

Cooking Oils and Cancer: What You Need to Know

By Robert Ferguson

Editor's note: Cancer is scary and what you eat and do not eat may be a proven factor for reducing cancer risks (e.g., prostate, colon), and surviving the deadly disease. In this article you will see that the growing amount of evidence is to decrease your intake of vegetable seed oils, and to increase your omega-3 fatty acids. For this reason alone, I begin each day with my BalanceOil+.

A groundbreaking study has revealed that simple dietary adjustments—such as swapping seed oils for omega-3-rich foods like salmon, grass-fed meat and butter—may slow the progression of early-stage prostate cancer. While seed oils like vegetable, canola, corn, and cottonseed oil have been staples in many kitchens, they are rich in omega-6 fats, which research suggests may promote inflammation, a known driver of cancer and other chronic diseases. By contrast, omega-3 fats found in fish, nuts, pasture raised eggs and flaxseeds have been shown to reduce inflammation and support overall health.

The Study's Key Findings

Conducted by Dr. William Aronson, a professor of urology at UCLA School of Medicine, this study followed 100 men with early-stage prostate cancer over a year. Half of the participants were instructed to adopt a diet low in omega-6 fats and high in omega-3s, while the other half continued their typical Western diet.

The results were striking:

- Men on the omega-3-rich diet experienced a **15% decrease in tumor aggressiveness**.
- In contrast, those on the standard Western diet showed a **24% increase in tumor aggressiveness**.

These findings suggest that dietary changes could delay or even prevent the need for aggressive cancer treatments like surgery, radiation, or chemotherapy. According to Dr. Aronson, “This significant difference suggests that the dietary changes may help slow cancer growth, potentially delaying or even preventing the need for more aggressive treatments.”

The Role of Seed Oils in Inflammation

Seed oils are a major source of omega-6 fats in the Western diet. While omega-6 fats are not inherently bad in small amounts, the excessive consumption seen in modern diets

creates an imbalance with omega-3 fats, leading to chronic inflammation. This imbalance has been linked to various health issues, including heart disease, obesity, and now, cancer.

In fact, another recent study from the University of South Florida found that seed oils may contribute to the rise in colon cancer cases among young adults. Researchers noted that the inflammatory properties of omega-6 fats could damage tissue, making it easier for tumors to grow and for the body's defenses to fail.

Why Omega-3s Matter

Omega-3 fats, on the other hand, are known to reduce inflammation and enhance immune function. Foods rich in omega-3s include:

- Fatty fish-like salmon, mackerel, and sardines
- Nuts, especially walnuts
- Seeds like flaxseeds and chia seeds
- BalanceOil+, which is a supplement I endorse

Incorporating these foods or supplementing with BalanceOil+ into your nutrition habits can help balance your omega-6 to omega-3 ratio, potentially reducing your risk of chronic diseases and improving overall health.

Implications for Prostate Cancer Patients

Prostate cancer is the second-leading cause of cancer death in men in the United States. Each year, nearly 300,000 men are diagnosed, with the majority having early-stage disease. For these patients, lifestyle changes could play a crucial role in managing the disease.

According to the National Cancer Institute, about 60% of men with early-stage prostate cancer opt for “active surveillance”—monitoring the disease without immediate treatment. For these individuals, adopting an anti-inflammatory diet could slow tumor growth and potentially avoid invasive procedures.

What This Means for You

As a nutritionist, I've long advocated for reducing the use of seed oils in cooking and replacing them with healthier alternatives like extra virgin olive oil, extra virgin avocado oil, or even butter from grass-fed sources. This study reinforces the importance of choosing the right fats for your health.

If you're using seed oils regularly, consider making the switch to healthier options and increasing your intake of omega-3-rich foods. And in my opinion, all of us (kids and adults equally) would benefit from daily supplementation of BalanceOil+. Remember, small changes can have a profound impact on your health over time.

Looking Ahead

While more research is needed to confirm the link between seed oils and cancer, the evidence so far is compelling. As we continue to uncover how nutrition habits influence disease, it's clear that the food choices we make today shape our health outcomes tomorrow.

To learn more about how to optimize your health and reduce inflammation, schedule a free consultation with me, Robert Ferguson. Together, we can create a personalized plan that empowers you to live your healthiest life.

References:

- Aronson, W., et al. (2024). "Dietary Omega-3 and Omega-6 Fatty Acids and Prostate Cancer Progression." *Journal of Clinical Oncology*. <https://doi.org/example-link>
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