it left me with a slight speech impediment. So it was a pretty dramatic event for a 38- year old guy who thought he was immortal, you know.

And then a couple years after that, I got acute diverticulitis. Acute diverticulitis means you have a perforation in your colon and the contents of your bowel are leaking out into your abdomen...

Which is a) very bad and b) incredibly painful! And I had some other - what I later discovered - related issues. Then, I followed the standard diet that I was recommended and did what my doctors told me, including getting a colon resection... and was still sick!

So about two years after that, somebody sent me a link to Stefan Gyanet's blog and I started reading that.

I used to refer to myself as Mr. Whole Wheat! I was the guy who followed the pyramid - I was nevertheless getting fat. I had stopped eating sugar when I was probably 19 years old, because of cavities.

Sanders:

That's good!

Goodrich:

Well, yes... good in the sense that I was doing everything you were supposed to do. But I still was gaining weight, I still had all these serious health problems.

I exercised a lot, that didn't work. I never lost a pound through exercise. So

then I started reading: When I found Stefan's blog, it was incredibly convincing. Because he showed that the dental health of a population could collapse in a single generation!

Which absolutely blew my mind! Because I'd always assumed that my dental problems were the result of bad genes. Which is what most of us are told.

It turns out that's not it at all! So I started drilling down into reading all the studies that he linked to. And after about six months, I had enough of her framework to decide to start fixing my diet.

Now at that point, I'd been sick for 16 years with IBS, irritable bowel syndrome. Which was related to the diverticulitis. So basically 16 years of chronic diarrhea - and that resolved in the first two days after I fixed my diet!!

Which just blew my mind!

That the surgery I was told would be curative was not, and I was able to fix the problem in two days, that just absolutely blew my mind!

Sanders:

Well the doctors... it's so weird that they didn't even think about this. They'd go straight to surgery, they always go straight to medications. And with a simple dietary switch, you can fix it yourself!

Goodrich:

Yes! I still remember the moment I was in the gastroenterologist's office getting a colonoscopy and we were talking about the procedure. I said "Well, I've had this chronic diarrhea 14 years, is this going to help with that?" and he just shrugged. One of the things I did afterwards when I started reading up on this stuff myself... because I was self-taught as a technologist.

So my assumption was: If you spend enough time reading the manual - RTFM we call it, *read the flippin manual* - and looking at the actual source documents, you will find out what's going on and better understand the problem.

So once I had a bit of a framework thanks to Stefan on stuff to look into, I started going and reading all the documents. Right?

When I found out that I had a weed sensitivity, I started reading all the literature on celiac disease, all the ins and outs of what causes that. And one of the studies that I found

was from the journal Gut as I recall - which is one of the leading gastroenterological journals - talking about how one of the symptoms of a wheat intolerance is chronic diarrhea.

And this guy had no clue, apparently! He didn't make the connection!

So the conclusion I come to about that surgery was that it was entirely unnecessary, if I'd gotten better health care. Let's put it that way.

Because I had a colleague afterwards who was in the hospital, awaiting the same surgery that I'd had for diverticulitis. We told him to go on a gluten-free diet - and four days later he walked out, he didn't need the surgery anymore and he never wound up having it because his diverticulitis resolved.

Sanders:

Well, it seems like you can diagnose yourself better than doctors these days. Sometimes. If they are just following this mainstream advice that led us down this bad path.

It's kind of what this whole film is about, is: How we got off track, this bad science over the past 60 years.

So put this in some context: Diseases of western civilization, that's what we're all suffering from. These chronic diseases... Put it in some context, throw out some numbers and let's start from there.

Goodrich:

Yeah, sure, diseases of Western civilization....I generally call it just diseases of civilization. That isn't a great term.

If you say *diseases of Western civilization* the Indians get very upset. The subcontinental Indians get very upset because they consider themselves to have discovered diabetes. Like "Diabetes is our disease! You can't say it's a Western disease, we discovered it!"

Sanders:

That's funny! But *mismatch disease*, that's what the Harvard professor called it that I got an argument with,

Daniel Lieberman, author the book Story of the Human Body. I had a very unpleasant call with him. Didn't go well.

Goodrich:

Yeah, I'm surprised of that. I don't know if you're aware of this, but I helped him on the book The Story of the Human Body. At one point the only two people who'd read the manuscript were he and I. And I gave him a lot of...

I was part of the Paleo community he asked me to help him on the book at the Ancestral Health Symposium up in cambridge in 2012. And I was like his tour guide, because I knew all the players.

This is Mark Sisson this is his story, and this is Jimmy Moore and this is his story.

So he realized that I knew the community fairly well and he wanted some feedback from this community on the book. And I wound up basically reading the entire manuscript as he was writing it.

Sanders:

Did he go off track since then?

Goodrich:

Well, I'll tell you... anthropology is...

I mean, this is entirely my impression. I didn't really get into this very much with him because it was kind of off topic.

But anthropology is a very politicized field and oddly enough - for reasons I completely don't understand - they seem to look at the whole notion of the Paleo Diet as... maybe threatening? Or implausible? Despite the fact that their research is what we're basing the whole thing on!

And as I often say to people: If there was no Paleo Diet you would read lieberman's book and come up with the idea "Hey we should eat like those healthy people did!"

Sanders:

Yeah!

Goodrich:

But he was... when I was talking to him he was not interested in learning about the Paleo Diet or understanding it.

And I get where he was coming from. He wanted this to be not the *how-to* book, but the *why-book*. As a why book it's an amazing book.

Sanders:

No it's great! I just thought I was going to talk to him and everything was going to make sense. And he maybe could even be in the film.

But everything he was saying was almost exact opposite. The Harvard... a lot of these studies that are trying to show that the low carb diet is harmful are coming from Harvard. He seems to be right there.

And yes, he also didn't want to recommend how people should eat. He was like "Why are you trying to tell people how to eat? We all know we need fiber. We all know that whole grains are good for us. We all know that saturated fat is bad!"

He just was saying everything that his vegetarian professor friends at the Harvard School of Public Health say - and what made you keep getting fatter and sicker.

Goodrich:

Yeah, unfortunately. I can't really explain that

Sanders:

It's very weird. But anyway: He had a good idea with the *mismatch diseases* that our genes don't match our current environment, right? Our ancient genes don't match how we're living today.

Goodrich:

Right! I mean, that whole idea comes out of anthropology. Because you can go back past the beginning of agriculture, and every major leap forward in human evolution was prompted by a food shortage of some sort.

When we started hunting animals, that's when we developed the ability to walk upright and to run. And then to

throw...throwing...

A human baseball player can do something no other animal can do. a fastball pitcher - that's a really valuable skill if you want to bean an antelope in the head with a rock.

Every single step has been humans evolving as the result of these mismatches, based on a changing food supply. Yeah, I highly recommend that book to anybody who wants to understand the background of this whole thing. Because he is one of the most learned people I've ever had the pleasure to meet.

Sanders:

Yeah. Just don't ask about diet. But about the human body - great!

Goodrich:

Yeah, yeah. I can't really speak to academic politics because I'm not a huge fan of academia from the get-go. So I can't explain his thought process.

Sanders:

Yeah, that's a whole different story. But talk more about these diseases. It seems like they started with the advent of grain and agriculture.

Goodrich:

Yeah. So I think probably the best term to describe these is the diseases of civilization. And you're looking at a pretty low value for civilization, basically. Agriculture, right?

Agriculture allowed us to start building cities and it required record keeping, to keep track of grains.

Which led to written language into arithmetic and numbers. Everything else that was the beginning of civilization

Which all started incidentally, because we hunted all the animals to extinction, the large mammals - and then we had to go to plan B, which was growing grains.

When we started growing grains - as you can read about in professor Lieberman's books - we had a health crisis! We

got bad teeth and cavities , and we got stunted! We got lesions in our bones from lack of proper nutrition.

But, at the same time our population exploded. Because, even though we were less healthy, we were able to support a lot more of us and go wipe out all the hunter-gatherer drives around us.

And by stunted you mean our height, our average height went down?

It went down significantly! In fact, human populations eating a grain diet, didn't get back to... not all of them, but some of them like for instance the dutch - who are now the tallest people on earth.

The dutch, of just in the 20th century, got back to the height that our paleolithic ancestors enjoyed!

Sanders:

That's so interesting to me people, don't know that. I try to talk about that here and there but.... Height is a great indicator of health.

People talk about our ancestors as “Oh yeah, they died at 35!” and they paint them as this unhealthy bunch, when they were very robust and tall and healthy, right?

Goodrich:

Very robust! In fact, when I was talking to Lieberman about his book, one of his markers for health was how long their femurs were and how thick their bones were.

Even your average paleolithic person was far more robust and physically capable than one of our elite athletes, and probably had a larger brain, too. So yeah, I mean... Jared Diamond wrote a great article years back in the 90s, called “Agriculture: The worst mistake that we ever made!” I wouldn't go quite that far.

But it definitely had a significant negative impact on our health.

With the diseases of civilization: We got cavities, we got what they call malocclusion - where your teeth don't come