

Omega 3's and Your Health

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Did You Know...

- Dietary intake of omega-3 fatty acids are shown to lower blood pressure, prevent blood cells from clumping, and reduce the risk of primary cardiac arrest.
- Omega-3's are beneficial to maintaining healthy cholesterol levels, by elevating beneficial high-density lipoproteins (HDL), and lowering triglycerides.
- Omega-3 fatty acids have anti-inflammatory properties, and are useful in the management of inflammatory and autoimmune diseases such as rheumatoid arthritis, Crohn's disease, ulcerative colitis, psoriasis, lupus erythematosus, multiple sclerosis and migraine headaches.

Hippocrates, considered to be the father of medicine in Western civilization, advised people to let food be their medicine. This advice can easily be understood relative to fish oils and omega-3 fatty acids. Omega-3 fatty acids confer important health benefits related to reducing cardiovascular disease, cancer, diabetes and symptoms associated with hormonal imbalances. These potential health benefits are consistent with epidemiological evidence that shows the incidence of heart disease, various cancers, and menopausal symptoms are much lower among populations that consume diets rich in lignans and omega-3 fatty acids. Omega-3 from fish oil, which contains both EPA (eicosapentanoic acid) and DHA (docosahexanoic acid), is one of the most valuable single nutritional supplements available to us today; apparently able to reduce all major diseases (and mortality), from brain and immune dysfunction in infants and children, to all the major common degenerative diseases of aging – vascular and arthritic, immune and mental/cognitive – by fifty percent!

The World Health Organization classifies omega-3 fatty acids as “essential” to optimal health and life, and the American Heart Association recommends eating omega-3 rich foods at least twice a week. Dietary omega-3 fatty acids have been traditionally supplied through eating wild-caught, cold-water fishes such as herring, cod, salmon, mackerel, sardines, anchovies, and albacore tuna. Many older generations were brought up on a spoon of cod liver oil (Scott's Emulsion) once per day, but that custom has fallen into abeyance.

Unfortunately, ocean pollution, diminishing populations of cold-water fish rich in omega-3's, and the advent of industrialized mass food production and refining of supermarket food has affected the delicate polyunsaturated omega-3 fatty acids, such that they are either destroyed, transformed to potentially toxic compounds, or deliberately removed to avoid spoilage and shelf life. Our current intake of omega-3 has decreased by 80 percent during the last 80 years.

We are eating more saturated fats and vegetable oils, which only contain omega-6 fatty acids. It is estimated that the historical, and recommended, 6:1 ratio of dietary omega6:omega3 in

the western diet has actually risen adversely to 20:1. By contrast, those who live/lived as fisher people reputedly have/had the least chronic aging diseases, and the lowest diet omega6:omega3 ratio, reputedly 1:1.

While both fats are essential to good health, having an overabundance of omega-6s stimulates an inflammatory response, which is recognized as a major underlying factor in autoimmune conditions, heart disease and premature aging.

We are what we eat! Omega-3 fatty acids cannot be manufactured within our bodies from other kinds of fatty acids. They must be obtained from the foods that we eat. The membranes of our cells (there are three) are made of, or *should* be made up of, omega-3 fatty acids. If they are missing from our diets because we've been eating too many omega-6s and trans-fats, then our entire system is overfed, undernourished, and toxic. Cellular communications slow down, we become acidic, hormones hardly can do their job, and inflammation runs rampant.

Natural fish oil is by far the best source, but understandably not everyone is a fan of fish, and some may be sensitive or allergic. Fortunately, there are many other good omega-3 sources, including flaxseed, chia seed, various nuts like walnuts and butternuts, green leafy vegetables, sea vegetables, wild game, and free-range livestock animals grazing on green, grassy vegetation (rather than GMO corn and grain).

Removing harmful saturated, and trans-fats from your diet, consuming wild cold-water fish and/or supplementing with any of the omega-3 sources mentioned above, is part of my FIGHT for Your Health protocol, and one that I personally follow everyday. The key is to both increase your omega-3s, and decrease intake of omega-6s.

For more information on Dr. Gordon's FIGHT for Your Health program, or to acquire a copy of his book "The Omega-3 Miracle", contact Longevity Plus, at 1-800-580-7587, or go to www.longevityplus.com or www.gordonresearch.com.

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