a big mistake. He reviews numerous scientific studies that support his position and can't be ignored.

In cardiovascular disease, consuming fish or fish oil supplements had no effect or negative effects on plaque formation, angina, and cardiovascular-related deaths.[2–5] Fish oils increased platelet aggregation by reducing PGI2 (prostacyclin), which increases platelet disaggregation, by 42%.[6] Omegas-3s (fish oil) were not found helpful in abnormal heart rhythm (atrial fibrillation) but omega-6s were.[7] Fish oil had no effect on preventing arterial inflammation as measured by CRP levels.[8]

In diabetes, glycemic control of type 1 worsened during fish oil administration. The insulin dose had to be increased in all patients and the HbA1c increased 16% after six months of fish oil administration.[9] In type 2 diabetes there was a 19% rise in fasting glucose levels and a rise of 24% mean glucose levels within one month of fish oil supplementation. Glucose tolerance also deteriorated significantly.[10]

Suppression of the immune system by fish oil was studied at the University of Southampton, UK, and was noted to cause a decrease in a wide range of immune cell responses including natural killer cells, cytotoxic T lymphocyte activity, lymphocyte proliferation, and production of IL-2 and IFN-y. The decrease of lymphocyte proliferation and natural killer cell activity caused increased cellular bacteria and impaired tumor cell killing.[11]

Mice developed late stage colon cancer when given high or low dosages of fish oil. With increased inflammation it only took four weeks for the tumors to develop. Contrary to researchers' expectations, dietary fish oil induced severe colitis and adenocarcinoma formation.[12]

In Alzheimer's disease DHA compared with placebo did not slow the rate of cognitive and functional decline in patients with mild to moderate disease.[13]

What Are the Good Oils?

According to Peskin, our cell membranes need a preponderance of omega-6 fatty acids, oxygen magnets, to keep our intracellular chemistry happy and able to transmit oxygen into our cells. He recommends a 2 to 1 supplemental ratio of omega-6s to omega-3s based on plant oils and uses primrose, flax, sunflower, sesame, safflower, pumpkin seed, and coconut oils as his ideal mixture which should improve our health spectrum in nearly every way.[14] He spends about 700 pages of his book bringing this message home. Interestingly, the only oils that the skin or epithelial tissues use are omega-6. Skin cancers and adenomas arising from our bodily linings may be due to lack of fully functional omega-6 fatty acids. Damaged oils, especially damaged omega-6s, may be responsible for our cancer epidemic. It may take as long as 18 weeks to purge our bodies from excessive, harmful omega-3s.

In the next issue I will review Dr. Shallenberger's rebuttal to the fish oil issue and present Dr. Rowan's horror show on the heating of foods.

Notes

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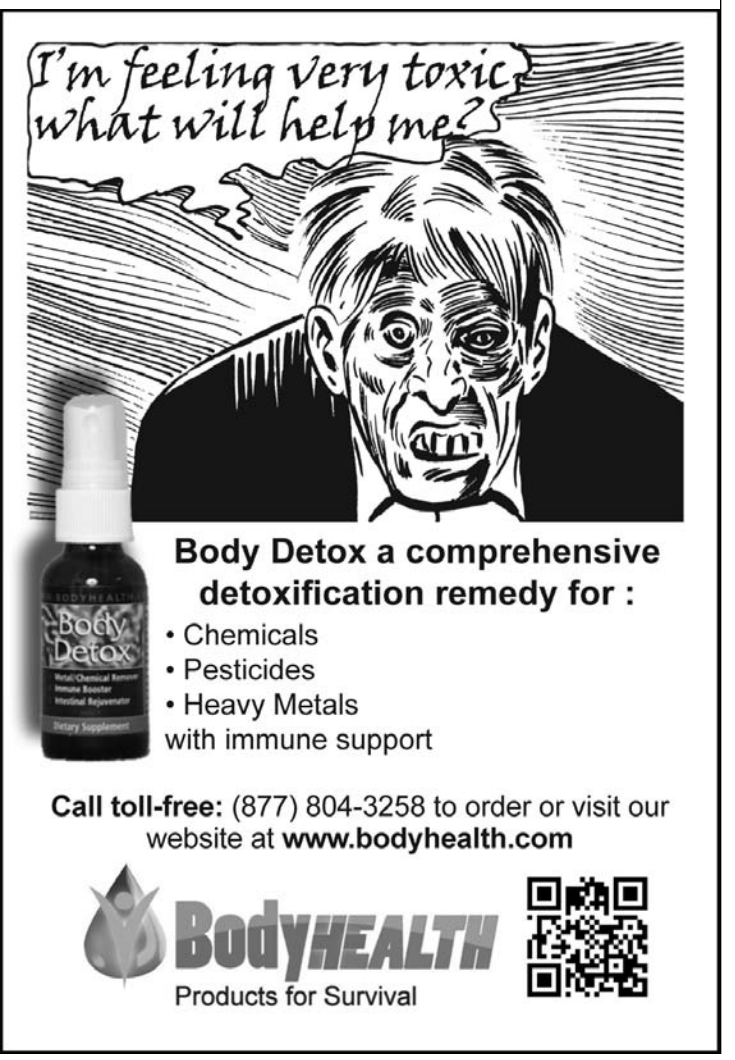
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