Monthly Miracles

by Michael Gerber, MD, HMD
contact@gerbermedical.com

NHIMA Conference 2012 Speaker Review

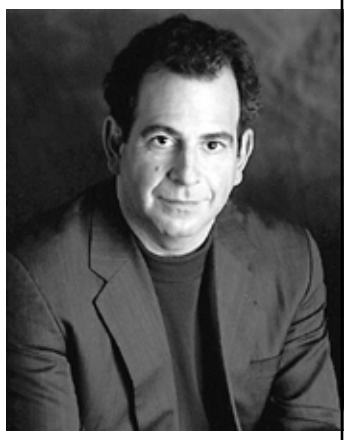
Congratulations to Jonathan Collin, MD, and the entire staff of Townsend Letter *for 30 years of meritorious service in the advancement of health-care knowledge! You are truly miraculous!*

The Essence of Naturopathy

Of the major tenets of naturopathy, employing the self-healing power of nature is one of the most powerful. Nowhere is this miraculous power of Mother Nature more evident than in the biochemical functioning of the cell membrane and mitochondrial membranes. Fatty acid metabolism is one of the most critical aspects of all health and disease and provides the structural basis for oxygen transport into the cell. The 2012 conference of the Nevada Homeopathic and Integrative Medical Association provided a host of opportunities to examine different perspectives on how to achieve optimal cell membrane composition and the relevance of specific oils to the incidence of disease.

Brian Scott Peskin, BSEE, MIT

Last March my wife, Inge, and I were having lunch in San Francisco on Polk Street during the annual Orthomolecular Health Medicine conference with Robert Rowan, MD, and his wife Terri Su, MD. Dr. Rowan, never shy about dropping bombshells, said: "You know, fish oils are actually very bad for you." At first I thought he was just pursuing his vegetarian agenda, and then he said that we should get to know the work of Brian Peskin. Peskin, a researcher and author of the book *The Hidden Story of Cancer*, gives an extensive review of fatty acid metabolism in his book and thinks that we should all be beholden to Otto Warburg, MD, PhD, the German Nobel Prize winner who discovered in 1925 that all cancer cells become cancerous because of lack of oxygen at the cellular level.[1] They are primarily anaerobic, lactic acid fermenters that are forced to mutate from usual mitochondrial, oxidative metabolism. He notes that 100 years ago the incidence of death by cancer in the US was 3% and now it is at least 40%. He points the finger of causality at modern food processing which creates damaged fats and oils to extend shelf life. These bad fats lead to abnormal cell membranes that are unable to move oxygen into the cell and provoke mutation of cells into lactic acid fermenters and cancer.



Brian Scott Peskin

Peskin is especially critical of fish oil supplements, which he maintains are not really essential fatty acids but are derivatives of the parent essential fatty acids, PEO (parent essential oils) linoleic acid (LA) and alpha-linolenic acid (ALA). EPA and DHA (eicosapentaenoic acid and docosahexaenoic acid) are derivatives of the PEOs and supplementation of them overdrives our need for these fatty acids which block cell membrane functioning in all of our organ systems. He maintains that we can't make our needed parent EFAs from these derivatives and that too much omega-3, omega derivatives, or defective EFAs ruin cell membrane structure and minimize the level of anticancer protection.

Wounding the Sacred Fish

What could be more sacred than fish oil supplementation for our health? Peskin thinks that we have all been making