

Omega 3 6 9

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-- The Greek alphabet starts with the letter called alpha and ends with the letter called omega. With regard to the omega oils the term omega means from the end of the molecule. The omega oils are like a train. The molecule starts with the engine called alpha and ends with the caboose called omega. The train is held together with bonds, which are like hands holding each other. Most of the bonds are single hand-to-hand. In some cases there are two hand-to-hand bonds. This is called a double bond. The term omega 3 refers to the fact that the first double bond is 3 from the end of the train. --



A double bond can hold the carbon sideways and is called a cis bond. This bends the molecule (train) like a bent straw. When a molecule is bent it is easier to recognize inside our body and easier to hang on to and react with. If the bond is trans we have a double bond that keeps the straw or train in a straight line. These trans bonds make the molecule (train) hard to hang on to and difficult to process. This is where the trans fatty acids become toxic. These trans fatty acids become toxic due to these straight double bonds because our body is unable to get rid of them and they pile up and make us toxic.

Omega 3

Omega 3 oils have many different lengths and shapes of trains. Some common omega 3 oils include EPA, DHA and ALA. EPA stands for eicosapentanoic acid, a term derived from Greek where eicos means twenty, pent means five, and anoic means a single strand. These are all cis bonds which bend the train like a bent up straw.

Then along comes another omega 3 oil called DHA docosahexanoic acid. This stands for a train of dos (two), plus cos (twenty), carbons, or 22 carbons, with hex meaning six double bonds. DHA is a twenty two carbon train with the first double bond three from the caboose and has a total of six bends (cis) in it.

The ALA, alpha linolenic acid, is omega 3 oil found in a high ratio in flax oil. This is also known as linseed oil and is used as a preserver for wooden lawn furniture. Our body is not all that happy with it and so leaves it in the intestines without transporting it to tissues by the blood stream. Flax oil is not a beneficial source of omega 3 oils. Hence it is used as an oily lubricant to counter constipation. All of the oils help the bowel lower cholesterol.

Omega 6

Omega 6 is a chain with the first double bond six carbons from the carboxyl. Omega 6 oils include borage oil, evening of primrose, corn oil, wheat germ, and safflower oil and are rich sources. Hemp seeds have one of the best ratios of omega 3 to 6 oils.

Omega 9 examples include olive oil, olives, avocado, almonds, peanuts, and many nuts, with the first double bond nine carbons from the carboxyl. Olive oil becomes a trans-fatty acid and toxic when it is used to cook with. We are better to cook with ghee (clarified butter) or butter itself. Some other good oils to cook with are coconut oil or peanut oil.

Our body seeks EPA and our best source is fish oil. The best of the fish oils is salmon because it also contains the hormone of the thyroid called calcitonin. This hormone is responsible for decalcifying the brain and keeping our language skills sharp and our memory clear.

I am very unclear why so many people are against roasting peanuts when the oil is capable of being used for deep frying. A roasted and salted peanut is one of the wonder foods of the planet for health benefit. If we are really sick and take peanuts the immune system begins to work and for some toxic people this is overwhelming. I suggest half a peanut a day for a few weeks increasing to one peanut a day for a few weeks and increasing gradually where we eventually have all of the allergies and sickness vanish. Many people are content with avoiding the work of healing. A tough body is tough and a weak body is weak. Developing a strong body takes a bit of work, and I feel it is worth it.

When the first double bond is 3 from the carboxyl the molecule is highly reactive with its surroundings. This is why fish oils react with air and have a short span of time before becoming rancid.

The omega 6 oils are somewhat reactive, while the omega 9 oils are not very reactive. This is why olive oil can sit on the counter for months and not go rancid. In the body it is poorly metabolized and has less health benefits than the more reactive omega 3 oils.

This hormone calcitonin is responsible for de-calcifying our joints and keeps us from having swollen and painful joints. Flax oil is not transported to these sites. DHA has limited benefit to the brain and there are many that would like to argue this point. I have seen students go up letter grades by taking salmon oil where I have not seen this with DHA purified oil.

“ All of the omega oils are generally good for us but supplementing omega 3 is ideal for good health. Salmon oil is the champion of the omega 3 oils giving us health benefits that are not available from other foods ”

My phone will ring and my email in box will fill with this one; omega 6 oils are bad for us. They suppress the immune system. When a woman enters menopause and begins to flush the omega 6 oils stop this from occurring. While menstruating, estrogens are high and stimulate the growth of yeast and fungus. A monthly cleanse of progesterone then kills them. Early in menopause ovulation (period) stops because of a plummet in progesterone while the estrogens take months to settle down. The house cleaning benefit of the period is lost and a secondary immune cleanse starts which is referred to as the hot flash. Taking omega 6 weakens the immune system and our body gives up trying to clean house.

Omega 3 and 6 oils

It is speculated that we developed with a high animal and fish diet where we consumed an equal amount of omega 3 and 6 oils. This would be written as a ratio of 1:1 (one omega 3 to one omega 6). In our diet today the ratio is commonly 1:4. When the ratio in our body reaches 1:6 we are sluggish. When the ratio reaches 1:10 we are sick and usually have things like diabetes or fibro-myalgia. A very healthy person has a ratio in their body of around 1:3. So the more omega 3/EPA/salmon oil we consume the healthier we are. There are few exceptions to this and after long periods of sickness I have convinced strict vegetarians to try salmon oil. They are so amazed and are so committed to salmon oils that no one would be able to stop them. The oil of salmon is not the flesh of the fish it is only the oil from the skin. We would have to eat a basket of salmon a day to equal the capsules. About six thousand milligrams per day equals less than two teaspoons. These oils are a bit slow to transport in the body and so it takes at least three days for the wrinkles around the eyes to lessen, about four days for the brain to begin improving, and about 8 to 9 days for the joints to begin improving.

