

THE OMEGA 3 PROPAGANDA MACHINE ROLLS ON.

Recently I had two new patients in my chiropractic practice who had been advised by their medical physicians to take omega 3 supplements. One was a 60 year old man suffering from dis-equilibrium plus extreme fatigue. The other patient was a woman with a list of symptoms and conditions a mile long. She did not know which of her complaints the rancid fish oil was supposed to be “good for.” Could there possibly be better evidence that the big bucks spent by the politically well-connected omega 3 establishment are paying off? For 35 years the only nutrition advice offered by the typical medical doctor was the inane low cholesterol diet. Along the way, many of them also picked up on the equally counterproductive advice for women to consume grotesque quantities of calcium each day. A very few picked up on the nonsensical idea of taking 400 units of vitamin E to protect the cardiovascular system.

Does a low cholesterol diet protect us from cardiovascular disease? No, such a diet actually increases our chances of having a heart attack or stroke. Does 1500 milligrams of calcium daily protect women against osteoporosis? No, more of that calcium finds its way into soft tissues than into bone. Does alpha tocopheryl acetate protect against cardiovascular disease? Perhaps, but the benefits are nearly insignificant. In all three instances of medically accepted nutrition advice, doctors were duped by “research” that was nothing more than carefully concealed propaganda.

Now, the omega 3 story has captured the attention of the medical profession. Since that has been achieved, just as with the low cholesterol diet and calcium supplementation, the general public will become helpless victims of the fish oil and flax oil supplement peddlers. Are omega 3 fatty acids “good for” dis-equilibrium, fatigue, arthritis, allergies, cholesterolemia, depression, PMS, in-grown toe nails, and leprosy? No, the purported benefits of EPA and DHA supplementation are short term, and entirely due to their ability to block the production and utilization of the equally deadly omega 6 fatty acids.

There are two places in which the omega 3 fatty acids intervene in the omega 6 fatty acid biochemical flow chart. First, omega 3 fatty acids inhibit the delta 6 desaturase enzyme that converts linoleic acid to gamma linolenic acid. The second place where omega 3 fatty acids intervene in the omega 6 fatty acid flow chart is in blocking the delta 5 desaturase enzyme that converts di-homo gamma linolenic acid into arachidonic acid. So yes, EPA, DHA, and ALA supplementation will yield anti-inflammatory effects in those who are suffering symptoms associated with omega 6 fatty acid intake and the resulting prostaglandin and leukotriene damage.

I think you can see that the symptomatic improvement achieved by omega 3 supplementation is pharmacological in nature. It really has nothing whatsoever to do with supplying nutrition to the body. Furthermore,

supplementing with one family of damaging fatty acids to block the pathology associated with another family of fatty acids completely ignores the critical questions of cause and effect. If the cause of all the degenerative and inflammatory diseases “helped” by omega 3 fatty acids are one --- the ingestion of omega 6 oils --- then isn’t the only true cure for these conditions the elimination of vegetable oils from our diet? Ah yes, but in this world dominated by “allopathic logic,” it makes perfect sense to take one deadly chemical to counteract the effects of another.

Your duty is to protect your patients against the dishonesty of the Agri-business, medical, and pharmaceutical establishments. You now have all the information you need to refute the ever more popular omega 3 mythology. You have already learned that EPA, DHA, and ALA cause oxidative free radical damage even more severe than do the omega 6 fatty acids. You know that they accelerate the aging process, are particularly damaging to the brain, exacerbate all aspects of cardiovascular disease, block mitochondrial energy production, contribute to the development of diabetes as well as exacerbating all its symptoms, destroy red blood cells, cause allergies in infants, and on and on and on the list goes. But this long list of health-destroying consequences does not even include the most critical aspects of omega 3 fatty acid induced pathology --- their ...

IMMUNO-SUPPRESSIVE DAMAGE.

Omega 3 oils are even more immuno-suppressive than the omega 6 oils. The first effect on the immune system from increased consumption of omega 3 PUFAs is the suppression of prostaglandin synthesis; this is because the more highly unsaturated long chain fats of the omega 3 oils interfere with the conversion of omega 6 oils into prostaglandins. Since the omega 3 oils suppress the production of all prostaglandins (both good and bad), they decrease the prostaglandin 2 series, those that are pro-inflammatory, and are associated with so many pathological conditions. In the short term, therefore, omega 3 supplementation can actually decrease symptoms of arthritis, allergies, many types of headaches, countless other symptoms of inflammation and Inflamm-Aging. The action of EPA, DHA, and ALA is very much like aspirin in this regard.

The only way to de-rail the omega 3 locomotive is with the truth, delivered person-to-person from you to your patients. In this collection of Articles you have a packet of info revealing the entire story regarding ingested fat --- saturated, mono-unsaturated, omega 6 polyunsaturated, and omega 3 polyunsaturated. I realize how effective the propaganda in favor of omega 3 fatty acids (just as for the omega 6 fatty acids before them) has been. That is why these Articles are so important to you and your practice. Use them.

Remember these Truths:

Longevity = (ADAPTOGENS) x (SFA/PUFA)

ADAPTOGENS = OXY MAX, ADAPTO MAX, TAURINE, IMMUNO-SYMBIOTIC, OXY TONIC, ELECTRO TONIC, AND OXY D+.

SFA/PUFA = meat, fish, poultry, eggs or cheese + avoidance of vegetable oils

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