MERCOLA
Take Control of Your Health

Guillermou

The use of omega 3 biomarkers, in 19 cohort studies, in plasma erythrocytes and phospholipids, cholesterol esters, triglycerides, and adipose tissue allowed separate investigation of each ω-3. EPA, DPA, and DHA were associated in a similar manner with a lower risk of fatal coronary heart disease. Biomarker levels of these fatty acids are only moderately related to each other (r = 0.43, 0.51, and 0.13 for EPA and DHA, EPA and DPA and DPA and DHA, respectively). The effects of EPA and DHA are known. DPA can inhibit ex vivo the aggregation of platelets stimulated by collagen, the production of thromboxane, and the activity of cyclooxygenase. DPA concentrations appear to derive mainly from endogenous EPA elongation and interconversion between DPA and DHA.ω-3 Polyunsaturated Fatty Acid Biomarkers and Coronary Heart Disease Pooling Project of 19 Cohort Studies (2016) jamanetwork.com/journals/jamainternalmedicine/fullarticle/2530286 .

According to international data compiled by the American Heart Association, the death rate (per 100,000 people) of coronary heart disease (CHD) in 2011 in Japan was 47 and in the US, 132. Heart Disease and Stroke Statistics-2015 Update www.ahajournals.org/.../CIR.0000000000000152

The total intake of calories is much lower in Japan than in the US, and the Japanese diets of omega-3 fatty acid eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) much higher than that of the US. (approximately 900 mg / d vs 100 mg / day). Using biomarkers, the report by Hamazaki et al., From the Japan Public Health Center (JPHC) study data set to identify incident cases of CHD and matching controls, and then examined the extent to which plasma phospholipid levels of EPA , DHA and docosapentaenoic acid (DPA), were associated with risk of cardiovascular events. Higher levels of omega-3 Fas (EPA + DHA + DPA) were associated with a lower risk of sudden cardiac death and fatal CHD.

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Guillermou

In comparison, the Multiethnic Atherosclerosis Cohort Study (MESA) in the USA. it also uses plasma phospholipid omega-3 fatty acid levels to predict the risk of cardiovascular disease (CVD), finding cardiovascular benefits in higher income of EPA and DHA, however the highest quartiles for both EPA and DHA in the US study were similar to the second quartiles in the Japan study. Focusing on the current cardioprotective target value for the Omega-3 Index of 8% or more. In Japanese, 10% seem to have a lower risk of fatal coronary disease than those who are at 8%.

Redefining target omega-3 index levels: The Japan Public Health Center Study (2018) www.sciencedirect.com/.../S0021915018300261

The Omega-3 Index and relative risk for coronary heart disease mortality: Estimation from 10 cohort studies www.sciencedirect.com/.../S002191501730196X

The general average for the Omega-3 Index in these 10 cohort studies was 6.1% (2.1%). With values of the quitiles of 1 and 5 levels 4.2% vs. 8.3%, respectively. On the basis of these values, it is estimated that the risk of fatal coronary heart disease would have been reduced by 30%, passing from an omega-3 index of 4% -8%.

The Omega-3 Index and relative risk for coronary heart disease mortality: Estimation from 10 cohort studies (2017) www.sciencedirect.com/.../S002191501730196X

Omega-3 long-chain polyunsaturated fatty acids are important in child development. The dietary intake of fish correlate with the levels of EPA and DHA in the red blood cell membranes of healthy children. DHA and EPA in red blood cell membranes are associated with dietary intakes of omega-3-rich fish in healthy children (2017) www.sciencedirect.com/.../S0952327817300431

Posted On 10/08/2018

Almond

Many conditions people are being medicated for are merely nutritional inadequacies. Instead of proper feeding and supplementation, they are given drugs with dangerous side effects.

Posted On 10/08/2018

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ejaleo

my grandmother, born 1895, came to USA at age 12....little education...grammar school only..had trouble with English language...that's her basic background..she insisted I have 3 tablespoons of cod liver oil EVERYDAY !!!....she knew it was a life saver....now today these jackass (not Mercola) so called medical experts are now, 100 years later, finding out fish oil is a life saver.....true jackasses !!!!....how many lives lost because medical doctors discouraged & ridiculed their patients for taking cod liver/fish oil !!!...my own heart doctor recently stated "all supplements are waste of money and do nothing for you!!"....only God knows how many lives Mercola has saved with weekly FREE advice !

Posted On 10/08/2018

datadragon

The protective effects of omega-3 fats may not apply to apoE4 carriers, and at high intakes, omega-3s may actually have adverse health effects in those people. The omega-3 fat DHA has been shown to significantly increase LDL particle count in apoE4 carriers, while also reducing LDL particle size (both of which are risk factors for heart disease). Likewise, EPA appears to lower HDL particle count and concentration in apoE4 carriers. So, while the rest of the population experiences cardioprotective effects from omega-3 fats, apoE4 carriers may actually experience the opposite! Likewise, apoE4 carriers seem unable to benefit from the neuroprotective effects of omega-3 fats. Whereas omega-3 fats are generally believed to reduce the risk of Alzheimer's and boost cognition, studies that divide the results based on people's apoE status show that only apoE4 non-carriers get these benefits. I found ancestry.com DNA seems to always show APOE3/3 but everything else is correct so use another method if using for specific apoe4 genetic info, fine for other genetic info. There are other genes as well. Not everyone is the same. www.thepaleomom.com/genes-know-apoe

Differences between EPA/DHA www.psychologytoday.com/us/blog/in-the-zone/201204/what-are-the-real-d.. Everything in the body is a balance, taking too much or too little becoming deficient is usually both an issue and studies typically do not look beyond certain things they are trying to see if it has effect on. Here it mentions a higher DHA level can be an issue reducing the production of the metabolite known as dihomo gamma linolenic acid or DGLA. This can be a disaster as a great number of powerful anti-inflammatory eicosanoids are derived from DGLA. The blood thinning would certainly need to be considered in any higher dose ongoing, perhaps its those with thick blood or genetic risk for clotting from mthfr mutations are the ones that might benefit from doses like that.

Posted On 10/08/2018

19beets

About 20 years ago, I read in the Harvard Heart Newsletter that salmon oil not only reduced the chances of a second heart attack but reduced or elimated irregular heartbeat. As I was constantly struggling with the latter, I started taking 2 gel caps a day, 1000mg each. That helped tremendously for years. While my irregularities have gotten worse recently, requiring other supplemental interventions, I still take salmon oil as I've never had a heart attack even though my grandfather, father, brother died very young this way. My sister at age 34 also had a triple bypass and other heart issues until she died two years ago of an opiate given to her while in the hospital for a broken knee cap! When will these people ever learn ... if they had used CBD oil, she would still be here.

Posted On 10/08/2018

Guillermou

Hi beets. As you know, against arrhythmias in addition to reducing stress, anti-inflammatory foods, vagus nerve stimulation, magnesium, taurine, argenine, coenzyme Q10 and exercise are good allies.
Magnesium — One of the Most Important Nutrients for Heart Health (2018)
articles.mercola.com/sites/articles/archive/2018/02/19/magnesium-for-a..

Taurine Role in Cardiology and Cardiac Arrhythmias www.george-eby-research.com/.../taurine.html

Cardiac Arrhythmias May Be Caused by Nutritional Deficiencies suzycohen.com/articles/cardiac-arrhythmias-may-be-caused-by-nutritiona..

Elimination of cardiac arrhythmias using oral taurine with l-arginine with case histories: Hypothesis for nitric oxide stabilization of the sinus node. www.ncbi.nlm.nih.gov/.../16797868

Taurine–magnesium coordination compound, a potential anti-arrhythmic complex, improves aconitine-induced arrhythmias through regulation of multiple ion channels (2018)
www.sciencedirect.com/.../S0041008X18303752

Posted On 10/08/2018

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ejaleo

epa fish oil is known for causing irregular heartbeats ....also known for curing them in some people

Posted On 10/08/2018

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sunshinedaydream

Medscape is telling doctors that fish oil does nothing for CVS events. www.medscape.com/.../892201 And now taking several grams of this synthetic fish oil does what they just said in February, doesn't work? Smells fishy! I took a standard fish oil dose (Nordic Naturals and/or cod liver oil) for years. At one point my dr told me to cut out the fish oil because my platelets were low and he thought they were thinning my blood. ITS SO CONFUSING!!! Is a standard dose going to do the job because fish oil is pricey and I don't want to even know how much 2-3 grams a day cost!! Just eat real food!!

Posted On 10/08/2018

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drjeff27

Be careful, this study has not been released and the control group was mineral oil, less of a poison than fish oil so results are not reliable.

Posted On 10/08/2018

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ghereinaus

I have found that only fish oil with minimal processing (tryglyceride form) reduces the feeling of pressure in my head caused by brain inflammation (I have M.E.). Deodorised or concentrated fish oil has no noticable effect. Fish oil can cause a vitamin e deficiency. I was taking fish oil for a few years (4g per day) and recently started taking a vitamin e supplement. My initial reaction to the vitamin e confirmed for me that I had become deficient. I did not react like that to vitamin e prior to taking fish oil regularly. I've reduced my fish oil dose to 2g per day (except when my brain needs extra relief) plus vitamin E. www.ncbi.nlm.nih.gov/.../1826131

Posted On 10/20/2018

Laraine

Mineral oil cannot be construed as a placebo because it has a negative impact on health by pulling fat-soluble nutrients out of the body, thereby compromising nutritional status and thus health. In my opinion, this would tend to make the drug look artificially more 'beneficial' against this health-compromising comparing substance. PS: Eat cold-water fish like salmon very high in omega-3 fatty acids.

Posted On 10/08/2018

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jennifermetz

I buy cod liver tins from Amazon and eat a bite per day with a bit of the oil. Very tasty ! I hope this is safe !

Posted On 10/08/2018

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mercolafan4

I looked up the Vascepa study listed in this article and they were testing patients already on a statin but still had high tryglycerides. Does this have a same effect on people not using a statin? Maybe part of the effect is comes from canceling out the bad effects of statins.

Posted On 10/08/2018

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dljc99

I just looked up fish oil I have from swanson and it says ethyl esters. Now I don't want to use them. Hi am not sure how to find fish oil that is not that. I am on a restricted budget.

Posted On 10/08/2018

Newbones1

I take Dr M's Astaxanthin. I wonder if I could take Dr M's Krill as well or would this be too much?

Posted On 10/08/2018

Guillermou

Hi Newbones. If you take the dose of recommended krill oil of 2 capsules, take 2 mg of astaxanthin, which would be added to 12 mg of astaxanthin from the presentation of Dr. Mercola, with which the dose is 14 mg daily, then the important is the properties of Krill oil, because the increase of astaxanthin is only 2mg, thus obtaining the benefits of astaxanthin and krill oil. "One study found that 300 mg of krill oil per day can already provide anti-inflammatory benefits. However, taking higher doses of up to 1,000 mg (2 capsules) can be safe for adults as well. Please check the product label to find out the ideal dose for your age".

Krill oil contains 2 mg of Organic Astaxanthin per serving (2 capsules), Benefits:
shop.mercola.com/product/665/3/krill-oil-capsules-180-per-bottle-90-da..
articles.mercola.com/.../krill-oil.aspx

Astaxanthin from Dr. Mercola is presented: 1. Astaxanthin with ALA, which has 4mg of astaxanthin. 2. 12 mg Astaxanthin. Benefits: shop.mercola.com/.../astaxanthin
articles.mercola.com/.../astaxanthin.aspx

Posted On 10/08/2018

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clydeburke

I understood the latest findings on statins show no cardiovascular risk benefit, quite the opposite.

Posted On 10/07/2018

Guillermou

Hi clydeburke. As you know Dr. Mercola has many reports about the danger of taking statins.
search.mercola.com/results.aspx?q=the%20problems%20of%20taking%20stati..

The latest reports: Dr. Mercola and Stephanie Seneff Discuss the Dangers of Statins on Your Heart Health (2018) https://youtu.be/7Om3q4gtvbs

5 Great Reasons Why You Should Not Take Statins (2016)
articles.mercola.com/sites/articles/archive/2016/02/10/5-reasons-why-y..

Experts Warn Statin Drug Trend Puts Lives at Risk (2017)
articles.mercola.com/sites/articles/archive/2017/08/09/experts-warn-st..

How Statins, Pesticides and Wireless Radiation Affect Your Heart Health (2018)
articles.mercola.com/sites/articles/archive/2018/01/28/statins-pestici..

Posted On 10/08/2018

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juststeve

And yet there was some talking head on a news show wanting to put statins in the municipal drinking waters, like fluoride. Brilliant, right? Like everyone from baby's to the advanced elderly should have the same dose. How about not putting stuff in the water & who knows what or how it affects multitudes and layers of life, and instead clean up as much of our already big enough messes so people can just eat clean healthy fish.

Posted On 10/08/2018
