

Good Oil, Bad Oil

By Bryon Verhaeghe



We hear about health benefits from fish oil, vegetable oil and omega 3,6,9 oils. This can be confusing and difficult to understand. In the old days we heard about margarine being good for heart health, but now this vegetable oil is found to be high in the dangerous trans fats. The stroke and heart foundation in Canada estimates that

people who eat trans fats are three times more likely to suffer heart disease. In June 2006 they recommended legislation to limit trans fats in spreadable margarine to two percent of total fat content. It has been found that trans fats are very unhealthy in any processed food.

Eating well is confusing and there are many conflicting ideas on the Internet. We hear that flax seed oil is good because of the high amount of EPA and omega 3 oils. While it does indeed contain these good oils it also includes the very bad linoleic acid, an omega 6 oil. About fifty five percent of flax oil is linoleic, acid and this oil is linked to memory loss, and the dementia diseases called Parkinson's and Alzheimer's.

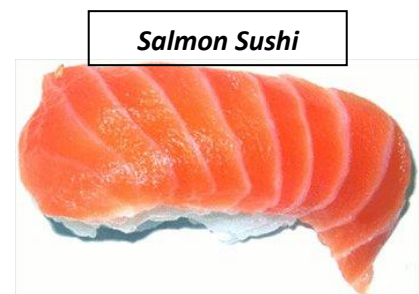
Some of the claims of omega oil health benefits are limited to fish oils. Most of these oils are blends from many different fish oils; a popular one is isolated from the liver of cod fish. This fish oil from cod liver contains a high level of vitamin D. Excess vitamin D is linked to brain lesions and cancer growth. By increasing vitamin D to high levels the body absorbs

Omega-3 fatty acids <i>polyunsaturated</i>
<ul style="list-style-type: none"> ➤ Alpha linolenic acid (ALA, or LNA) ➤ Eicosapentaenoic acid (EPA) ➤ Docosahexaenoic acid (DHA)
Omega-6 fatty acids <i>polyunsaturated</i>
<ul style="list-style-type: none"> ➤ Linoleic acid (LA) ➤ Gamma-linolenic acid (GLA) ➤ Arachidonic acid (AA)
Omega-9 fatty acids <i>monounsaturated</i>
<ul style="list-style-type: none"> ➤ Mead acid ➤ Oleic acid ➤ Erucic acid

more calcium than needed, and then deposits calcium into joints and arteries. From this we end up with arthritis, joint pain, dementia, high blood pressure, heart disease, and death.

A high in omega 3 fish oil that consistently performs to improve health is salmon oil. People who consume high amounts of omega 6 oils are found to have more health problems. People who consume higher amounts of omega 3 oils are healthier. The proper ratio of omega 3 oil to omega 6 oil is key for good health.

Salmon Oil and long chain omega 3 oil studies find...



Salmon Sushi

- Lowers obesity in diabetics. (PMID: 19211925)
- Reduce body fat 12 percent. (PMID 8463856)
- Reduction in cholesterol and/or triglycerides after 2 months in all patients. (PMID 2102734)
- Blood pressure values decreased significantly. (PMID: 2129353)
- Age-related loss of eye sight (macular degeneration) reduced with omega 3 fatty acids, but worsened by trans fats. (PMID: 19433719)
- A study of 57,972 Japanese men and women for 12.7 years found a reduction of



Enjoy salmon fresh or canned

total cardiovascular disease by 18 to 19 %. (PMID: 18786479)

- Ovarian cancer cells inhibited compared to controls. (PMID: 19268879)
- Colon, breast and prostate cancers lower by consuming omega 3 fatty acids. (PMID: 19493674)
- Diet supplementation improved persistent bronchial asthma in 60 children. (PMID: 19154523)
- Skin cancer reduced with omega 3 but worsened with omega 6. (PMID 11416221)
- Blood protein levels were improved and weight stabilization was seen in patients with head and neck cancer who were given supplements with a high omega 3 to 6 ratio. (PMID: 18700689)

- In 39876 women 4.7% (1546) had dry eye syndrome. Omega 3 improved the condition but omega 6 made it worse. (PMID: 16210721)
- The inflammatory and autoimmune diseases are better managed with omega-3. Similarly, arthritis, Crohn’s disease, ulcerative colitis and lupus erythematosis are worsened with omega-6. (PMID: 12480795)
- Of 34 rheumatoid arthritis patients 56% improved after 5 weeks of fish oil. (PMID: 16555468)
- EPA was helpful with disruptive behaviour in schoolchildren with Attention Deficit and Hyperactivity Disorder (ADHD) and improved scores in co-ordination and short term memory. (PMID: 18309764)
- Omega-3 can protect against the development of obesity and reduce body fat when already obese. (PMID: 19460115)
- Dry hair and skin, frequent thirst and urination have been observed to be higher in children with attention deficit hyperactivity disorder (ADHD). They benefited from omega-3 supplementation compared to placebo. (PMID: 17825546)
- After 4 weeks the salmon oil diet reduced plasma cholesterol: Total -14%, Triglycerides -38%, LDL -16%, VLDL -38%, HDL -0%. (PMID: 6827988)
- The irritability component of schizophrenia, borderline personality disorder and bipolar disorder improved with omega-3 fatty acids supplements. (PMID: 15703073)



Examples
<p>Omega-3 Sources (best)</p> <ul style="list-style-type: none"> ➤ Salmon Oil ➤ Legumes (i.e. beans)
<p>Omega-6 Sources (bad)</p> <ul style="list-style-type: none"> ➤ Soy ➤ Flax Seeds (oil)
<p>Omega-9 Sources (neutral)</p> <ul style="list-style-type: none"> ➤ Olive Oil ➤ Nuts

- Omega-3 fatty acids reduce plasma triglycerides levels. (PMID: 19355860)
 - Of 250 patients seen by a neurosurgeon for neck and back pain, 59% stopped needing NSAID medications for pain with omega-3 fatty acid oil supplements. (PMID: 16531187)
 - Increasing intake of long chain omega-3 was strongly associated with a decreased risk of aggressive prostate cancer. (PMID: 19318492)

Conclusion:

It appears that omega 6 oils interfere with the benefits of omega 3 oils. Some foods high in omega 6 to avoid are: soybean, palm, canola (rapeseed), borage oil, hempseed oil, and sunflower. A future article will be about the serious health dangers of soy.



Rebound Health

Salmon and MSM for Joint Pain



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Here at Rebound Health we are constantly on the lookout for effective ways to be healthy. You are welcome to visit our “in progress” web site www.reboundhealth.com or make an appointment for a free consultation by phoning 2544-4055. We also have a line of supplements.

References:

PMID references can be found by searching the numbers provided at www.ncbi.nlm.nih.gov/pubmed.com

Trans fats: The move away from bad fats. Friday, June 19, 2009 | 3:31 PM ET. CBC News

Payne ME, Anderson JJ, Steffens DC. Calcium and vitamin D intakes may be positively associated with brain lesions in depressed and nondepressed elders. Nutr Res. 2008 Nov;28(11):809; author reply 809-10. Department of Psychiatry and Behavioral Sciences, Duke University Medical Center, Durham, NC 27710, USA. martha.payne@duke.edu