

FISH OIL SUPPLEMENTS ARE DEATH.

Despite aggressive health food industry hype about their miraculous curative properties, ALA, EPA, and DHA are merely polyunsaturated fatty acids (PUFAs), causing oxidative free radical damage and premature aging --- just as surely as their deadly omega 6 cousins.

If you have read our Article on ...

THE KILLER OILS ...

“The Health Benefits of Saturated Fats vs. the Damage from Polyunsaturated Omega 3 and Omega 6 Oils”, then you understand their composition, and, you appreciate the propaganda machine that made these metabolic poisons so popular. You also learned how omega 3 fatty acids are, despite the health food industry hype, every bit as damaging as the omega 6 fatty acids --- causing:

- lipid peroxidative damage
- immuno-suppressive damage
- anti-mitochondrial effects
- depressed aerobic energy production
- lipofuscin age pigment production
- brain damage
- liver damage
- skin damage
- thymus damage
- spleen degeneration
- heart damage
- atherosclerosis
- decreased exercise performance due to decreased glucose utilization
- diabetes
- degeneration of the retina
- stroke
- RBC destruction
- allergies in children
- metastatic cancer

“Wait!” you object, “I have read countless articles showing that omega 3 fatty acids protect against all those pathologies you claim they cause!” --- I realize how thoroughly effective the propaganda in favor of omega 3 fatty acids (just as for the omega 6 fatty acids before them) has been. That is precisely why this Article is so important. You and your patients have been so effectively brain washed regarding omega 3 fatty acids that you must review the references offered below to help you see the truth.

Here is a story about propaganda. ----- I walked into a health food store not long ago for the first time in many years. I cannot say I was surprised by what I saw, but the sheer magnitude of the promotional HYPE made me feel as if I were being propositioned with the enticing promises of a classic ...

SMOOTH-TALKING SNAKE OIL SALESMAN.

Fully one fourth of the store was dominated by Soy Death as he loudly proclaimed his power to prevent or cure every malady known to humankind. One entire end of the store featured the She-Beast Phytoestrogen as she sang her siren song of cures for the very conditions caused by excess estrogen. But the most captivating song and dance of all was performed by none other than Omega 3 PUFA, winner of the decade's Pseudo-Science Award, who was seen masterfully manipulating people in every section of the store.

WHAT HAPPENED TO THE GOOD OLD DAYS ...

when health food stores were dominated by comparatively benign villains such as health food cookies, juices, and mega dose vitamin supplements? In days of old, health food store customers were victims only of their own stupidity. Now, in blissful ignorance, they are self-destructing under the influence of a deadly, powerful propaganda machine.

My point is that now there is so much money to be made in soy, phytoestrogens, and omega 3 fatty acids, that the little cult of people who created the health food industry as a grass roots movement have been completely displaced in their own industry by Agri-business. Only by spending billions of dollars has Agri-business been able to convince us that soy, phytoestrogens, and omega 3 (as well as omega 6) fatty acids are good for us, when in fact ...

THEY ARE THE MOST DEADLY OF ANTI-METABOLITES.

While introducing you to the oxidative free radical damage and premature aging caused by omega 3 fatty acids, I realize how thoroughly effective the propaganda in favor of omega 3 fatty acids (just as for the omega 6 fatty acids before them) has been. That is precisely why this Article is so important to you.

The results of an exhaustive literature search on ALA, EPA, and DHA compel me to be assertive in facing the truth, and that truth is, quite simply, that ...

OMEGA 3 OILS ARE EVEN MORE DAMAGING THAN OMEGA 6 OILS.

Picture your own future. --- How many years can you remain physically strong and mentally sharp? That depends largely on whether you eat enough saturated fat to keep you brain cells firing and your body running in high gear. For as you certainly must have induced after reading these Articles on saturated fat versus HOHUM PUFAs* ...

**EATING GOBS OF SATURATED FAT
IS ESSENTIAL IF YOU ARE TO
LIVE LONGER & STRONGER.**

I trust you realize I am not joking. From cradle to grave ...

**SATURATED FAT SHOULD MAKE UP THE
MAJORITY OF YOUR FOOD INTAKE.**

From the 54% fat (highly saturated and loaded with cholesterol) of human milk required to build your brain and body, to the meat, fish, poultry, eggs and cheese required to preserve your lean body and alert mind for ten high-vitality decades ...

**TRIGLYCERIDES AND STEROLS ARE YOUR
MOST IMPORTANT MACRO-NUTRIENTS.**

Recall from the Article, "The Health Benefits of Saturated Fats vs the Damage from Polyunsaturated Omega 3 & Omega 6 Oils", the formula given to us by Hartroft and Porta way back in 1968:

$$\text{Health} = (\text{anti-oxidants/oxidants}) \times (\text{saturated fats/PUFAs})$$

You have the first factor in that formula, anti-oxidants, easily covered. --- Restoring metabolic efficiency with NUTRI-SPEC, then supplying your patients with OXY MAX and ADAPTO MAX, plus TAURINE, plus as much OXY TONIC, ELECTRO TONIC, and OXY D+ as indicated --- gives your patients the most powerful anti-oxidant protection available anywhere.

The second factor, the inverse of oxidants, requires that all individuals carefully consider environmental exposures of many sorts; but most oxidative stressors are dietary, and the NUTRI-SPEC Fundamental Diet minimizes those. These harmful oxidants include excesses of Vitamin C and iron, MSG, Aspartame, and endotoxins derived from unhealthy gut microbiota that proliferates on a diet high in sugar and heat de-natured protein --- particularly in patients who either never developed a healthy microbiota as infants, or who have had their microbiota destroyed by antibiotics. (All your patients need IMMUNO-SYMBIOTIC.)

*Heated, Oxidized, Hydrogenated, Un-Metabolizable Poly-Unsaturated Fatty Acids

The last half of the Health Equation is the ratio between saturated and unsaturated fats. The findings of Hartroft and Porta stand on its head the advice (propaganda) of the “experts” who formed public opinion over the last five decades. The “Wonders of Polyunsaturates” is a myth we have shattered many times in our nearly 40 years of serving NUTRI-SPEC practitioners. The purpose of these Articles is to be certain we all understand that the deadly PUFAs include omega 3 as well as omega 6 fatty acids.

The “Evils of Cholesterol and Saturated Fats” is another myth we have shattered repeatedly over decades, with many references from the literature. So that we never become complacent in our efforts to protect ourselves and our patients from the Agri-business and Pharmaceutical propaganda machines, it is helpful to keep ourselves rejuvenated with fresh doses of the truth. Read the Article, “The Health Benefits of Saturated Fats vs the Damage from Polyunsaturated Omega 3 & Omega 6 Oils”; along with this entire Article series on saturated fats versus HOHUM PUFAs; on cholesterol; on statin drugs; on the benefits and harm from various dietary fats; as well as on the benefits to some people from a ketone-generating diet.

The “Evils of Cholesterol and Saturated Fats” in the diet as a cause of cardiovascular disease? ---Entirely myth. ----- Countless studies show that dietary fat does not cause cardiovascular disease, and that lowering cholesterol does not improve health.

This, of course, is old news to us NUTRI-SPEC practitioners. But actually the news is so old that it even pre-dates NUTRI-SPEC by 25 years. At the 83rd meeting of the American Public Health Association in 1955, researchers Chope and Breslow reported finding a strong correlation between serum cholesterol and life span in the geriatric population of San Mateo County, California ---

**THE HIGHER THEIR SERUM CHOLESTEROL,
THE LONGER THEY LIVED!!**

Oh the perils of being an honest scientist in an age of institutionalized deception! Pity poor Chope and Breslow, reporting their findings just as Agri-business implemented its plot to demonize cholesterol and promote soy and corn oil as our saviors. Then, Hartroft and Porta published their work just as the anti-saturated fat media blitz got up a full head of steam. Who knows what happened to these four good scientists, frustratingly stuck in the wrong place and time? I wonder --- did they remain honest, working in lonely obscurity, suffering the contempt of their peers? Or, did they sell out to the establishment, jumping on the (lucrative) bandwagon of pro-PUFA “research”?

We have informed you that the first place where PUFA peroxidative damage was studied was in regard to lipofuscin age pigment. Interestingly, it was

found that as this pigment formed in the skin, it simultaneously formed in the brain. In other words ...

**A MAN WITH AGE SPOTS ON HIS SKIN HAS
AGE SPOTS ON HIS BRAIN TO THE SAME DEGREE.**

In the Article entitled, “The Health Benefits of Saturated Fats vs. The Damage From Polyunsaturated Omega 3 & Omega 6 Oil”, we have said much about ...

**THE DAMAGING EFFECTS OF OMEGA 3 OILS
ON THE BRAIN.**

Combining what you are learning about the damage to the brain by omega 3 PUFAs with the essentiality of saturated fat for brain development in infancy --- ask yourself how you feel about ...

**THE AGRI-BUSINESS PUSH
TO PUT DHA IN BABY FORMULA,
AND FISH OIL IN SCHOOL LUNCHES?**

See the Article, “Fatty Acids --- Brain Structure and Function”, for more information on how omega 3s and omega 6s damage the brain.

You clearly see the potential harm done by EPA, DHA, and ALA supplementation. Since, until recently, our intake of omega 3 oils was miniscule compared to our omega 6 consumption, fish oil and flax oil damage was rarely significant. But now, with countless thousands being snookered by Health Food Industry propaganda, we have a problem that only well-informed clinicians like yourself can solve.

BONUS INFO: OTHER DAMAGING EFFECTS OF OMEGA 3 PUFAs

It was pointed out above that dietary polyunsaturates damage healthy mitochondrial function, particularly interfering with the action of cytochrome oxidase. There are many other studies showing depressed aerobic energy production under the influence of supplemental omega 3 fatty acids. Reading the Article “The Health Benefits Of Saturated Fats Vs The Damage From Polyunsaturated Omega 3 And Omega 6 Oils”, you will find many relevant references, including one showing EPA and DHA inhibiting glucose utilization and thereby decreasing exercise performance.

While on the subject of glucose utilization, you will also find references in that same Article pointing out that omega 3 PUFAs damage pancreatic beta cell function ...

LEADING TO THE DEVELOPMENT OF DIABETES!

Get your patients off fish and flax oil PUFAs now! If you want to give them real protection, give them your OXY MAX plus ADAPTO MAX, TAURINE, IMMUNO-SYMBIOTIC, along with some individualized mix of OXY TONIC &/or ELECTRO TONIC &/or OXY D+.

REFERENCES

J Nutr. 1988 Apr;118(4):425-6. Rapid auto-oxidation of fish oil in diets without added antioxidants. Fritsche, et al.

J Nutr. 1992 Nov; 122(11):2190-5. Lipid peroxidation products are elevated in fish oil diets even in the presence of added antioxidants. Gonzalez, et al.

Adv Exp Med Biol. 1991;289:255-68. Dietary omega 3 polyunsaturated fatty acids of fish oils, auto-oxidation ex vivo and peroxidation in vivo: implications. Kinsella J.

Lipids. 1988 Apr;23(4):370-1. Malondialdehyde excretion by subjects consuming cod liver oil vs a concentrate of omega 3 fatty acids. Piche, et al.

J Nutr. 2000 Dec;130(12):3028-33. Polyunsaturated omega 3 fatty acids susceptible to peroxidation are increased in plasma and tissue lipids of rats fed DHA-containing oils.

Free Radic Res. 2001 Apr;34(4): 427-35. DHA supplementation increases oxidative damage in bone marrow DNA in rats and the relation to antioxidant vitamins. Umegaki, et al.

J Physiol. Feb 15;475(1):83-93. Facilitatory effect of DHA on N-methyl-d-aspartate response in pyramidal neurons of rats' cerebral cortex. Nishikawa, et al.

Am J Psychiatry. 2004 Mar;161(3):567-9. Is low dietary intake of omega 3 fatty acids associated with depression? Hakkarainen, et al.

Atherosclerosis. 2001 Mar;155(1):9-18. Enhanced level of omega 3 fatty acids in membrane phospholipids induces lipid peroxidation in rats fed DHA. Song, et al.

Br J Nutr. 2003 Oct;90(4):777-86. Fish oil supplementation reduces stimulation of plasma glucose fluxes during exercise in untrained males. Delarue, et al.

Endocrinology. 2003 Sep;144(9):3958-68. Diabetogenic impact of long-chained omega-3 fatty acids on pancreatic beta-cell function and the regulation of endogenous glucose production. Holness, et al.

Nephron Exp Nephrol. 2004; 97(4):e136-45. Oxidized omega-3 fatty acids inhibit pro-inflammatory responses in glomerular cells and endothelial cells. Chaudhary, et al.

Redox Rep. 2002; 7(6):369-78. Inhibition of leukocyte-endothelial interactions by oxidized omega 3 fatty acids. A novel mechanism for the anti-inflammatory effects of omega 3 fatty acids in fish oil. Sethi S.

J Nutr. 2003 Feb;133(2):496-503. Omega 3 polyunsaturated fatty acids promote activation-induced cell death in murine t-lymphocytes. Switzer, et al.

Transplant Proc. 2001 Aug; 333(5):2854-5. Evaluation of the effect of fish oil on cell kinetics: implications for clinical immuno-suppression. Istfan, et al.

Cancer Res. 1989 Apr 15;49(8):1931-6. Effects of fish oil and corn oil diets on prostaglandin-dependent and myelopoiesis-associated immune suppressor mechanisms of mice bearing metastatic Lewis lung carcinoma tumors. Young, et al.

Transplantation. 1989 Jul;48(1):98-102. Enhancement of immuno-suppression by substitution of fish oil for olive oil as a vehicle for cyclosporine. Kelley, et al.

Clin Exp Metastasis. 2000;18(5)371-7. Promotion of colon cancer metastases in rat liver by fish oil diet. Klieven, et al.

Biochem Biophys Acta. 2000 Aug 24;1487(1):1-14. Fish oil diet effects on oxidative senescence of red blood cells linked to degeneration of spleen cells in mice. Oarada, et al.