

Moving Beyond Fish Oil

Omega-3 or as it is most commonly promoted in the marketplace, fish oil, has served the purpose of introducing many to the need to supplement their diet with Essential Fatty Acids (EFAs). There are two Essential Fatty Acids that must be ingested each day – Omega-6 and Omega-3. The *parent* form of these EFAs can not be manufactured by your body. As a brief review, fish oil consists mainly of Omega-3 *derivatives*, which are quite different from the required parent form.

One must distinguish between parent and derivative forms when considering EFAs. Biological pathways clearly show that our bodies *make derivatives from the parent as needed* by the body. The early literature on EFAs often overlooked this important and critical fact. While fish oil has many advocates, real-life results prove that patients show *marked improvements* when changing their daily EFA supplementation from fish oil (Omega-3 derivatives) to a more *complete and biologically correct* formulation of Parent Omega-6 and Parent Omega-3.

Based on the best nutritional information and noticeable results, as well as the latest, most complete science, it is clear that while fish oil can start you on the path, using a correct blend of *Parent Omega-6/Parent Omega-3 significantly maximizes the benefits* of EFA supplementation. ⇨ **See back for crucial information** ⇨

Major Newsflash 2009: American College of Cardiology¹:

- Fish oil does NOT stop heart attacks.
- “We saw no beneficial effect [of fish oil].”

Major Newsflash 2009: American Heart Association Champions Omega-6 PUFAs to Counter Popular Nutrition Advice²:

- “Omega-6 PUFAs [Parent Omega-6] also have powerful anti-inflammatory properties...’
- “We’re telling people not to stop eating their omega-6.”
- “To reduce omega-6 PUFA intakes from their current levels would be more likely to increase than to decrease risk for CHD [coronary heart disease].”

Newsflash 2008: The Importance of Parent Omega-3 is Highlighted: “Alpha-Linolenic Acid & Risk of Nonfatal Acute Myocardial Infarction”³:

- “Greater alpha-linolenic acid [parent omega-3] ... was associated with lower risk of myocardial infarction [fewer heart attacks].
- “Fish intake was similar in cases and controls, ... [Note: Fish consumption didn’t stop heart attacks.]

2008/2005 Major Newsflash: CONFIRMED: EFA Derivatives Made “As Needed”⁴:

- “Conclusions: The consumption of ALA enriched supplements... shows the effectiveness of ALA [parent omega-3] conversion....”

Newsflash 2008: Diabetics need to know...⁵:

- ““Diabetic patients have the highest risk of coronary artery disease,” Dr. Schindler pointed out. “We found that 80% of diabetics had abnormal vascular function...”

Summary

- **AHA clearly states need for Parent Omega-6**
- **AHA says Parent Omega-3 lowers risk of heart attack**
- **Fish oil alone is not enough**
- **The body makes EFA derivatives from Parents as needed**
- **Diabetics are at greater risk for Coronary Artery Disease**

References:

1 March 30, 2009, Bloomberg News, Orlando, Florida Cardiology Convention.

2 Heartwire 2009, © 2009 Medscape, January 28, 2009 (Dallas, Texas), based on Journal of the American Heart Association, Ref.: AHA Science Advisory, Harris WS, Mozaffarian D, et al., “Omega-6 Fatty Acids and Risk for Cardiovascular Disease: A Science Advisory From the American Heart Association Nutrition Subcommittee of the Council on Nutrition, Physical Activity, and Metabolism; Council on Cardiovascular Nursing; and Council on Epidemiology and Prevention”; Circulation, February 17, 2009; 119(6): 902 - 907; and American Academy of Anti-Aging Medicine referenced February 2, 2009 at http://www.worldhealth.net/news/concern_about_omega-6_fatty_acids_lead.in.

3 Hannia Campos, PhD; Ana Baylin, MD, Dsc; Walter C. Willett, MD, DrPh, Circulation, 2008; 118:339-345.

4 American Journal of Clinical Nutrition, Vol. 88, No. 3, 801-809, September 2008 and Hussein, Nahed, et al., “Long-chain conversion of linoleic acid and alpha-linolenic acid in response to marked changes in their dietary intake in men,” Journal of Lipid Research, Volume 46, 2005, pages 269-280.

5 2008 meeting of the Society for Nuclear Medicine—Advancing Molecular Imaging and Therapy (reported New York (Reuters Health) June 23, 2008).