



The OLESTRA Detox Diet

**Fake fat appears to stimulate
body's excretion of toxins**

By Dorothy Merritt, MD

POPs and you

Every day we unknowingly ingest a multitude of pesticides, industrial pollutants and other unwanted toxic chemicals. These persistent organic pollutants (POPs), make their way into our fat cells and tissues. They build up over our lifetime because our bodies cannot get rid of them.

These man-made compounds resist decomposition even in our environment, and research findings indicate that they have many more negative effects on us than previously suspected. The primary means of POP transport and human exposure are thought to be through the air, through the food chain (primarily in animal fats) and through our water.

When we eat foods that are contaminated with POPs (some are contaminated more than others, but most foods contain some quantity of POPs), they are digested, then stored in our fat cells—where it becomes difficult to get rid of them for a couple of reasons. First, POPs like fat, so they want to stay where the fat is. Second, if they are released from fat cells during weight loss they are reabsorbed into the bloodstream and eventually returned to fat cells in the body. In other words, POPs can get in, but they cannot get out. And since they are always coming in, we're always going to accumulate more and more of them, which at some point can begin to cause serious problems.

POPs have been widely accepted as being associated with

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cancers, diabetes, neurological, and reproductive problems in humans and animals. Wikipedia has done a good job of citing sources and studies for those who would like more detailed information about POPs, including the “dirty dozen” listing of the most notorious offenders and related health effects.

Olestra to the rescue

Armed with information about POPs, the important question becomes: How can we rid ourselves of these almost “ungetridable” compounds? One simple answer: Fat-Free Pringles!

Pringles, while not considered a “health food,” do contain the fake fat olestra, which has been found to stimulate the excretion of toxins from the body. Researchers found success when they treated a PCB-laden woman with fat-free Pringles. Other studies have shown that olestra, used as a fat substitute in some foods, can help eliminate fat-soluble pollutants such as dioxin.

Researchers at the University of Cincinnati School of Medicine in Ohio and the University of Western Australia, in a not-yet-published study, say they have treated a woman with polychlorinated biphenyl (PCB) toxicity over a two-year period using olestra in the form of fat-free Pringles. They report that the woman's chloracne (acne-like eruptions associated with over-exposure to certain POPs) disappeared and the levels of PCB in her fat tissue dropped dramatically.

Ronald Jandacek and colleagues from the University of Cincinnati School of Medicine team have now provided more

evidence for olestra's detoxification effects in a study looking at how diet affects retention and distribution in the body of chlorinated hydrocarbons such as PCBs and dioxins.

Eliminating pollution in the body

The researchers note that fat-soluble pollutants such as PCBs are widespread and known to ascend the food chain, meaning that everyone tested has measurable levels.

To examine the effects of diet and olestra on such pollutants in the body, they used a radioactively marked toxin, 14C-hexachlorobenzene (14C-HCB), that is only partly metabolized by mice.

They found that weight loss caused a three-fold increase of the toxin's amount and concentration in the brain. This decreased when weight was regained but then increased again after a second weight loss.

The researchers then repeated the experiment by feeding the toxin directly into the stomach of mice along with olestra. They found that this significantly increased the toxin's elimination.

They found that "combined dietary olestra and caloric restriction caused a 30-fold increase in the rate of excretion" of a test toxin and that the toxin's distribution "into the brain resulting from the restricted diet was reduced by 50 percent by dietary olestra."

Jandacek's laboratory now plans to continue its research in this area by looking further into olestra and its mechanism of action in the excretion process.

Your prescription for reducing the amount of POPs in your

body? Take 5-7 Pringles per day, exercise regularly, reduce your intake of foods containing animal fats and drink plenty of purified water. 🍏



LEARN MORE ABOUT POPS AND HOW TO REDUCE YOUR RISKS!

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Sources: *The American Journal of Physiology-Gastrointestinal and Liver Physiology*: "Effects of yo-yo diet, caloric restriction, and olestra on tissue distribution of hexachlorobenzene." Jandacek RJ, Anderson N, Liu M, Zheng S, Yang Q, Tso P. Dept. of Pathology, Univ. of Cincinnati, 2120 E. Galbraith Rd., Cincinnati, OH 45237. Ronald. Jandacek@uc.edu, *Am J Physiol Gastrointest Liver Physiol*. 2005 Feb;288(2): G292-9. Epub 2004 Oct 28
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