

## juststeve

\*\*\* The idea that PUFAs are “essential” to life stems from “a single, never-replicated study from the 1930s.” Georgi Dinkov. \*\*\* Another prime example of let's just follow Old Science as long as it serves us, or we get forced to look deeper. It's one thing for this to be discovered in the late 1860's, but without further or updated deeper knowledge pursued for over 140 years? No question no matter what, some things would get missed, but this is showing the original study was just jumped on and no follow up. This is part and parcel pattern of the Machines generating commodities of scale. Any leftovers, wastes seen as inexpensive, often get scooped up and added on or into so many place they don't belong, or outright shouldn't be.

Like experienced so much the last four years is - Thou Shalt or Shall Not Do - based on old research, science while updated, newer research is ignored or outright suppressed. Then we also get, oh well it's here, nothing we can do now, too disruptive to the economy, blah, blah. So, being as the lowest LA-containing fats – ghee, butter and beef tallow – would be the fats of choice. These excellent cooking fats would not only be the lowest in LA, but will also provide the fat-soluble vitamins, A, D, and K2: Hopefully these superior products will be front and center in projects such as the Nourish Project providing the Real Deal.

As We, the People support and build a strong foundational structure for such projects from the Ground Up, for those with the most limited budgets might be able to purchase these foundational cooking staples. The do what we can, until our efforts should bring the farmers cost to produce down, and the overall costs for the customers to lower, and at the same time improving our health and reducing the need for never ending med's mostly just lowering miserable symptoms to possibly be bearable.

Posted On 06/10/2024

---

## Guillermou

Great truths Just, humanity is immersed in the incidence of obesity and its related metabolic disorders that has increased significantly in the last 3 decades, culminating in the current global epidemic of metabolic diseases and leading to the search for contributing factors. Exposure of the developing fetus/newborn to a typical Western diet increases the risk of obesity and metabolic disorders throughout life, creating an intergenerational cycle of metabolic diseases. In Western countries, this epidemic of metabolic diseases has coincided with a marked increase in the intake of omega-6 polyunsaturated fatty acids.

Recent studies reported by Dr. Mercola have emphasized the pro-adipogenic properties of omega-6 polyunsaturated fatty acids. Recent studies have shown that perinatal exposure to a diet rich in omega-6 polyunsaturated fatty acids results in progressive accumulation of body fat over generations. There is evidence to support the hypothesis that omega-6 PUFAs have proadipogenic and prolipogenic properties, and exposure to a diet rich in omega-6 PUFAs during the first years of life has been shown to be sufficient to program mass gain. body fat in offspring.

Posted On 06/10/2024

---

## Guillermou

Excessive consumption of Omega-6 polyunsaturated fatty acids (PUFAs) versus deficiency of EPA and DHA and saturated fats such as lard, butter, coconut oil in modern diets: the disturbing factor of their “balanced antagonistic metabolic functions” in the body human. The beneficial effects of the polyunsaturated fatty acids (omega-3 PUFAs) eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are now highlighted by a large number of studies. They play a role in the suppression of inflammation, gene expression, cell membrane fluidity/permeability, immune functionality, and intracellular/exocellular signaling.

The imbalance between -3 and -6 FAs in the modern Western diet appears to contribute to the marked increase in the incidence of metabolic diseases, such as DM, over the past 30 years. Preclinical studies indicate that -3 may have a positive effect on glucose metabolism through its hypoglycemic and insulin-sensitizing effects. [journals.lww.com/co-endocrinology/Fulltext/2013/02000/Omega\\_6\\_polyunsa..](https://journals.lww.com/co-endocrinology/Fulltext/2013/02000/Omega_6_polyunsa..) (2013).----- [link.springer.com/.../978-1-4939-9882-1\\_3](https://link.springer.com/.../978-1-4939-9882-1_3) (2020).----- [www.hindawi.com/.../8848161](https://www.hindawi.com/.../8848161) (2021).--- [www.mdpi.com/.../10717](https://www.mdpi.com/.../10717) (2023).--- [www.mdpi.com/.../2672](https://www.mdpi.com/.../2672) (2023).---

Posted On 06/10/2024

---

## juststeve

Right Gui, and when this and too many other substances are directly affecting fetal development in the areas of not only mental, physical functioning, future development of reproductive abilities, and also just surviving to be born, shows at the very least a callous disregard for Humanity, regardless of what the core agendas are being pursued. \$\$\$\$ , Power and Control for \$\$\$, Power and Control sake, or warped sense of entitlement.

Posted On 06/10/2024

---

## Guillermou

Just linking to Dr. Mercola Carnosine (-alanyl-L-histidine) has recently attracted a lot of attention as a natural antioxidant and transition metal ion sequestering agent. It has also been shown to act as an antiglycation agent, inhibiting the formation of advanced glycation end products (AGEs). Through its distinctive combination of antioxidant and antiglycation properties, carnosine is capable of attenuating cellular oxidative stress and can inhibit the intracellular formation of reactive oxygen species and reactive nitrogen species. By controlling oxidative stress, suppressing glycation, and chelating metal ions, carnosine can reduce harmful sequelae such as DNA damage.

AGEs are known to contribute to cardiovascular and neurodegenerative disease pathology and therefore carnosine deserves serious attention as a potential therapeutic agent. Evidence demonstrated that carnosine supplementation had a beneficial impact on preventing sarcopenia, fatty liver disease, preserving cognitive abilities, and improving neurodegenerative disorders and possesses anticancer actions of carnosine. Carnosine (1) inhibits the proliferation of breast, ovarian, colon and leukemia cancer cells; (2) positively regulates the expression of proinflammatory molecules; (3) modulates cytokine secretion and (4) restores normal cellular homeostasis Carnosine capable of reducing the levels of glycosylated lens proteins, preventing the loss of protective enzymes and ultimately delaying lens opacity.

It is also effective in the eradication treatment of *Helicobacter pylori*.

[www.sciencedirect.com/.../S0167488921001713](https://www.sciencedirect.com/.../S0167488921001713) (2021),.. [www.ncbi.nlm.nih.gov/.../PMC10069809](https://www.ncbi.nlm.nih.gov/.../PMC10069809) (2023),.. [www.sciencedirect.com/science/article/abs/pii/S0141813023027095](https://www.sciencedirect.com/science/article/abs/pii/S0141813023027095) (2023).--  
[www.mdpi.com/.../1770](https://www.mdpi.com/.../1770) (2023).--  
[www.sciencedirect.com/science/article/abs/pii/S0303720723002897](https://www.sciencedirect.com/science/article/abs/pii/S0303720723002897) (2024).---

Posted On 06/10/2024

---

## Ringer2

[www.ncbi.nlm.nih.gov/.../PMC7982730](http://www.ncbi.nlm.nih.gov/.../PMC7982730) This clean link is for an academic paper by Spanish researchers regarding the tested percentages of linoleic acid in oils derived from many Mediterranean olive cultivars as displayed in Figure 1. I've referred to that chart in Figure 1 many times. For me, an organic consumer, that chart is the most important part of the academic paper. The Greek olive cultivar known as Koroneiki is included, and Koroneiki is the source for the Solspring brand of olive oil that I consume.

Posted On 06/10/2024

---

## Guillermou

A very interesting link and very important figure 1 with the content of the different varieties of olive oil in omega 6. I also published this comment that agrees with your link. In Spain the most marketed variety of oil is Picual and Arbequina. The Arbequina Variety and many others are high in linoic acid (up to 22%), but one of the most notable characteristics of the Picual Olive is its high oleic acid content, 80% of the total composition. This, together with its low omega 6 content (less than 5%), makes picual olive oil one of the most permissive oils with regard to oxidation and rancidity. This gives it certain ideal characteristics, such as its great resistance to oxidation during exposure to high temperatures.

Raw it has an intense flavor and a certain bitterness that is sought after by many consumers. Always consume cold pressed and organic. In addition to the peak-shaped shape of the Picual Olive fruit and how Picual extra virgin olive oil is perceived in the mouth and nose, it is worth highlighting its nutritional properties and the numerous benefits it provides to health, such as its high content of oleic acid, capable of reducing "bad" cholesterol (LDL) levels; the abundance of polyphenols, which help reduce the oxidation of fats in the bloodstream and prevent blockages, among other benefits-

Posted On 06/10/2024

---

## Guillermou

Picual extra virgin olive oil is very stable to oxidative processes and resists exposure to high temperatures and frying better than any other variety, without losing its properties. The olive oil obtained from the Picual olive helps, taken in moderation according to recent studies, to alleviate the appearance of different types of cancer. Specifically, it protects us against the appearance of bowel and colon, pancreas, endometrium, prostate and breast cancer. [olivadelsur.com/.../picual-olive-oil-b104.html](http://olivadelsur.com/.../picual-olive-oil-b104.html) .--- [web.ujaen.es/.../jja-0007-01-15-M1.pdf](http://web.ujaen.es/.../jja-0007-01-15-M1.pdf) .----  
[www.researchgate.net/publication/350279924\\_Experimental\\_Carcinogenesis..](http://www.researchgate.net/publication/350279924_Experimental_Carcinogenesis..) (2021).----  
[ggoliveoilcompany.com/.../picual-olive](http://ggoliveoilcompany.com/.../picual-olive) .--- [www.olivarte.es/.../la-variedad-picual](http://www.olivarte.es/.../la-variedad-picual) .----  
[fuenquesada.com/en/what-are-the-characteristics-of-100-picual-olive-oi..](http://fuenquesada.com/en/what-are-the-characteristics-of-100-picual-olive-oi..) [www.oliveoil.com/picual-olive-oil-guide](http://www.oliveoil.com/picual-olive-oil-guide) .---

Posted On 06/10/2024

---

## blowe

Thank you for the post, Ringer2.

Posted On 06/10/2024

---

## lau187236

I'm right there with Lucyloo! Stay away from all chicken, olive oil no good or avocado..very confused! And butter is saturated, is that good? Thought I was doing better but now not sure what is right! Help! Please explain in laymen's term. Thanks so much

Posted On 06/10/2024

---

## DumberFarmer

Running and hiding from every little toxin works good on paper but not so well in the real world. This is why you have to be proactive and lean on nature to protect you and help with daily detox. Personally, I use Humic and Fulvic Acids, diatomaceous earth for silica, Lugols iodine, boron and magnesium for which I consider all to be fundamentally essential. I also include collagen and coconut oil with my coffee each day, which usually turns out to be a whole pot so no you don't have to stop at one cup of coffee to be healthy. It definitely promotes a daily detox as it is an antioxidant and helps keep you regular. Also, being very active and getting regular sunshine cannot be overemphasized.

Posted On 06/10/2024

---

## ms.libby

We mirror each other in our supplements. Drinking my coconut oil/collagen laced coffee presently. We take a tablespoon of DE in water typically 3-4x/week, iodine daily, boron/magnesium/sodium bicarbonate/lemon juice in drinking water daily. Hum/Ful drops. All so good. When baking, I add in a scoop of collagen powder and either use grass fed butter or coconut oil as the binder. Made my Mother's recipe this weekend for sour cream cookies, butter/gluten free flour/collagen powder/lemon rind/vanilla bean/granulated monk fruit as the main ingredients along with sour cream - wow....always a hit.

Posted On 06/10/2024

---

## RonaldHL

Regarding: "Many also believe that if you have a distorted omega-3 to omega-6 ratio, the solution is simply to consume more omega-3, but again, that's a serious mistake, as omega-3 is also a PUFA." My comment is in my reply to this.

Posted On 06/10/2024

---

## RonaldHL

Before: I felt comfortable in merely avoiding the center aisles of the grocery store and purchasing food as nature produced it which is essentially avoiding the ultra processed foods. Now: I need to find the few farmers and ranchers that do things right and they aren't even local to me. Compromise is a dirty word! I really don't want any compromises when it comes to my health! I go for the best nutrition I can get for my budget. I've prioritized that above most else. Still, I have to compromise.

Regarding linoleic acid, I try to keep my intake low, but now, with manipulations even before the ultra processing that I avoid, food is still adulterated and increasing so! My compromise, which I hope is sufficient, is mitigation, in the case of linoleic acid, my mitigation is supplementation to achieve a better ratio of Omega-3s to linoleic acid with the thought that if I can't reduce linoleic acid more, I can supplement abnormally high amounts of Omega-3s which I do by the handful of the highest grade of molecularly distilled Omega-3s.

I might not be able to raise special chickens in my boss's office, but I do purchase a dozen of the largest bottles at a time of the most potent and highest quality Omega-3s with the thinking that at least I can manipulate a healthy ratio back even though our foods are becoming increasingly manipulated the other way. Regarding choline, I supplement and regarding, questionable absorbance, I mitigate that by supplementation of hugely more.

Sure, I would love to get all of my nutrition from properly raised foods, but my compromises and mitigations will remain in place in the remaining days before The Great Collapse with my plan being to continue with my job with putting all resources into preparedness supplies for the time until I'll distance myself from deadly depopulation scenarios where my job will include raising the food I will eat for which I am well prepared with the interim being plenty of storage food with supplements.

Posted On 06/10/2024

---

## RonaldHL

AND now I'm reconsidering and conflicted particularly because Omega-3s are anti-inflammatory and much of disease is started with inflammation. Looking for the answer to contradictions.

Posted On 06/10/2024

---



**jncdvc**

"So, while salmon is a superior source of omega-3s, it must be wild-caught." This is incorrect. The label should say "wild," not "wild caught." Look at the nutrition labels on the cans, and you will see "wild" has the high vit D, "wild caught" only 25%. They purposely call it "wild caught" to mislead.

Posted On 06/10/2024

---

**Ringer2**

Learned much from this article, and some of the acronyms were challenging, but further reading helped. That color chart with ranked oils and fats, including grass fed - vs- CAFO, was especially memorable and is worthy of color printing to share. Regarding ghee, I've tasted many brands, but they mostly tasted rancid to me, except for one very fresh one made on the farm. Even that one seemed to adversely affect my eyesight, causing a slight haziness. A search with keywords "oxidized cholesterol ghee" in Brave AI got a reply which verifies what Bob Rodale told us many decades ago.

Oxidized cholesterol is very harmful. The process of making ghee involves heat, light and oxygen from air. The fresher the ghee, the better, and that one ghee which didn't seem rancid was from A2A2 cows grazing on pasture in Michigan where they were never fed grain. In other words, they were 100% grass fed, but the cows feed themselves except when there's too much snow. Then the farmer needs to feed them his stored hay. Home-made ghee may be best because the heat and light can be minimized by the aware cook.

Posted On 06/10/2024

---

**ms.libby**

Agreed~! To date there has never been a ghee that I've purchased that didn't taste "OFF" and thus were "AWFUL". Could not consume. You mention the eyesight haziness, which I've experienced briefly as well - and have gotten rid of with dietary additions/subtractions.

Posted On 06/10/2024

---

## Excuseme

I have disliked most ghee I've tasted, but it turns out a lot of it from India is from water buffalo, and I don't like the taste of water buffalo milk. So I have to wonder if that's why it tastes weird to other people too.

Posted On 06/11/2024

---

## Almond

I think people have gone off the rails with all this concern over oils. First of all, I will state that I strongly believe no one should consume solvent-processed oils. I also concur with no more than 5 mg. a person per day. This is about 1 teaspoonful. So, for a family of 4, that is 4 teaspoonfuls a day--not hard to limit your cooking to that. We average that... some days a bit more and some days no oil at all. I also use butter and lard. Linoleic and linolenic are essential amino acids, not made in the body. That does not mean you need to consume huge amounts of oils, though.

Extra virgin olive oil has a long and favorable history. It is my oil of choice when making remedies. In some countries where it is available fresh, a small glass is drunk every morning therapeutically--and it tastes nothing like our bottled oils. It is more like a thin (less viscous) unsalted brine. Extra virgin olive oil, especially, has so many known benefits. Soy oil, cottonseed oil, corn oil, and some other oils, are best avoided. This has more to do with toxicity and GMOs. Like many things, do not confuse the part for the whole.

Posted On 06/10/2024

---

## sue2613

If we eat 4 ounces of poached chicken breast, how much LA are we getting? I would like to limit my LA, but it is not easy in this day and age.

Posted On 06/10/2024

---

## KristenChristy

Great information, thank you! I learn a lot from your posts and books. I just ran a blood test that included my Omega 6 and 3 totals and was surprised to see how high my Omega 6s were--even though for years I've been cooking only with butter, tallow, and extra-virgin coconut oil and avoiding all vegetable oils, processed foods, and most restaurant foods. I also eat significantly more beef than chicken. Must be from the eggs and occasional peanut butter. I will gladly incorporate more beta-alanine and reduce the nuts and seeds. We also just bought our own chickens for healthier eggs (and grasshopper control). Couple questions: Would the 15% protein guideline work for Protein Types? I've been following the Protein Type recommendations and am doing really well on this diet; 15% of calories seems too little for me.

I also don't see problems historically with traditional peoples who ate high protein diets such as the Plains Indians or Eskimo/Inuit. Also, the Carb-Type and Mixed-Type recommendations call for more chicken. Obviously the ideal protein sources for Carb Types would be bug-fed chickens, eggs from bug-fed chickens, and/or toxin-free fish in limitation, so what proteins would you recommend for them if not eating chicken and eggs? Most of the Carb-Type people I work with generally are not red-meat eaters. Also, would l-carnitine assist with the removal of oxidized lipids? Thanks again.

Posted On 06/14/2024

---

## **billshealth70**

This information about omega 3 and 6 is most enlightening. I remember studying the subject from various web sites and most of them recommended ratios of the two. Keeping tabs on the ratio I consumed was impossible. To make matters worse, every web site had different recommendations. It was not until I read Dr. Mercola's email of November 12, 2023 that things made sense. In that email he interviewed William Harris Ph.D.. Harris has been studying the omegas since 1980 and has done a lot of epidemiological research. Harris states that in order to get your body enough omega 3, you must consume around 1000 to 1200 mg of EPA and DHA daily.

I checked the content of those lipids on my container of krill oil. I would have to consume a LOT of krill oil to meet that standard. This information from Harris conflicts with Dr. Mercola's admonition against consuming too much omega 3. I think it is very hard to do that. I take 2 krill oil capsules daily along with a can of sardines and once a week, I have salmon. That is probably not enough omega 3 but I think it is beneficial.

Posted On 06/11/2024

---

## **jer9227**

thanks for your continued commitment to truth in our lives...

Posted On 06/11/2024

---

## **testmer**

I can tell a major difference between eating seed oils vs animal fats. Animal fats are satiating, whereas seed oils make foods hyperpalatable

Posted On 06/10/2024

---

**testmer**

Grass fed beef tallow is number 1. Seed oils should be banned worldwide

Posted On 06/10/2024

---

**testmer**

Good stuff Doc!

Posted On 06/10/2024

---