

Seed oils include: canola/rapeseed oil, corn oil, cottonseed oil, rice bran oil, safflower oil, soybean oil and sunflower oil. Grapeseed oil too! They are in virtually all processed food and will take 2 to 3 years to completely leave your body once you eliminate them:

<https://bit.ly/yearstoeliminate>

<https://bit.ly/chrisknobbearticle>

We recommend you replace seed oils with traditional fats such as butter, tallow, lard, suet, coconut oil and olive oil. Ghee too! Please note that we don't recommend avocado oil:

<https://www.louisawilliamsnd.com/post/why-i-don-t-recommend-avocado-oil>

Dr. Chris Knobbe, MD, will present at our 2026 Wise Traditions Conference that'll be held in DC October 16–18. Join us: <https://bit.ly/wisetraditionswebsitelink>

Sneak peak: <https://bit.ly/chrisknobbeinterview>