



June 2, 2020

Honorable
Chief Justice John Roberts,
Justice Clarence Thomas, Justice Ruth Bader Ginsburg
Justice Stephen Breyer, Justice Samuel Alito,
Justice Sonia Sotomayor, Justice Elena Kagan
Justice Neil Gorsuch, and Justice Brett Kavanaugh
Supreme Court of the United States
1 First Street N.E.
Washington, DC 20543

RE: Docket No. 18-277 and 18-1274
PETITIONS FOR REHEARING
IN RE URVASHI BHAGAT

Honorable Justices:

I implore you for rehearing of the denials of certiorari and mandamus petitions in case nos. 18-277 and 18-1274, due to the exceptional intervening circumstances of current COVID-19 public health crisis and the economic collapse, heightening the criticality of the subject innovations for public health and national economics (see sections I.A of the subject Petitions).

The denial of justice by this Court may permanently foreclose this innovation for humanity the effects of which may be felt for eternity, as the subject matter will be anticipated or obvious to future applicants from the disclosure, yet the solutions are unlikely to be implemented without patent due to complexity of solutions, economic disincentives for businesses, and deafening misinformation and disinformation in the art.

Teaching alone cannot overcome the chaos in the art and the barriers to the solutions (e.g. unpredictability of nature). Despite the publication of the '034 application in October 2009, the misinformation and disinformation in the art continues unabated.

As one example, enclosed is a social media post of May 26, 2020 (10 years after the disclosure of the subject patent application), by Ken D. Berry, MD¹, a physician and a published author having 57,900 followers on Twitter. The leading line of the post states, "Don't ingest any oil with 20% or higher Linoleic Acid [one of

¹ <https://twitter.com/KenDBerryMD/status/1265302016487755776>

the omega-6 fatty acids] if you'd like a longer, healthier, happier life,” i.e., the opposite of Claim 91 and dependent claims (e.g., Claim 119) in the ‘034 application (Cert.Pet.App.74a).

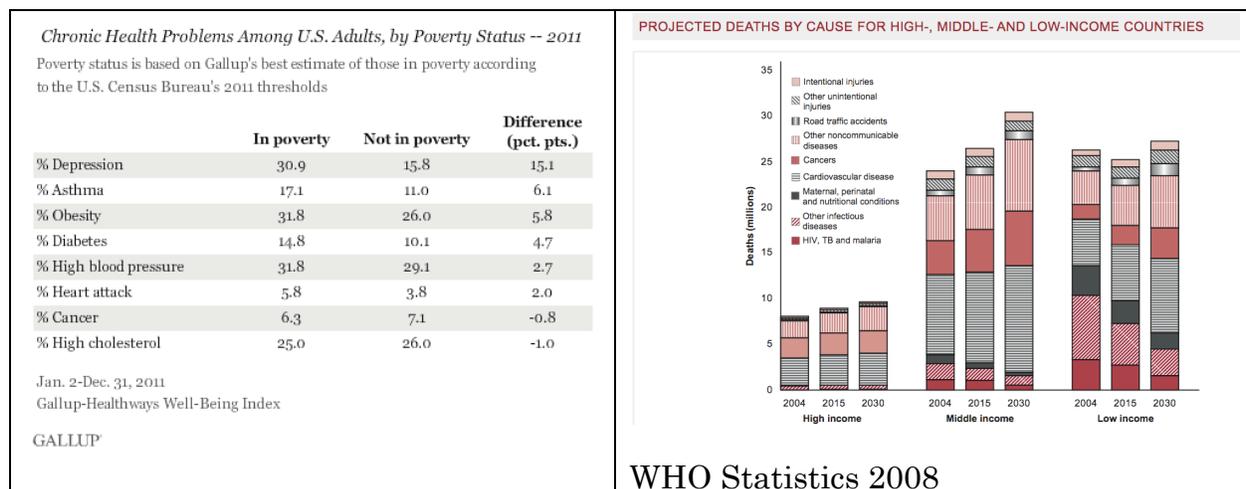
Please also note the 33 pages of comments ensuing the post, including page 4, where Dr. Berry labels oils containing 20% or higher linoleic acid as “*poison*” even in “a small portion”, and page 11, where Haroldo Falcão, MD, teaches optimal ratio of omega-6 to omega-3 is 2:1, quoting Simopoulos, *Nutrients* 2016², opposite of instant Claim 65 and dependent claims (e.g., Claims 98, 102, and 107) (Cert.Pet.App.69a, 75a-79a).

Please also note the public stupefaction reeking from the comments and snowballed by the same. The post received 1,800 likes, 566 retweets, and 170 comments as of May 30th.

In other words, the situation is hopeless!

The subject patent application explains that the main problem is the dosages of omega-6 and omega-3 and that of suppression of omega-6 activity, and that with the correct dosages and cofactors, the higher ratios of omega-6 to omega-3 and higher concentrations of omega-6 fatty acids deliver better health outcomes.

However, our teachings drown in the tsunami of misinformation and disinformation with great detriment to public health and national economics, particularly in light of the fact that impoverished populations with least ability to discern are disproportionately affected by underlying conditions, making them most susceptible to infections and adverse outcomes (see chart below from record cited to the Federal Circuit, Fed.Cir.App.7911; and sections I.A of the subject Petitions).



² <https://www.mdpi.com/2072-6643/8/3/128>

It should be noted that even though impoverished populations are most affected, but their contracting infections makes the rest of us vulnerable and the economic burden—like the current economic collapse—is born by all of us.

Thus, the status quo will have continuing catastrophic consequences to the health of Americans and the economy.

Please carefully review this case and base your decision on the facts of the case, the intent of congress in Title 5 U.S.C. §§ 702 and 706 and Title 35 U.S.C. § 101, the long history and the pitfalls of the case law, reflected in the questions and arguments presented to this Court previously and the revised questions and arguments presented in the subject Petitions.

The USPTO and the Federal Circuit have obstructed and compromised exceptionally important innovations by violating procedure, contorting the law, and refusing to answer arguments and evidence.

Essentially, their implicit position is that innovations in nutrition are not patent eligible unless directed to an esoteric exceedingly narrow application, which unfortunately exacerbates the problems. For example, in the US nearly 100,000 patents have been granted on fatty acids in the last few decades³, which foster and create more chaos due to competing advertising messages and fail to make an impact and advance the art. In contrast, we have presented an extraordinary innovation that will fundamentally improve the health of most Americans, remove chaos, and actuate long-term and downstream advancement.

In the subject Petitions, I have called to your attention that the USPTO committed a prejudicial error in disregarding critical parts of the evidence from record in appeal proceedings (sections I.B). The Federal Circuit endorsed USPTO's unscrupulous behavior, disregarded 100% of the evidence cited for review (sections I.C), failed to take due account of the prejudicial error (sections I.D), and subjected us to the very abuse that we turned to the Federal Circuit for relief from USPTO (sections I.E).

Then what is the credibility of the judiciary?

Thus, the Federal Circuit “so far departed from the accepted and usual course of judicial proceedings, or sanctioned such a departure by a lower court [tribunal, the PTAB], as to call for an exercise of this Court’s supervisory power” (Court Rule 10(a)). The Federal Circuit is in violation of Title 5 U.S.C. §§ 702 and 706, in addition to disregarding this Court’s precedents (called to attention in previous petitions).

³ <https://patents.google.com/?q=fatty+acids&country=US&status=GRANT&type=PATENT>

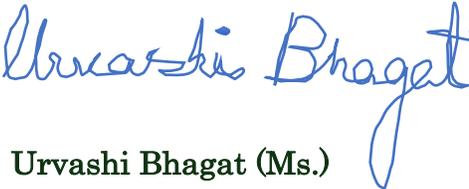
Additional intervening circumstances of substantial effect are also called to your attention in the Petitions.

Considering, the time sensitivity of the matter, we are submitting Petition for Rehearing for both the cases No. 18-277 and 18-1274, so that the Court has maximum flexibility in choosing the avenue that is proper and bears the most judicial economy.

In closing, I reemphasize that the failure to grant the rehearing may permanently foreclose the exceptionally important innovations for humanity for eternity, and bring continuing catastrophic consequences to the future of America's health and economy.

Thank you very much for your consideration.

Sincerely,



Urvashi Bhagat (Ms.)
Pro Se Petitioner

Chief Executive Officer
ASHA NUTRITION SCIENCES, INC.
Ph. (650) 785-2516
PO Box 1000
Palo Alto, CA 94302

Enclosure:

Ken D. Berry, MD, post on Twitter of May 26, 2020, accessed on May 30, 2020

Search Twitter



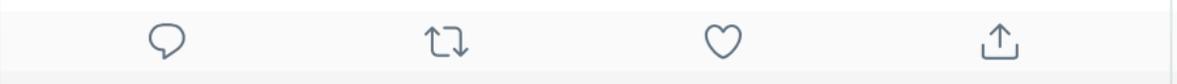
Ken D Berry MD
@KenDBerryMD

Don't ingest any oil with 20% or higher Linoleic Acid if you'd like a longer, healthier, happier life

Name	% Linoleic acid†
Safflower oil	78%
Grape seed oil	73%
Poppyseed oil	70%
Sunflower oil	68%
Hemp oil	60%
Corn oil	59%
Wheat germ oil	55%
Cottonseed oil	54%
Soybean oil	51%
Walnut oil	51%
Sesame oil	45%
Rice bran oil	39%
Pistachio oil	32.7%
Peanut oil	32%
Canola oil	21%
Egg yolk	16%
Linseed oil	15%
Lard	10%
Olive oil	10%
Palm oil	10%
Cocoa butter	3%
Macadamia oil	2%
Butter	2%
Coconut oil	2%
	†average val

8:21 AM · May 26, 2020 · [Twitter Web App](#)

566 Retweets **1.8K** Likes





Michael Minutella @MichaelMinutel4 · May 26

Replying to @KenDBerryMD

Where is Avacodo oil?

2



31



Ken D Berry MD @KenDBerryMD · May 26

12-15%

1



47



Dean Reyniers 🇺🇸 @DeanReyniers · May 26

I found 10% from a different source.
Still low though.

3



3



Piper Steele @SteelePiper · May 26

Replying to @KenDBerryMD

Can you comment on finding a good quality olive oil that is really olive oil? I hate having to spend champagne bucks to get a decent oil - one not mixed w/canola.

18



14



Ken D Berry MD @KenDBerryMD · May 26

I gave up trying and just use tallow

3



44



Lori @350004L · May 26

I got all of my friends addicted to my "beef grease" french fries as they call em!

I've never seen people fight over food like that before when I finally cooked them ! 😂

1



1



Mike @mjreid316 · May 26

Replying to @KenDBerryMD

What's your thought on peanut butter?

1



1



Ken D Berry MD @KenDBerryMD · May 26

I avoid it

4



4





● @thespeewah0126 · May 26

Replying to @KenDBerryMD

Where does rapeseed oil sit? From #LCHF advocates, it's supposedly ok?



6



3



Ken D Berry MD @KenDBerryMD · May 26

I avoid it. Rapeseed = Canola = 20%



1



12



● @thespeewah0126 · May 26

Thanks, will bare in mind.



1



Joanna Marie @joannamarie1971 · May 26

Replying to @KenDBerryMD

I noticed this says Hemp Oil. It's been touted to use in concentrations of CBD internally and externally. Are you saying it's better not to use hemp cold processed or does this only apply to cooking?



4



4



Ken D Berry MD @KenDBerryMD · May 26

Hemp oil is great for external use



1



10



ChannelJem @ChannelJem · May 26

CBD oil ? Although even if I high I would still ingest small amounts of CBD oil..



1





omar @omar_c999 · May 26

Replying to @KenDBerryMD and @Mangan150

Portion control is key. Plus many items can be cooked with broth or water, not always oils

1



Ken D Berry MD @KenDBerryMD · May 26

So as long as you eat only a small portion of poison you'll be ok?

6



22



omar @omar_c999 · May 26

U misunderstood. Even oils require some degree of portion control. But getting likes requires extravagant, dramatic remarks

1



11



Urvashi Bhagat @Urvashi_Bhagat · May 27

My hero!

But not "even oils require...portion", oils require portion control MORE than anything else, because,
-high calorie density,
-high micronutrient density,
-free fatty acids among di- and tri-glycerides...



Minor Components in Food Oils: A Critical Review...

Food oils are primarily composed of triacylglycerols (TAG), but they may also contain ...

pubmed.ncbi.nlm.nih.gov



Girlfriend Butter 🇸🇬 @sjmmurdock · May 26

Replying to @KenDBerryMD

Is palm oil really that unhealthy?

4



5



Ken D Berry MD @KenDBerryMD · May 26

I don't think so

1



9



Robin Enochs @RobinEnochs · May 26



Robin Enochs @RobinEnochs · May 26

Replying to @sjmmurdock and @KenDBerryMD

From



Robin Enochs @RobinEnochs · May 26

Page 5



Robin Enochs @RobinEnochs · May 26

Replying to @sjmmurdock and @KenDBerryMD

From

Fat and Cholesterol Don't Cause... amazon.com/dp/190779753X?...

Colon Carcinogenesis

Oil (%) in diet	Colon Carcinogenesis
Perilla oil 12	~20
Safflower oil 6	~45
Safflower oil 12	~55
Palm oil 12	~55

FIGURE 7 Palm oil used as an alternative to hydrogenated oils is not safe—colon cancer-promoting activity and some adverse effects
See text for explanations. Data taken from Narisawa T, 1991.

These results from animal experiments raise serious questions on the safety of palm oil, and does not support the industry guided shift from butter and lard to palm oil. As noted above, this shift is going to be completed before long in Japan. The oil and seed oils meal industries as well as associated administrative people in Japan have made no efforts to inform people of the potential health hazards.

FIGURE 8 Metabolism of vitamin K1 to form vitamin K2
See text for explanations.

Handwritten notes:
 - Palm oil is a colon cancer promoter
 - Industrial Hydrogenation of Canola & Soybean Oil means fat but also dihydro-VK1 (K1)
 - Vitamin K1 is NOT converted to K2 and inhibits K2 process (Vitamin K2 homeostasis)
 - C-Den/In-Den
 - Statins inhibit the supply of geranylgeranyl residue and warfarin inhibits the reactivation of oxidized vitamin K1.

1



1



Al Hunt @mister_hunt · May 26

Palm oil has been vilified much as has saturated fat [see @bigfatsurprise book].

1



Robin Enochs @RobinEnochs · May 27

True



Zac Bracher @SLDF_Gunslinger · May 26

Replying to @KenDBerryMD

How about Avocado oil, which has become my go to cooking oil on the keto diet?

6



1

43



Elizabeth Stern @elizedge2 · May 26

12% I think?

1



19



Just Val @Cryptogal3 · May 26

Yes 12% an dit's great for cooking with a high smoke point.



8





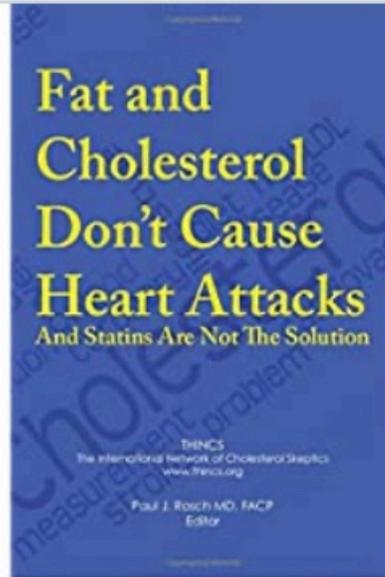
Robin Enochs @RobinEnochs · May 26

Replying to @KenDBerryMD

Best way I've seen this presented.

Also it's s nearly impossible for anyone who consumes processed food (even "healthy" ones), takeout, and restaurants.

This book has some fantastic studies on oils/health outcomes 📌
Fat and Cholesterol Don't Cause...



★★★★★ (95 Reviews)

Fat and Cholesterol Don't Cause Heart Attacks and Statins are Not ...
Fat and Cholesterol Don't Cause Heart Attacks and Statins are Not
The Solution

[amazon.com](https://www.amazon.com)



↻ 1

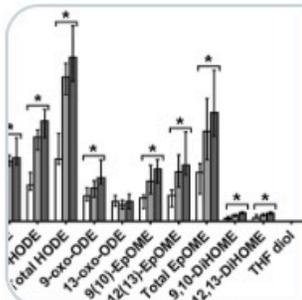
♡ 16



Marco Deon Collect @marcodeon · May 26

Replying to @KenDBerryMD

"In conclusion, this review presents evidence that excess LA in the food supply might adversely affect the brain".



Linoleic acid—good or bad for the brain?
Linoleic acid—good or bad for the brain?

[nature.com](https://www.nature.com)



↻ 2

♡ 10





RealFoodOptometrist @ajwodecki · May 26

Replying to @KenDBerryMD

the cutoff is egg yolk and I (personally) would probably only use linseed oil on (treating) wood



Diana Tamara @doctoracomida · May 26

agree. Linseed oil is totally disgusting. I only use it for people with gastrostomies and enteral feeding. Chía seed oil is similar, but abundant in México. Disgusting too.



Bjorn u/4606 @zxswrd · May 26

Replying to @KenDBerryMD and @SeloSlav

Hemp oil? This literally saved my dog's life (no exaggeration), couldn't walk, deformed hip, 3mo of hemp oil and he nearly runs.



Shared Nutrition ❤️ @sharednutrition · 13h

Studies don't tell all. I've studied hemp for 2+ decades. It's the only known plant source of Edestin, a globular protein needed to repair DNA. The oil contains Omega 3, 6 and 9 and is great for arthritic joints; high in phosphorus needed for strong teeth/bones + #hemp



Bjorn u/4606 @zxswrd · 11h

This matches up well with my personal and second hand experiences



Paul Alleeson @oldglstuf · May 26

Replying to @KenDBerryMD

Poor canola oil. Just missed making the grade.



ChannelJem @ChannelJem · May 26

Too often gmo anyway, hard to trust



Paul Alleeson @oldglstuf · May 26

I don't trust oils. They all seem a little slippery to me.





KMAC @kmacsouthern · May 26

Replying to @KenDBerryMD

Don't see motor oil either. Does the weight make difference? Synthetic?



20



Jason Ross @Jason_C_Ross · May 26

Replying to @KenDBerryMD

I don't see avocado oil listed. Do you know its ratio?

2



5



Vijay Venkatesh 🙌 @vijayv · May 26

had the same question...also algae oil.



5



Tyler Florek, RD @FoodFirst_Ty · May 26

Replying to @KenDBerryMD

Except linoleic acid has been shown to increase HDL and lower LDL.

3



17



Dawna Mughal PhD RDN @DawnaMughalPhD · May 26

Also the portion matters. Even the so-called "healthy fats" in excess --> increasing calorie intake beyond needs can cause unwanted weight gain.

1



4



Mary Johanna @MaryJohanna6 · May 27

Have you ever heard of this lady and her very informative and well researched book? Highly recommend.



Nina Teicholz at TEDxEast: The Big Fat Surprise
Nina Teicholz is the author of the forthcoming book, The Big Fat Surprise (Simon & Schuster ...
[youtube.com](#)

1



Mary Johanna @MaryJohanna6 · May 27



Big Fat Nutrition Policy | Nina Teicholz
The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet Featuring Nina Teicholz, ...
[youtube.com](#)





Mohit Jandwani @mohitjandwani · May 26
Replying to @KenDBerryMD and @Mangan150
Where's ghee ?

1 ↻ 4 ↗



Andy Chen @newapollo_ · May 26
ghee presumably comes with butter

1 ↻ 7 ↗



Mohit Jandwani @mohitjandwani · May 26
Thanks !! :)

 ↻ ↗



Angie Snowberger @asnow1120 · May 26
Replying to @KenDBerryMD
Bacon grease

1 ↻ 6 ↗



Wayland Smith @OklahomanChoice · May 26
Bacon grease.....Pork Fat= Super Food!!!!

 ↻ 2 ↗



San Franchrisco @SkyZer0_ · May 26
Replying to @KenDBerryMD
provide some evidence or studies that industrial seed oils reduce life expectancy or increase death rate or hush

3 ↻ 1 5 ↗



Mary Johanna @MaryJohanna6 · May 27



Big Fat Nutrition Policy | Nina Teicholz
The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet Featuring Nina Teicholz, ...
[youtube.com](https://www.youtube.com)

2 ↻ 1 ↗



San Franchrisco @SkyZer0_ · May 27
also really like Nina Teicholz!

 ↻ ↗



Ingmar Kohl #stayingathome @Ingmar_Kohl · May 26
Replying to @KenDBerryMD
Hey, sunflower oil is great...



Elle Russ @_elleruss · May 26

Replying to @KenDBerryMD

corn oil 🖐️ shoot me



mohamed adow 🇳🇬 @mohdadow · May 26

Replying to @KenDBerryMD

Conjugated linoleic acid (CLA) most found in meat and dairy products, CLA has reported major benefits in weight loss, control of diabetes and anti-cancer benefits. A good source of CLA is food products from grass-fed ruminants.



Side Effects 🌐 ⭐⭐⭐ @RareButSerious · May 26

Replying to @KenDBerryMD and @RobinEnochs

What about avocado? 🥑



Side Effects 🌐 ⭐⭐⭐ @RareButSerious · May 26

Whoops, already answered @ 12 - 15%



carneguy @Steve89701853 · May 26

Replying to @KenDBerryMD

Average 14.7% for avocado oil
[essentialoils.co.za/avocado-analys...](https://essentialoils.co.za/avocado-analysis/)



CinemaCoralia @CinemaCoralia · May 26

Replying to @KenDBerryMD

Does ghee come in the same as butter?



Haroldo Falcão, MD 🇧🇷 @haroldofalcao · May 26

Replying to @KenDBerryMD

Excelent!

a) could you share the reference? Or if a compilation, may I cite you?

b) 20% is an educated guess or there is something about this precise level?

Thx in advance.



RossGA @R0ssGA · May 26

Ideally, linoleic acid should be 2-5% of your caloric intake.



Haroldo Falcão, MD  @haroldofalcao · May 27

Yeah. Simopoulus states (mdpi.com/2072-6643/8/3/...) optimal ratio n6:n3 in 2:1. I think americans "loose" this battle for Indians (ratio around 36:1 !). In Brazil, official organs states at 6-10% of PUFAS. But why 20% in @KenDBerryMD is my question.



An Increase in the Omega-6/Omega-3 Fatty Acid ..
In the past three decades, total fat and saturated fat intake as a percentage of total calories has ...
mdpi.com



David Keoni @kawikasmail · May 26

Replying to @KenDBerryMD
what's the source for this doc?



healthnut @healthn41336869 · May 26

Replying to @KenDBerryMD
How does this compare to the whole food versions of these oils. For example pistachios, do they have lower amounts of the Linoleic Acid and are they safer?



StephATX @melodysmom2 · May 26

Replying to @KenDBerryMD
Or if you want to keep your vision.



Joe @JoeMus93 · May 26

Replying to @KenDBerryMD
Whys this the case? Can you provide the study please. Interested in reading into this



rodo @rodogeca · May 26

Replying to @KenDBerryMD
Avocado??





lpn @lpn17 · May 26
Replying to [@KenDBerryMD](#)
What about avocado oil?



Sébastien Clément @Evilshellfish · May 26
Replying to [@KenDBerryMD](#)
Haha! Did you just pick that number (20%) to include eggs yolks?



William Kaplan @wmkappy · May 26
Replying to [@KenDBerryMD](#)
As Marlon Brando said, "Butter me."



Semmelweis @Semmelweis7 · May 26
Replying to [@KenDBerryMD](#) and [@Mangan150](#)
Someone said the other day that pork fat, because of what is fed to pigs, is basically the same as canola oil now. True?



Estelle Sierra @esierra333 · May 26
Replying to [@KenDBerryMD](#)
What about flax seed oil? 😞



MSJuskiw @msj_livinloca · May 26
Replying to [@KenDBerryMD](#)
Where is avocado oil , I use this more than olive oil.



Para Aduma @ParaAduma · May 26
Replying to [@KenDBerryMD](#)
It's strange that walnut oil would be unhealthy, as it is more of a natural source of oil than industrialized processed oils, and contains high omega3?



Mudit @Mudit333 · May 26
Replying to [@KenDBerryMD](#) and [@Mangan150](#)
Any idea about mustard oil? Widely used in India



Karl Kanthak @KanthakKarl · May 26
Replying to [@KenDBerryMD](#)



Karl Kanthak @KanthakKarl · May 26

Replying to @KenDBerryMD

Where would flaxseed oil land?



Matthew DiPaola @MDiPaolaMD · May 26

Replying to @KenDBerryMD

Linoleic acid. Great for linoleum flooring.



Neto @el_misterE · May 26

Replying to @KenDBerryMD

Do you have some studies on the why? I have some vegan/vegetarian friends who don't understand this, one being a 'nutritionist'.



Food is FUEL @KierkegaardDTF · May 26

Replying to @KenDBerryMD and @RobinEnochs

Sesame Oil is ok.
Good Omega6 : Omega3 ratio.



Cobram Estate @cobramestateusa · May 26

Replying to @KenDBerryMD

We agree! Extra Virgin Olive Oil all the way!



Carroll Hoagland @70GoingOn100 · May 27

Replying to @KenDBerryMD

LA, and ALA present similar issues
[@drcateshanahan](#)

Good Fats		OK But Not Great	Bad Fats	
Traditionally used Fats and Oils		Refined Traditional Fats	Polyunsaturated	Trans
Not highly processed, and not refined		Label says "Refined"	Refined Bleached Deodorized	Label says "Hydrogenated"
All Purpose	Caution w/ Heat	Limited Use	Don't Eat	
Olive oil	Walnut oil	Refined Peanut	Soy oil	Fake whip cream
Avocado oil	Flax oil	Refined Avocado	Sunflower oil	Fake butter spreads
Peanut oil	Sesame	Refined Coconut	Safflower oil	Store-bought pastries
Butter/Ghee	Walnuts		Canola oil	Chicken nuggets
Tallow&Lard	Seeds		Corn oil	Margarine
Cocoa Butter	Fatty Fish		Cottonseed oil	Shortening
Mac Nut oil	Artisanal grapeseed		Hydrogenated oil	Restaurant fried foods
Coconut oil			Refined Palm	Most chips & crackers
Almond oil				Most protein bars
Unrefined Palm			Mostly in Restaurants:	Most salad dressings
Palm Kernel oil			Grapeseed oil	Most mayo brands
			Ricebran oil	Most granola & cereal





Jan Winter @janwinter15 · May 26

Replying to @KenDBerryMD

Why and based on what research?



2



Robin Enochs @RobinEnochs · May 26

Robin Enochs @RobinEnochs · May 26

Replying to @sjmmurdock and @KenDBerryMD

From

Fat and Cholesterol Don't Cause... amazon.com/dp/190779753X?...

Colon Carcinogenesis

Oil (%) in diet	Colon Carcinogenesis
Perilla oil 12	~20
Safflower oil 6	~45
Safflower oil 12	~55
Palm oil 12	~55

* Unusual cancer promoting activity in rats Narisawa T et al. *Jpn J Cancer Res* 1991; 82:1889
 * Survival-shortening of SHRSP rats Takematsu K et al. *in preparation*
 * Hyperinsulinemia in diabetic mice Yamamoto S et al. *Metabolism* 1996; 45:1539-46
 * Unusual survival-shortening of ICR mice Suzuki H et al., *Mech Ageing Dev* 1991; 60:287

FIGURE 7 Palm oil used as an alternative to hydrogenated oils is not safe—colon cancer-promoting activity and some adverse effects
See text for explanations. Data taken from Narisawa T, 1991.

These results from animal experiments raise serious questions on the safety of palm oil, and does not support the industry guided shift from butter and lard to palm oil. As noted above, this shift is going to be completed before long in Japan. The oil and seed oils meal industries as well as associated administrative people in Japan have made no efforts to inform people of the potential health hazards.

86

Metabolism of vitamin K1 to form vitamin K2

Industrial hydrogenation of canola and soybean oils produces not only trans fat but also the dihydro form of vitamin K1 (dihydro-VK1), the side chain of vitamin K1 with one double bond being hydrogenated (Fig. 8). The dihydro-VK1 is not converted to vitamin K2, and inhibits

Handwritten notes:
 - Palm oil & colon cancer
 - Industrial hydrogenated Canola & Soybean Oil = Trans fat but Also dihydro-VK1 (K2)
 - dihydro is NOT converted to K2 and inhibits K2 process (bone homeostasis, insulin, C-Denfu-Den, etc.)



1



Phil Widdows @PhilWiddows · May 26

Replying to @jonathantimar @KenDBerryMD and @Mangan150

Canola has other problems



1



Whisky or Bitter? @whiskythemighty · May 26

Replying to @KenDBerryMD

Rapeseed oil in the UK? Or is that analogous to Canola?



1



Justlovefood Leith @Justlovefood · May 26

Same thing, different name



1



Lulu @Lulu72181560 · May 26

Replying to @KenDBerryMD and @RobinEnochs

How much is in Canola oil and coconut oil?



2





Lulu @Lulu72181560 · May 26

Replying to @KenDBerryMD and @RobinEnochs

How much is in Canola oil and coconut oil?

2



Robin Enochs @RobinEnochs · May 26

It's in the chart.



1



Hamza Mostafa @hamzamostafa44 · May 26

Replying to @KenDBerryMD

Do you mean normal consuming like putting it on salad, or you mean cooking with it?

1



Ken D Berry MD @KenDBerryMD · May 27

either



1



Adam Juelich @acjuelich · May 26

Replying to @KenDBerryMD

Any recommendations for "butter" if you can't have dairy but are also avoiding seed/vegetable oils?

6



Andy Chen @newapollo_ · May 26

Just use olive oil. It might be more expensive, but instead of thinking of it as double the price of other oils, I think of the other oils as half the price of olive oil. Half the price because they are selling you shit.

2



1



1 more reply



The Coon Dawg™ @CopiahDawg · May 26

Replying to @KenDBerryMD

I see hemp oil is high. Does that include CBD oil?

3



Eram @SamosEram · May 26

Doesn't mater, unless you take gulps of the stuff daily. ;)



MediaFanatic @mediamaverick01 · May 26

Replying to @KenDBerryMD and @Mangan150

Mustard oil and clarified butter(ghee)?





Dan #RemoteWorking Sodergren @dansodergren · May 26

Replying to @KenDBerryMD

Even hemp. Shame. Thought it was a good one.



Kuldeep Singh @Kuldeep23061982 · May 26

Replying to @KenDBerryMD

Mustard oil. Indians consume a lot and myself prefer same over every other oil.



Sahir Sachdev @Dadalife18 · May 26

Replying to @KenDBerryMD

Where does Ghee rank?



.. @RaiderNationTil · May 26

butter. i assume



Sarika Rajan @sarika_rajan · May 26

Replying to @KenDBerryMD

Where does mustard oil stand ?



Scott Harper @SHarpGator · May 26

Replying to @KenDBerryMD

Where does avocado fall?



Just Val 🍷 🌿 ✨ 🍄 @Cryptogal3 · May 26

Replying to @KenDBerryMD

I use mostly coconut and avocado oil for cooking - don't see Avo oil on there.



Just Val 🍷 🌿 ✨ 🍄 @Cryptogal3 · May 26

Just found the info - Avocado oil is only 12% YAY!!



pizdec @karbulkin · May 26

Replying to @KenDBerryMD and @Mangan150

some sources say oleic acid makes up 55-80% of olive oil





Hermanas Usas @UsasHermanas · May 26

Replying to [@KenDBerryMD](#)

Please elaborate!



Sedona @sedona12 · May 26

Replying to [@KenDBerryMD](#)

Wow! Sesame oil! I am so bummed I use it in Asian cooking.. lucky I don't cook Asian but once a month. But it's so delicious 🙄



上好 @swimupgood · May 26

Replying to [@KenDBerryMD](#)

But sesame oil 🙄



Bronzed & Based 🌞🌲🍷 @NordicBronze · May 26

Replying to [@KenDBerryMD](#)

Avocado oil is at 12%, thank God



Blaze - Sovereign Intel @sovereign_intel · May 26

Replying to [@KenDBerryMD](#)

Avoid them seed oils



Diana @steeleye2000 · May 26

Replying to [@KenDBerryMD](#)

Where does Avocado oil fall on this list?



BasriC2 @BasriCCC · May 26

Replying to [@KenDBerryMD](#)

What about hazelnut oil?



L @FALu0F · May 26

Replying to [@KenDBerryMD](#)

Based upon what do you say that?

Linoleic acid is an essential fatty acid.

I agree about avoiding all the oils in the list with a 20 or higher % but... is this the variable that makes them bad ?

I'm not so sure 🙄





Jeepton @MuckerFudder · May 26

Replying to [@KenDBerryMD](#)

Linoleum Jerky. Just chew on the old farm house floor tile. Just as bad as modern salad dressing.



Max Hillaert @maxhill007 · May 26

Replying to [@KenDBerryMD](#) and [@Mangan150](#)

Surprised canola oil on par with egg yolk on this table.



Margaret @WildernessBabe · May 26

Replying to [@KenDBerryMD](#)

But... canola oil!?!?



Maureen Swan @Momo66310 · May 26

Replying to [@KenDBerryMD](#)

Avocado oil?



Breakaway City @Breakaway_City · May 26

Replying to [@KenDBerryMD](#)

I'm gonna start frying with linseed oil, after I oil my ball glove with it.



Allison Llewellyn @allytweetslots · May 26

Replying to [@KenDBerryMD](#)

Great infographic thanks



Ronit Konch @rkonch13 · May 26

Replying to [@KenDBerryMD](#)

What are your views on mustard oil?



Brock Williams @dbrockwilliams · May 26

Replying to [@KenDBerryMD](#)

Canola oil at 21%??





rafeeq @rafiek191 · May 26

Replying to @KenDBerryMD

Hi, does the industry process of macademia avocado,coconut oils deffer from the athers (canola, rapesees...)?



Sharon Surrarrer @SSurrarrer · May 26

Replying to @KenDBerryMD

hoping it's not detrimental to use toasted sesame oil as a finishing flavor.. it's used in tiny quantities



Ryan Kittridge @1kitt73 · May 26

Replying to @KenDBerryMD

Quick question..... if sunflower oil is bad are the seeds ok to eat? Huge fan of sunflower seeds 🤔



Miguel.T @Miguel_Tavares1 · May 26

Replying to @KenDBerryMD

Hemp oil?



Lean Too @triefus · May 26

Replying to @KenDBerryMD

Canola is apparently 21% but this has to be one of the most toxic weeds available - not even goats eat Rape Seed.. insects don't attack it so it is not food.. an industrial waste by product.



Shane Hale @the1sixproject · May 26

Replying to @KenDBerryMD

So, if one egg yolk is 16%, and you eat 6-10 while eggs per day.... is this a problem??!!



Shyguy69 @ShyguyNB · May 26

Replying to @KenDBerryMD

Where's Avocado oil?



NutritionYum @nutritionyum · May 26

Replying to @KenDBerryMD and @Mangan150

Almond Oil?





Meda @ginalouise271 · May 26

Replying to [@KenDBerryMD](#)

Avocado oil?



Mark Davidson @MarkDav85437002 · May 26

Replying to [@KenDBerryMD](#)

Eggs yolks pretty high, Hmmm..



Bruno de la Rocha @BrunoLad · May 26

Replying to [@KenDBerryMD](#)

What is the exact effect of Linoleic Acid?



KanoBBall @KanoWins512 · May 26

Replying to [@KenDBerryMD](#) and [@Mangan150](#)

Mustard oil?



Jessica Tutles @JessicaTutles · May 26

Replying to [@KenDBerryMD](#) and [@RobinEnochs](#)

I only drink avocado oil



LME nj PA @NjLme · May 26

Replying to [@KenDBerryMD](#)

Does it matter how it is processed? For example grape seed oil that is cold expeller pressed and organic? Reason is that the non dairy milk I drink claims to use it instead or regular grape seed oil



Vanillaism @VanillaismD · May 26

Replying to [@KenDBerryMD](#)

24 years cooking, never knew poppyseed oil was even a thing!
[#lovemyjob](#)



AnnetteG @Annette_HW101 · May 26

Replying to [@KenDBerryMD](#)

Great chart. Thank you 😊





AnnetteG @Annette_HW101 · May 26

Replying to [@KenDBerryMD](#)

Great chart. Thank you 😊



Lara Ferrin @LaraFerrin · May 26

Replying to [@KenDBerryMD](#)

So are egg yolks ok then?



The_Food_Asshole @asshole_food · May 26

Replying to [@KenDBerryMD](#)

Damn. Goodbye sesame oil. I thought we had a thing.



MATT H KENNEDY @matthk · May 26

Replying to [@KenDBerryMD](#)

Dammit, I thought Hemp oil was okay. Oh well, no bother, it's back to coconut oil, avocado oil and ghee.



Lin Osborn @TheKozKnows · May 26

Replying to [@KenDBerryMD](#)

Nooo! Not sesame oil too!



Michael Tranchina @MikeSTranchina · May 26

Replying to [@KenDBerryMD](#)

Nice chart! Missing avocado oil...



Derek Bryant @DerekBryant24 · May 26

Replying to [@KenDBerryMD](#)

I believe you, but do you have a study you could drop as a reference for us to look over?



Shawnhunter @Shawnhunt1008 · May 26

Replying to [@KenDBerryMD](#)

Where's avocado oil?





Suresh Nair @Suresh_Nair_23 · May 26

Replying to @KenDBerryMD

How is Gingelley Oil .. many affluent in India use it ?



Puddleglum @sictransitglora · May 26

Replying to @KenDBerryMD

What about high oleic versions of sunflower oil?



Carol Anne @jazzycarolanne · May 26

Replying to @KenDBerryMD

What about ALA?



Prasad Raut @PrasPro · May 26

Replying to @KenDBerryMD

Dr. Berry can you comment on mustard oil? Online sources put linoleic acid at 15%, it is banned in the US for its high erucic acid content, however its used by a large section of the Indian subcontinent.



paleoglutenfreeguy @pgfguy · May 26

Replying to @KenDBerryMD

Definitely saving this chart for sharing with others.



Xavier @XavierAUS · May 26

Replying to @KenDBerryMD

Thank you for this



Al Hunt @mister_hunt · May 26

Replying to @KenDBerryMD

Linseed oil! That's encouraging... I think 🤔



Akash Agarwal @Unicornakash · May 26

Replying to @KenDBerryMD

Mustard oil?



Kareem @kareemyasser · May 26

Replying to @KenDBerryMD

What about blackseed oil? @KenDBerryMD



Luke Slivkoff @slivco · May 26

Replying to [@KenDBerryMD](#)

I don't see avocado oil, do you know what the content percentage is for that?



Jeff Osborne @jeffosbornez · May 26

Replying to [@KenDBerryMD](#) and [@mister_hunt](#)

[@TimODowd4](#) This is good



ilnostraunita @ilnostraunita · May 27

Replying to [@KenDBerryMD](#)

I'd consume olive oil if it was at 100% but glad it isn't.



Aggie @MediumRare2178 · May 27

Replying to [@KenDBerryMD](#)

I cook a pound of bacon in the oven on weekends and save the drips for pan frying my steaks throughout the week & cooking for rest of tribe. A lb of bacon renders a lot of delicious healthy fat.



Jacki Morgan @Jacki129 · May 27

Replying to [@KenDBerryMD](#)

What about Avocado Oil?



Kate Notwell, CNP @Holistic_Kate · May 27

Replying to [@KenDBerryMD](#)

Do you know where avocado oil would sit approximately?



Healthspan @epigeneticcode · May 27

Replying to [@KenDBerryMD](#)

The findings indicate that the effects of linoleic acid on the human body are largely dependent on which variant of the FADS1 gene a person is carrying. This has an effect on, for example, how effectively a linoleic acid supplement can lower fasting glucose levels.



Nonie Nutritionista @NNutritionista · May 27

Replying to [@KenDBerryMD](#)

I've used hemp therapeutically for inflammation. I did not know where these stood. Thank you!



Ruben Hanssen @rhfhanssen · May 27

Replying to @KenDBerryMD

Canola Oil has other adverse effects on health than it's LA content, is that right?



Gavin 🔥 @JustJamesGavin · May 27

Replying to @KenDBerryMD

Rapeseed oil??



vinod vishen @vinodvishen · May 27

Replying to @KenDBerryMD

What abt Mustard oil? Very common cooking oil in India



pv1004 @pv1004 · May 27

Replying to @KenDBerryMD

Is Flaxseed or its oil bad for health ? I'd heard it was a good source of omega-3, also is R-ALA supplement (R-Lipoic acid) bad, or is it different from Linoleic acid?



dubey @dubelight · May 27

Replying to @KenDBerryMD and @Mangan150

👉 a harvard study saying the exact opposite 🤔🤔



Dietary linoleic acid and risk of coronary heart di...
Swapping saturated fat and carbohydrates for
linoleic acid – the main polyunsaturated fat found...
hsph.harvard.edu





Paul Hart - Food Scientist: Plant Proteins etc. @Free... · May 27

Replying to @KenDBerryMD

Yes: but the table should cover high oleic varieties of soy, rape (canola) and sunflower: -

- Example of sunflower quoted is 78% oleic ...

aot.de/en/sunflower-p...

Sunflower oil is an important raw material in organic food and cosmetics. However most organic companies use hybrid-sunflowers that originate almost entirely from two large seed corporations. They are even patented in some cases. Organic farmers don't have a choice though since there are no alternatives on the seed market.

High -oleic oil in particular is steadily gaining importance. Thanks to an acid content of over 78 per cent HO sunflower oils are nutritionally beneficial. They are particularly suited for use as a frying oil or in cosmetics. The high content of singular unsaturated oil acid gives this oil the excellent stability concerning light and heat.



waragainstcarbs @waragainstcarbs · May 27

Replying to @KenDBerryMD

Ghee?



Obi Dashpel @obi_0720 · May 27

Replying to @KenDBerryMD

It's frustrating that egg yolks have higher than I expected. I thought they're one of the healthiest animal based options



yi sub kwak @CW38WFZzWoDXcrh · May 27

Replying to @KenDBerryMD

However, it is essential fatty acid, if we take this, we eat carola.olive.cocoa.coconut than sunflower oil.



Rita Birdi @birdi_rita · May 27

Replying to @KenDBerryMD

What about mustard seed oil? Banned in some countries outside of India (where it is commonly consumed).



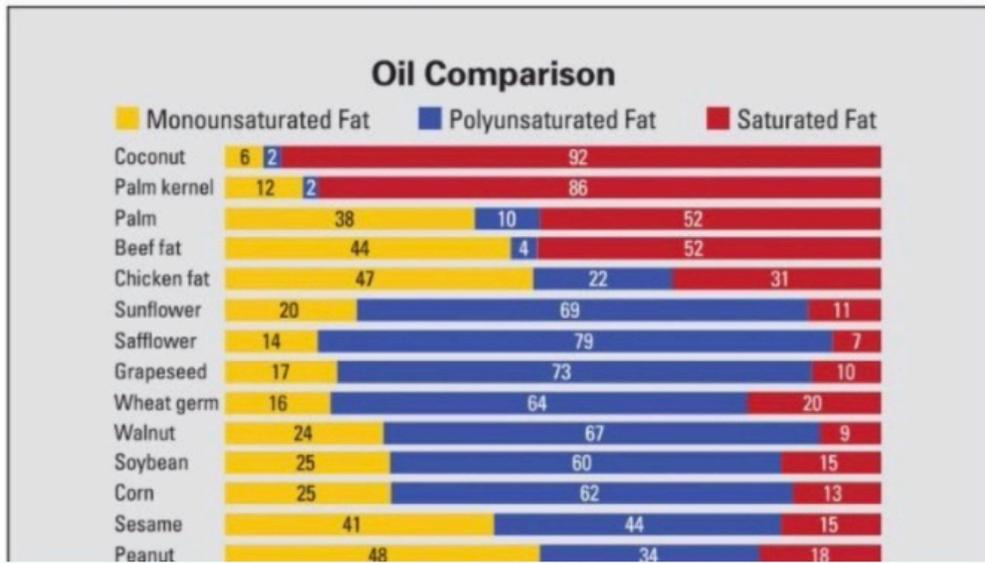


Dave @Dave06031956 · May 26

Replying to @KenDBerryMD

To add to this scale:

In the table below you want to avoid oils high in BLUE (Polyunsaturated fats):



2

2

19



Tony Man @TonyMan1225 · May 28

I'm new to this. How exactly is polyunsaturated fat bad for you?

2



5 more replies



Bitcoin Puerto Rico @BTCPRico · May 26

Replying to @KenDBerryMD

Why? Source.

2



4



Just Val @Cryptogal3 · May 26

Omega 6 no bueno

1



1



Bitcoin Puerto Rico @BTCPRico · May 26

But it's the ratio isn't?

1



Just Val @Cryptogal3 · May 26

Yes but I think the theory is that the standard diet has a ton of Omega 6 so best to try and limit. When you eat at restaurants or buy pre-made food they often use Omega 6 oils.





Just Val 🍷🌱🌟🍄 @Cryptogal3 · May 26

Yes but I think the theory is that the standard diet has a ton of Omega 6 so best to try and limit. When you eat at restaurants or buy pre-made food they often use Omega 6 oils.



Stanier462 @Stanier4621 · May 26

Replying to @KenDBerryMD

Ken where is Beef Dripping (Tallow in US)?



strigiformes @strigiformesOvO · May 26

~3%



Stanier462 @Stanier4621 · May 26

Great thanks.



Crypto King of Pop @CryptoKingofPop · May 26

Replying to @KenDBerryMD

Japanese eat lotta sesame oil and live long time fresh.



YiNyang @yi_nyang · May 27

Japanese people live an extremely different lifestyle than Americans that cushions them against diseases - way more seafood, much healthier options in Japan, etc.



Crypto King of Pop @CryptoKingofPop · May 27

The greatest.



T Payton @tsptec · May 26

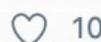
Replying to @KenDBerryMD

Where does avocado oil rate on this lists?



Fi Stewart @fifibugz · May 26

From what I've seen online Avocado oil is about 12-13%





mohamed adow 🇸🇪 @mohdadow · May 26

Replying to @KenDBerryMD

A relationship between linoleic acid and the development of cancer has been suggested in numerous study.



1



1



26



YiNyang @yi_nyang · May 27

Wow, I didn't know that. We're slowly figuring out!

Thanks to EVERYONE!



Algy Goosen 🌍 **Health, Sustainability, Inclusivity** @... · May 27

Replying to @KenDBerryMD

Could you please just link or summarise the problem with Linoleic Acid? - would like to know.



1



Algy Goosen 🌍 **Health, Sustainability, Inclusivity** @... · May 27

So between Wiki and your post it seems like an essential fatty acid, but from what you say one should make sure not to get too much of it, right?

en.wikipedia.org/wiki/Linoleic_...



1



Racha Bia @RachaBia · May 26

Replying to @KenDBerryMD and @Mangan150

Palm oil ????



1



اخوان @eqwanroslan · May 27

Palm oil is good. Don't let the corporate greed fool you.



सत्य प्रकाश @sa8ypr · May 26

Replying to @KenDBerryMD

Many termed palm oil unhealthy here in India but recently, i found it is healthy and your point also proved in a healthy oil.



Shared Nutrition ❤️ @sharednutrition · 14h

I cook low heat with red palm oil or tallow (made at home); finish with organic extra virgin olive oil or grass fed butter





John Denham @johnbdenham · May 27

Replying to @KenDBerryMD

Thanks for the chart. I'm ignorant about Linoleic acid; why is it bad for me?



1



josh person @thejoshperson · May 27

Linoleic acid (found in omega 6 PUFA... vegetable oils) causes oxidative stress.



Dhairya Patel @dvp9001 · May 26

Replying to @KenDBerryMD and @Mangan150



An overview of the effect of linoleic and conjuga...
Both n-6 and n-3 polyunsaturated fatty acids are dietary fats important for cell function, being ...
onlinelibrary.wiley.com



1



'Merica101 @Merica1012 · May 26

Replying to @KenDBerryMD and @Mangan150

What's the limit on smoking them?



shivam anand @fcaanandshivam · May 26

Replying to @KenDBerryMD

But aren't these essential for our body??



Tony @_LWanTeD · May 26

Replying to @KenDBerryMD and @Mangan150

@Mangan150 Is Macadamia considered a seed? (Knowing that you argue against seed oil).



9er9er49er @bobpadgi · May 26

Replying to @KenDBerryMD

Pressed coconut oil vs refined, careful.





Big Tank @BigTank78 · May 26

Replying to @KenDBerryMD

What about avacado oil ?



Ahmed Bin Ali @AhmedBinAli87 · May 26

Replying to @KenDBerryMD and @Mangan150

What about flaxseed oil?



ttg @cryptigre · May 26

Replying to @KenDBerryMD

Wow so if you HAD to eat one, Canola is the least bad?



esaias @esaiaspeltola · May 27

Replying to @KenDBerryMD



Dietary linoleic acid and risk of coronary heart di...
Swapping saturated fat and carbohydrates for linoleic acid – the main polyunsaturated fat foun...
hsph.harvard.edu



Raeann Morgan @ShameOnTheGOP · 21h

Replying to @KenDBerryMD

Sooo... rapeseed/cannola oil is OKAY with you?? What a quack!



Keith A. Bryant @keithbryant53 · May 26

Replying to @KenDBerryMD and @Kurusu_Kitsune

Lard biscuits and pie crust. Hope they make a comeback.



Mel The Bos 🇺🇸 🇫🇷 🇯🇵 ⚖️ 🐸 🧠 🌀 @MelTheBos1 · May 26

Replying to @KenDBerryMD

Holy crap! Grapeseed oil was sold to me as a healthier option 🤔🤔🤔





Nick Hiebert @The_Nutrivore · May 27

Replying to @KenDBerryMD

No. The evidence literally shows the opposite.



Saturated Fat: Cutting Through the Noise

The paleo/low-carb world loves to cry about the relative quality of different dietary fats and how they relate to health. They reject...

thenutrivore.blogspot.com



1

6



Théroigne Russell @velvetsilk · May 26

Replying to @KenDBerryMD and @8WeekBloodSugar

Hopefully, I don't. Olive oil, eggs, butter, lard, ghee, duck fat, goose fat, beef dripping.



1



Ona O'Keefe @OKeefeOna · May 28

Replying to @KenDBerryMD

Bacon Fat=Lard??

Hope So!



1



Peter Duke Reframes Reality @peterdukephoto · May 26

Replying to @KenDBerryMD

What about boiling potatoes in it (until it turns into acetone)?



Moulin De Benin @French_Gite · May 26

Replying to @KenDBerryMD

Could you include/comment on duck fat for us Frenchies





Rahul Jain @RahulJa87963611 · May 26

Replying to @KenDBerryMD

But study's says that it helps to improve immune function of the body .
Would you please enlighten your thoughts on it ?



Drewbobski93 @SymbioticSlayer · May 26

Replying to @KenDBerryMD

Hey doc, I thought things like hemp oil was good for you? What happens if you consume it to much? What does this acid do?



Juan Vicente Hernández @juanvicentehv · May 26

Replying to @KenDBerryMD

Hi Ken, what is your take on this? The article says that we should replace saturated fat and carbohydrates for foods rich in linoleic acid.



Dietary linoleic acid and risk of coronary heart di...
Swapping saturated fat and carbohydrates for linoleic acid – the main polyunsaturated fat foun...
hsph.harvard.edu



CryptoDouchey @CryptoDouchey · May 26

Replying to @KenDBerryMD

Oh so CLA isn't good for us or going to burn that fat right off?



An @An55144122 · May 26

Replying to @KenDBerryMD

so cbd oil is no good



Pull the bull over your eyes @PrinceOfYen · May 26

Replying to @KenDBerryMD

Can you cite your research sources?



Kryptohunter(714) @Kryptokid714 · May 27

Replying to @KenDBerryMD

What's wrong with grapeseed oil?



- 

Unlikely Epiphany @PsuedoEpiphany · May 27
 Replying to @KenDBerryMD
 No Beef Tallow on there ? Tsk Tsk Tsk. You must eat a steak tonight to make up for this Keto omission 😊

🗨️ ↻️ ❤️ 📤
- 

NewNormal_Is_Abnormal @Newnormall · 14h
 Replying to @KenDBerryMD
 WHAT ABOUT AVOCADO???? Said at least 21 people. The answer was just a few posts in if people read for 32 seconds instead of squeaking the Q!
 12-15%.
 Dam this is inefficient.

🗨️ ↻️ ❤️ 📤
- 

सत्य प्रकाश @sa8ypr · May 26
 Replying to @KenDBerryMD
 Your mention has marked most of the common oils sold unhealthy. Soyabean and rice bran oil in unhealthy. Sunflower oil is unhealthy. Only coconut oil is healthy which is consumed in south India. Peanuts oil is used in Maharashtra is close to healthy.

What about Mustard oil?

🗨️ 1 ↻️ ❤️ 1 📤
- 

Dr. Shakil Khan @Shakilk232 · May 26
 I think mustard = canola oil

🗨️ 1 ↻️ ❤️ 📤

⋮ [2 more replies](#)
- 

Der Bomber @derbomber216 · May 26
 Replying to @KenDBerryMD
 Avocado oil?

🗨️ ↻️ ❤️ 📤
- 

Dwight Mannsburden @DwightMannsbrdn · May 26
 Replying to @KenDBerryMD
 Addendum: Avocado oil 12%

😊

🗨️ ↻️ ❤️ 📤



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[2 more replies](#)



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Avocado oil?



Dwight Mannsburden @DwightMannsbrdn · May 26

Replying to @KenDBerryMD

Addendum: Avocado oil 12%

