

Could Extremely Lipoxidized Melanoidin Rapeseed Oil (ELMR) be Frying Immune Response and Serving up Symptomatic COVID-19 and Variants? A Pilot Single Case Study Analyzes Maillard's Colorfully and Hedonically Alluring Advanced Glycation End-Products (AGEs) and Potential Redox Imbalance to Try the Practicality of a More Magnified Evaluation

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c This article, along with six other COVID-19 pilots, will be submitted to 15 universities in Alabama, USA; the Caribbean; Israel; Florida, USA; Jordan; Mississippi, USA; Tennessee, USA; Saudi Arabia; South Dakota, USA; West Virginia, USA; and Wyoming, USA, to gain academic appointments, replicate this pilot investigation on a larger scale, and to continue to design and launch additional pilots and wide-ranging studies to fortify further the new discipline of pH-Balanced International Cuisine and Dynamic-Longevity Lifestyles

ABSTRACT (Submitted to the International Conference on Nutrition and Healthcare, Paris, France, February 10-11, 2022)

For forty-three years, countless clinical researchers, professors, public health organizations, associations, societies, specialists, and consumers assumed manufacturer claims that cooking oil made of extremely lipoxidized melanoidin rapeseed (ELMR) was healthful and not toxic. Without ever testing the veracity of declarations made by manufacturers of ELMR and its numerous offspring.

Objectives: The purpose of this pilot single case study is to try the feasibility of a more considerable inquiry deciding the influence or lack of effects of ELMR's footprint on post-absorption lipoproteins, thyroid function, redox balance and imbalance, inflammation, immune integrity, and potential to host symptomatic COVID-19 sepsis.

Methods: The subject met all inclusion criteria and gave a lipid panel and TSH blood sample before starting the day's food challenge. The first challenge consisted of raw ELMR and first pressed olive oil (FP) in mashed sweet potato and green shake, followed by ELMR and FP baked in green hummus.

ELMR challenges three and four were FP fried lima beans and ELMR and FP previously fried salmon oil baked in green hummus. The last two challenges were once fried sweet potato oil baked in green hummus and fast-food white potatoes fried in ELMR.

Results: Challenges produced evidence suggesting ELMR is associated with chronic disease, not longevity in the subject studied. ELMR's 19% increase in TG and VLDL in the first challenge suggested ELMR contributed to subclinical atherosclerosis, potential diabetes, renal insufficiency, atrial fibrillation, stroke, neuronal damage, overweight, cognitive dysfunction, and increased risk of hosting COVID-19 in the person studied. ELMR's 29% increase in thyroid function (TF) reflected its ability to surge systemic oxidative stress (SOS) and exercise a powerful influence on thyroid hormone and cellular and organ damage. ELMR belongs to the advanced glycation end-product (AGEs) family that lead to tissue and cell damage, cell apoptosis, cell death secondary to augmented endoplasmic reticulum stress, and pave the main pathway to neuronal damage. ELMR increased the risk for developing metabolic syndrome, premature aging, and the top causes of preventable early death in the person studied. The remaining five ELMR challenges also detailed the emergence of redox imbalanced immune response and risk for hosting COVID-19.

Conclusions: A more considerable investigation is warranted to analyze the influence or lack of effects of ELMR on post-absorption

lipoproteins, thyroid function, redox balance and imbalance, inflammation, immune integrity, and potential to host symptomatic COVID-19 sepsis and sepsis secondary to its variants.