

OMEGA 3s AND THE ESKIMO DIET --- ANOTHER HEALTH FOOD MYTH

CAUSE AND EFFECT

CORRELATION

COINCIDENCE

It behooves us to give ourselves a mini course in logic from time to time just to be certain the wheels of our minds are turning in the right direction --- unencumbered by either the dishonest input of the charlatans or the irrational input of the gullible masses. Apropos of this Article --- logic is the essence of NUTRI-SPEC. Your goal with NUTRI-SPEC is to restore Metabolic Balance and increase Adaptative Capacity in your patients by recommending an individualized diet and supplement plan. More fundamentally, however, NUTRI-SPEC is about **OBJECTIVITY** in the practice of Metabolic Therapy. Objective tests guide you in your every recommendation; your means of deriving those recommendations is based entirely on objective scientific studies.

NUTRI-SPEC practitioners (and their patients) are thriving as a small subset among the countless millions who are wandering aimlessly as seekers of health through nutrition. Those seekers are sheep (or are they lemmings?) blindly following any authoritarian voice with a diet or supplement to sell ...

“Your arthritis in your fingers is really acting up? My aunt cured her terrible arthritis by taking cod liver oil --- you should take cod liver oil too.”

“Dr. I.M. Smart has finally discovered a cure for the common cold. He gives all his patients mega doses of vitamin C and Echinacea, and they always get better.”

“Our Life-Force supplement gives you a proprietary blend of the most rare and exotic Chinese herbs, used for thousands of years by the wise men of the Far East to modulate the balance between energy centers of the body. Stop poisoning yourself with synthetic vitamins, and experience amazing power and vitality with our all natural Life-Force.”

“The Hunzas lived for a zillion years and never had any diseases because they ate fermented milk products. Buy Organic Acres’ yogurt (sweetened only with 100% natural sugar), the secret of a long, healthy life.”

OK, Doctor of NUTRI-SPEC Objectivity, which of the above four quotes have sufficient objective scientific backing that you would even consider their validity?

NONE OF THE ABOVE. The last three are clearly absurd natural food industry nonsense. Only the first has even a shred of objective evidence supporting it, and that is merely an anecdotal report of a test done with a sample group population of one, and no control group. There may or may not be correlation between the purported remedy and the disappearance of symptoms, but we cannot deny the evidence prima facie.

So --- for your mini course in logic --- ask yourself, when two events occur simultaneously are they necessarily related? How can you tell if they are related? If they are related, are they related causally, or is their appearance correlated, i.e., related only by a third event that is causative of both?

Old King Sol is making his presence felt --- the days are longer, the air is warmer, the (true) life force stirs within all the living --- Spring has come to Pennsylvania. The ground hog comes out to stay, the crocus bloom, as the lettuce and spinach sprout in my neighbor's garden. Within two weeks, however, the crocus and the spring greens disappear without a trace.

Among the events described in this brief account of Spring, which show cause and effect, which are correlated, and which merely coincide? Obviously, the appearance of the ground hog, the appearance of the crocus, and the appearance of the spinach are all caused by the sun. The appearance of the ground hog, the appearance of the crocus, and the appearance of the spinach are all correlated with one another, as they all have a common cause (though other causative factors must also exist --- the presence of an occupied ground hog hole, and spinach seeds planted in the ground, for example). The disappearance of the crocus is caused by the sun. The disappearance of the spinach is caused by the ground hog. The disappearance of the crocus and the disappearance of the spinach are coincident with (completely unrelated to) each other.

Now, suppose I inform you that I am High Priest from the Holy Church of the Sacred Ground Hog. Every Spring the beloved ground hog emerges from his hole, beckoning the sun to come forth from its Winter hiding place. ALL PRAISE THE GLORIOUS GROUND HOG! Without his magnificent power our lives would be smothered in darkness, our days endlessly barren and cold. Prepare great sacrifices for the mighty ground hog! Pray that he continue to bless us with his benevolent divinity!

If I make such a presentation you will know instantly that I am stark raving mad. Yet such is the vulnerability of human consciousness that pagan religions with not much more substance than the Holy Church of the Sacred Ground Hog dominated millions of lives throughout history. But of course we of modern Western culture are much too sophisticated --- much too logical --- to fall for such nonsense. So now, let us turn the logic button up three notches

to the level of presentation offered by the typical natural food industry charlatan. --- I can show you ...

IRREFUTABLE SCIENTIFIC EVIDENCE ...

that crocus cause the sprouting of a magnificent crop of spinach each Spring, yet when the crocus disappear, the spinach disappears as well. Clearly, since crocus cause a magnificent spinach crop, and since the disappearance of crocus cause the devastation of the spinach crop, the key to a bountiful spinach harvest is to surround your spinach garden with crocus that will bloom for months. It just so happens that I sell scientifically developed, late blooming, all natural, all organic crocus seeds --- used by the Hunzas themselves, on the advice of ancient Chinese Wise Men --- and --- they contain absolutely no cholesterol!

If the typical backyard gardener has no more sense than the common health food store shopper I will sell truckloads of my crocus seeds. Astonishing? I'll tell you what is truly astonishing --- after this year's spinach crop tragically disappears, despite the magnificent crocus plants, these fools will buy my crocus seeds again next year. And, after that year's crop failure, they will buy my crocus seeds again the third year before they finally go off in search of another remedy for their disappearing spinach crop. Then --- absolutely incredibly astonishingly --- I can come back in 10 years and sell my truckloads of crocus seeds to another group of equally gullible backyard gardeners.

This nonsensical story is perfectly analogous to what we witness happening in the comedy of the absurd we call the natural food industry --- equally outrageous charlatanism coupled with perfectly unconscious irrationality.

You must train yourself, and do your best to help your patients, to distinguish between cause and effect, correlation, and coincidence. Cause and effect relationships are not at all easy to prove, and anyone who claims he has one must be able to supply rigorously derived objective scientific evidence. Your patients (and perhaps even you) have a long history of buying crocus seeds. They have an equally long history of failed spinach crops --- which feeds their **NEED TO BELIEVE** in something --- anything --- that promises health. For those schooled in the American Socialist "education" system in the last 50 years, it is much easier to rely on hopes and beliefs than to pursue the truth analytically. That is why your office is full of seekers in need; that is why you must be their paragon of objectivity in their otherwise subjectively ruled lives.

Do sacred ground hogs call forth the sun each Spring? People seem to crave mysticism.

Does planting crocus insure a good spinach crop? To the irrational masses, the evidence appears compelling.

Are Vitamin C and Echinacea good for colds? --- Wishful thinking.

Are ancient Chinese herbs the secret to high-powered bio-energetics (whatever THAT means)? Or, do they merely satisfy people's need to believe?

Is eating yogurt the key to Hunza-like health and longevity? --- Ha! Ha! Ha! Ha! Hee! Hee! Hee! --- Health food mythology.

Were Eskimos immune to the degenerative diseases of modern civilization because they ate a diet ...

HIGH IN OMEGA 3 FATTY ACIDS?

You are reading a series of Articles bashing omega 3 PUFAs, offering you objective evidence that they are even more devastating than omega 6 oils in causing oxidative free radical damage, accelerated aging, mitochondrial suppression, cardiovascular disease, liver damage, and diabetes --- not to mention the scientific studies showing the immuno-suppressive effects of fish oil and flax oil, including cancer. The truths you are learning in these Articles directly contradict the huge mountain of "scientific" evidence fabricated by the PUFA establishment, leaving many of you incredulous. Many, many of you have responded with an almost frantic exclamation ...

"WHAT ABOUT THE ESKIMO DIET?!!"

Everyone "knows" (thanks to the PUFA propaganda machine) that Eskimos had no cardiovascular disease, little cancer, no arthritis, no tooth decay, no allergies, etc., etc., and that their good health resulted from a diet of salmon, seal, and whale --- all high in EPA and DHA. [The propaganda machine ignores that there were many traditional cultures similarly free of degenerative diseases that never saw a salmon, a seal, or a whale, and that consumed no more omega 3 fatty acids than the typical modern American slob. (--- The best nutrition book ever written is Weston Price's "Nutrition and Physical Degeneration." Everyone should read it three times --- at age 12, at age 17, then again when ready to have a family.)] Let us expose this later vintage health food industry mythology for the fraud that it is.

The truth will surprise you: Eskimos did not eat a diet high in n-3 acids. Their diet was high in n-3 FA relative only to the low n-3 FA content of the modern American diet. (Actually, Eskimos who lived inland ate mostly caribou and a little polar bear --- very little fish, whale, and seal.)

Let's run the numbers. (--- Yes, yes, I know --- you products of the American schooling system with an aversion to quantitative thinking are saying to yourselves, "Oh no --- here he goes again!") Salmon, the dietary staple of the

coastal Eskimos varies to an extreme in its percent of various fatty acids, depending on time of year, fresh water vs. salt water, etc. But here is a representative analysis: Saturated Fat = 32%, mono-unsaturated = 43%, n-6 FA = 2%, n-3 FA = 23%. A 100g serving of salmon contains 140 calories, 44% of which (62 calories) come from fat. $(44\% \text{ total fat}) \times (23\% \text{ n-3 fat}) = 10\%$ (14 calories) from n-3 FA. Eating exclusively salmon and comparable fish, as many Eskimos did for prolonged periods each year, still yielded a diet 24% higher in saturated fat than PUFA fat, with by far the biggest macro-nutrient being mono-unsaturated fat.

The truth is, Eskimos were free of many degenerative diseases in spite of, not because of, their damaging n-3 intake. In fact, the n-3s are the only negative in an otherwise perfect (for their metabolic type) diet.

Look at the amazing positives of their diet:

- no sugar
- almost no starch
- very little n-6 FA
- no overcooked, denatured protein
- extremely high nutrient density (vitamins, minerals, amino acids, saturated fats, sterols)
- much meat and fish eaten raw ...
- the rest boiled, and the broth consumed
- ends of bones eaten
- bone marrow eaten
- many glands and organs eaten --- particularly adrenals, thyroid and brain
--- all with the saturated and sterol fats and hormones necessary to protect against the damage of n-3 FA
- no over-eating
- perfect gall bladder function
- extraordinary intestinal microbiota

Place the above thirteen points on the positive side of the balance sheet. On the negative side you have only one entry:

- (A maximum of) 10% of their calories derived from n-3 FA

Claiming that fish oil was responsible for the Eskimos freedom from degenerative disease is even more absurd than the claim that yogurt was the key to the Hunza's longevity. Salmon, an excellent food, in moderation, if part of an eating plan extraordinary in every other way, comes with a huge warning label: "MAY CONTAIN AS MUCH AS 10% OMEGA 3 FATTY ACIDS --- known to accelerate aging and increase the risk of cardiovascular disease and cancer."

The Eskimos got away with 10% n-3 FA, but they had a much more impressive balance sheet than you do. And keep in mind that the Eskimos easily succumbed to infectious diseases, and, despite the absence of many degenerative diseases, did not live long, and, gave the appearance of age beyond their years. How much salmon can the average American eat without suffering catabolic oxidative damage? The limit varies to an extreme from individual to individual --- more for Anaerobic patients, and zero for Dysaerobic. Stick to your beef, lamb, chicken ... and caribou.

And while fish and flax oils perversely cause the very pathologies they are claimed to prevent, you can have genuine protection from degenerative disease by supplementing with OXY MAX, ADAPTO MAX, TAURINE, IMMUNO-SYMBIOTIC, and some combination of OXY TONIC, ELECTRO TONIC &/or OXY D+. --- These might even help cure colds, balance Chinese energy fields, and let you live healthfully for a zillion years.

Be aware that on behalf of your patients you are fighting a David vs Goliath battle here. The fish oil establishment has become as politically and financially well-connected as the seed oil establishment before it. The amount of propaganda generated by the PUFA oil establishment is overwhelming in its effect on the uneducated, non-thinking, gullible public. Just as from the 1950's through the 1990's people unquestioningly accepted that seed oils were the key to health and long life, now the same people are just as easily victimized by the later day fish oil mythology.

Just how well-connected is the omega 3 establishment? Here is an item from the Houston Business Journal:

“Houston-Based Omega Protein Inc.’s bottom line may get a little fatter. The publicly traded company, which produces an omega-3 fatty acid product called OmegaPure, has signed an agreement to provide its fish oil in school lunches in 38 school districts in South Texas beginning this month.

“The 500-person company, which has ties to former President George Bush’s Zapata Corporation, will distribute the product through an agreement with Mercedes-based H & H Foods.

“Although the dollar amount of the contract between Omega Protein and H & H Foods hinges on future sales, the company is poised to cash in as school administrators and parents re-focus their attention on the nutritional content of student diets.

“The Omega Protein President and CEO says “The company’s recent investment of 16.5 million dollars for a fish oil refinery in Reedville, Virginia, scheduled for completion in May, and an increased awareness of the benefits of omega 3 in human food, positions Omega to capitalize on predicted demand.”

Just as Archer-Daniels-Midland and the rest of the seed oil establishment moved in and captured the banner of the health food industry regarding polyunsaturated oils during the 1960's, some heavy hitters are cashing in big on what originally began as a (misguided) grass roots health food movement in support of omega 3 oils. How can we possibly resist the power of the Bush family and their Big Oil (petroleum oil, not fish oil) cronies? --- One patient at a time.

Our reference to The Eskimo Diet highlights both the benefits and the risks of studying isolated populations to analyze the reasons for their health, or their lack of it. The problem is it is so easy to produce non-sequiturs from such an analysis. It is very difficult to establish cause and effect relationships in the biological sciences. There is no denying that the Eskimos had a low incidence of chronic degenerative diseases. To conclude that their freedom from disease resulted from the ingestion of small quantities of lipid peroxidative, immunosuppressive, hepato-toxic, catabolic polyunsaturated fatty acids is, we showed, a non-sequitur.

Weston Price's book, "Nutrition and Physical Degeneration", is by far the most valuable nutrition book ever written. Price observed many populations every bit as free of disease as the Eskimos, who consumed diets that were really quite diverse. However, these diets all shared the following in common:

- The majority of calories were derived from animal-source foods. (Generally eaten three times daily)
- The animal foods were not over-cooked
- There was little or no sugar in the diet
- There was little or no polyunsaturated fat in the diet

That's it --- that's all there is to maximizing health and longevity. In other words, all the cultures who historically lived long and lived well ate the NUTRI-SPEC Fundamental Diet.

Another way to learn much about nutrition from studying isolated populations is to look at the work done in the field of animal husbandry. Agri-Business is extremely successful at employing both nutrition and anti-nutrition to serve its purposes. If Agri-Business wants to produce a chicken that becomes disgustingly obese in a very short period of time on very little feed, then that is exactly what it produces. If Agri-Business wants to produce a cat food that protects cats from the heart disease that is pandemic among the species, then that is exactly what it produces.

It is interesting to look at how farmers have supplemented livestock diets with various fats, and how their experience confirms our stance in favor of saturated fat and against polyunsaturates. Coconut oil is a vegetable source fat that consists predominately of saturated fatty acids. Particularly, coconut

oil is unusually rich in short and medium chain fatty acids. Before the seed oil propaganda machine began to roll in the 1950's, coconut oil was used by the American food industry in crackers, baked goods, and virtually all packaged and canned foods. In the 1940's, farmers attempted to use cheap coconut oil for fattening their animals. It did not work. Since coconut oil is so high in short and medium chain fatty acids that can be metabolized without use of the carnitine transport system, it promotes very efficient metabolism. The farmers found that instead of fattening their animals, the coconut oil made them lean, active, and hungry.

Agri-Business abandoned coconut oil in favor of anti-thyroid drugs, which achieved their purpose --- making livestock fat while eating less food --- but the drugs were found to be carcinogenic. So, by the late 1940's it was found that the same anti-thyroid effect, causing animals to get fat without eating much food, could be achieved by using soy beans and corn as feed. This was the birth of the modern agricultural industry --- and the death of the American people.

Other experiments in the field of animal husbandry involved feeding diets containing different proportions of saturated coconut oil and unsaturated vegetable oil. Throughout a lifetime of eating these diets, animals' obesity increased directly in proportion to the ratio of unsaturated oil to saturated oil in their diet, and was not related to the total amount of fat they consumed. At the extremes of coconut oil vs PUFA oil consumed, it was found that animals eating just a little unsaturated oil were fat, while animals eating a lot of coconut oil were lean.

George Crile, author of "A Bi-Polar Theory of Living Processes", one of the most important books ever written, found that the metabolic rate of people in Yucatan, where coconut is a staple food, average 25% higher than that of Americans. Normal adaptation to a hot climate such as in Yucatan is to lower metabolic rate, so the saturated fatty acids of coconut oil more than offset the expected effect of the high temperature environment. Not only were the people lean, women had none of the symptoms commonly associated with menopause.

So, we are back to the formula proposed by Hartroft and Porta in their 1968 edition of "Present Knowledge in Nutrition," when they proposed that health and longevity are directly proportional to the dietary ratio of saturated fat compared to polyunsaturates. Monounsaturates (meat, poultry, fish, eggs, olive oil) are good; saturated fats (meat, poultry, fish, eggs, cheese, and coconut oil) are excellent; short and medium chain saturated fats (eggs, cheese, and coconut oil) are extraordinary. On the other hand, polyunsaturates (nuts, seeds, fish oil) are pathological --- causing accelerated tissue aging, oxidative free radical damage, and inhibition of mitochondrial respiration --- leading to cardio-vascular disease, auto-immune diseases, cancer, arthritis, migraines, allergies, diabetes, dementia, etc., etc., etc.

I trust that by now you are convinced of the evils of fish oil, flax oil, soy oil, canola oil, corn oil, safflower oil, sesame oil, peanut oil ... So --- have you incorporated your knowledge into your own life and into your practice? --- Your NUTRI-SPEC Fundamental Diet must be primary; no supplementation will be maximally effective without it.