

stoneharbor

Spot on, Dr. Mercola. A bull's eye article on the important aspects, including benefits and dangers, of polyunsaturated fatty acids (PUFA). I've been reading on this subject for at least 15 years, and have saved a few hundred links to articles and studies on this subject, and if you want a good summary on what the conclusions are from reading many sides, this article today contains what you need to know at this time. A lot of the misinformation that has shown up in the media, besides the "Harvard" distortion, includes what Dr. Mercola points out as a common deception of the fish-oil sales organization.

The commercial side of fish oil sales knows that doctors will just lose patients if they tell them to cut down on omega-6 (LA) consumption. So they just claim a patient can "raise their omega-3" to compensate high omega-6 with equally high omega-3 via fish oil. Doctors don't want to lose patients by telling them any foods they should avoid, like pastries, fried foods, and even high omega-6 containing, factory farm beef, chicken and eggs.

So they say what the fish-oil industry suggests, and just imply that higher levels of omega-3 oil from fish will fix the problem. Well, it just won't. People have been thinking for years that omega-3 will allow them to continue their horrible, excess PUFA diets. It won't work. And omega-3 oils, (alpha linolenic acid, or ALA) happens to degrade or oxidize about 3 times faster than omega-6 oil, so you really need to watch all sources of that oil more than your sources of omega-6 PUFA.

As Dr. Mercola says, keep it wholesome, as in organic, and keep it fresh, as buying fresh meat, fish, milk (meaning raw) and eggs if you can. There are fresh, but quick frozen fish available that may be safe, and some slaughtered-on-farm and quick frozen beef that will do. I know hardly anyone here has their own meat/egg/milk supplies, so just remember, very fresh is very important. This was the hunter/gatherer way our bodies had before.

Posted On 03/11/2024

stoneharbor

Our bodies use not just the LA and ALA fat molecules as they occur in the plants and animals we eat, but also many derivatives, such as the very well known DHA, EPA and also many immune system molecules derived from these parent LA and ALA. But it's important to realize that a primary use of omega-6, because it can live un-oxidized longer than omega-3, is in every cell membrane in our bodies. It exists there to provide flexibility and permeability while the membrane also has about equal amounts of saturated fats that, being more rigid, provide a more stable structural component, giving more firmness.

But if you took all the cell membranes of an entire human body and isolated them, and weighed them, it would be a very small part of the body mass, because membranes are only 2 molecules thick, with an outer layer, and an inner layer. And they only need replacing (thus demand more omega-6 input) every few days at the most frequent, but many cells last months or years as do brain cells. So cellular turnover of our cells can easily be fed from just eating the cells of freshly harvested other plants and animals. It's that simple, as all cells, plant or animal, have similar bi-layer membranes containing omega-6 fat.

Nature congregates both saturated and unsaturated fats together in many products such as butter and the oil from olives. This is good because the saturated fat molecules lay closer together, blocking out oxygen that could degrade the PUFA. So saturated fat protects unsaturated fat from oxidation. www.khanacademy.org/science/biology/macromolecules/lipids/a/lipids Here is a lot more on exactly why just raising your intake of omega-3 can actually not fix your excess omega-6 issues, but make them worse and add a few new problems: bodybio.com/blogs/blog/fat-facts-on-omega-3-and-omega-6-fatty-acids

Posted On 03/11/2024

juststeve

Yes Stoneharbor, the Medical Machine Management of information allowed based on Rockefeller More is Never Enough for me and his fellow Robber Barons advice would be just taking more Omega 3's when this would just cause even more imbalance in one's system. More disruption, More for Despicable Me, and Less for Thee. (More being more \$\$\$ Power & Control!) Anything above a range normally suitable is too much, and because we drown in Omega 6s, a good range while still necessary cannot do its job properly. Or so this is what the Gut is suggesting.

Posted On 03/11/2024

ellivoc

I does surprise me that peanuts, peanut butter are still pushed as healthy, peanuts high in omega 6. A few OK but people eat bag upon bag, switch to other better nuts.

Posted On 03/11/2024

Gumnut123

what "Dr. Mercola points out as a common deception of the fish-oil sales organization". Stoneharbour - I agree with your statements' above and have been reading up on this subject since 2010 and in a totally concentrated research since 2015. This is the best summary (honest) to date.

Posted On 03/11/2024

Guillermou

Yes, the evidence reveals an essential basis for health: the importance of an organic diet of fresh foods (avoiding industrial processes. Ultra-processed foods (hydrogenated fats and carcinogenic compounds), low in omega 6, fish (EPA, DHA, vitamins D and E), saturated fats from coconut and cattle and grass-fed products, fasting and exercise. These factors are decisive in avoiding insulin resistance, obesity and metabolic diseases. Obesity and aging predispose to numerous overlapping chronic diseases For example, metabolic abnormalities, including insulin resistance (IR) and type 2 diabetes (T2D), are important causes of morbidity and mortality.

Chronic low-grade inflammation of tissues, such as the liver, is considered , visceral adipose tissue and neurological tissues, contributes significantly to these chronic diseases. The intestinal barrier function, which is strongly implicated in the pathogenesis of obesity and age-related diseases.

febs.onlinelibrary.wiley.com/.../febs.16558 (2022) The incidence of obesity and its related metabolic disorders has increased significantly over the past 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 have emphasized the proadipogenic 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.

Posted On 03/11/2024

Guillermou

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. 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.. (2013).-----
link.springer.com/.../978-1-4939-9882-1_3 (2020).---- www.hindawi.com/.../8848161 (2021).---
www.mdpi.com/.../10717 (2023).--- www.mdpi.com/.../2672 (2023).---

Posted On 03/11/2024

Gui, thanks for your explanations and links. The first link you offer on gut immune factors is the best I've read on that subject, discussing the cellular structures, enzymes, microbes, and foods that factor into immunity as it can persist in a healthy gut. This paper is a keeper. Your next citation on the connection between heightened levels of ingested omega-6 PUFA and metabolic disorders including diabetes (DM) is also very thorough and satisfying to read. My only comment on where this huge discussion is going, regarding the dangers of PUFA, is that many articles and even studies often make statements such as: "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".

While this is totally true as stated, ("in the modern Western diet"), and there is no argument in that, I always wish to clarify that "the modern Western diet" is not necessarily a given, and is not a description of what I hope the typical Dr. Mercola reader still adheres to!

I just wish that people in this audience, after following or understanding Dr. Mercola advice for a decade, don't in any way identify with a follower of a "modern Western diet". I like to think that many of us have moved our diets far from that description, have already pared down our intake of commercial seed oils that are totally omega-6 products, and must certainly have escaped most, if not all the ravages of such a diet.

I want to let people feel that if they have changed their diets accordingly, they deserve a pat on the back and a "bravo!" or two. It's just a pet peeve of mine to dislike studies that act as if the entire reading audience is an adherent to a "modern Western diet". I don't like people to believe that because they are Western, they have to be in the cohort being studied and defamed. We are better than that. Let's take credit for who we are, if we are not typical Western dieters.

Posted On 03/11/2024

shery77

Hi Stoneharbour In practical terms, what can I do to lower PUFA's in general, for as a person who is aware & eating healthy as best as they can? (No seed oils, no junk foods, no omega supplements of any kind, no flaxseed, no peanuts/or peanut butter, trying to eat fresh as possible, but haven't yet found farm fresh meat) And if they don't have access to low PUFA eggs? What are the types of foods I should be eating, and which ones to eliminate? thanks!

Posted On 03/11/2024

stoneharbor

Good question Shery77. On your lack of farm-fresh, organic or free-range meat and cheese, I've found that you may be able to order from different ranches that provide beef or pork, and manage to ship frozen meat that is kept frozen with dry ice. Here's an example of one: <https://www.harvestbox.com/> Also, I have found that canned, small fish from healthy areas of the ocean may be an alternative as the fast processing and canning of items such as mackeral and sardines may preserve both the omega-6 and omega-3 oils that are in such canned products. Avoid buying any "farm raised" fish, as it will probably be fed on high-omega-6 feeds that will transfer that level of PUFA right into the fish tissue not to mention other contaminants like glyphosate, since most factory raised fish is not going to be organic.

On eggs, what Dr. Mercola and others recommend are eggs that are from free-ranging fowl with their diets being supplemented, if at all, only with some organic items. The nice thing about eggs is their PUFA content is somewhat protected for days by the air-tight shell. Another thing to be aware of is the commercially shelled nuts that you may buy. Even if they are organic, how long did they exist with minimal oxidation protection once they are out of their shell? The safest way to eat nuts is fairly freshly harvested (before Winter frosts) and then shelled at home close to the time you will be eating them.

Also, one should read articles on the omega-6/omega-3 ratio in all nuts. It varies widely, such that for any quantity of nuts you might consume, most nuts are high in omega-6 and quite low in omega-3. An exception is walnuts that have a 4/1 ratio of o-6 to o-3. Just remember, this is a low ratio, but what you get in other nuts may be overwhelming, like 20/1, such that you would want to keep your consumption very low. Keep searching and reading for other ideas, as there are a lot of things to be aware of regarding PUFA dangers.

Posted On 03/11/2024

ann5346

Stoneharbor, does this mean we shouldn't have seabuckthorn oil, coming from the seabuckthorn seed? Nor pumpkin seed oil, recommended by Andreasseedoils.com as being very strengthening and healing for women's bladder, and also we should not be having black seed oil from cumin seed, which is recommended as being very healthy for people, antiviral, etc? How about CBD oil?

Posted On 03/11/2024

csmithg

It's true, the medical misinformation given to us is misleading and mostly wrong. But what are poor non-scientific-minded slugs like myself supposed to do? I try to find the truth through such articles as this and visit Dr. Mercola's site daily, but I need plain terms and bullet points. And if I do with my relatively decent intelligence level, than most people like me or my neighbors won't read or will try like me to read and won't comprehend enough details. So the easiest way to grasp any info is is to read Prevention magazine and listen to mainstream and abide. What I am trying to communicate is that these articles only communicate to others with the same brain capacity. I maintain my mantra that the rich get richer, and the smart get smarter, and thus healthier.

Posted On 03/11/2024

csmithg, you make a remarkably pertinent point. What does the average person do about health and finding the right way to improve it when they are surrounded and overwhelmed with opinions and also propaganda direct from commercial interests, including many of the "peer reviewed" (ah, we are certainly safe there, right?) studies that were paid for and massaged by big-ag and big-pharma? Yes, it's a swamp out there. I've picked this subject of PUFA as a main focus for many years, and as one researcher once said who read, he estimated, maybe 860 studies a month, "over 80% of the studies are defective".

So he had to read through most of what was available on any subject to get an idea of what might be true, or worthy of more research. So it's a maze, too vast for most people to dig true value out of. That's why it helps to find a few good writers who do the initial research for you and seem to come up with mostly truth in the end. How do you find these good writer? Well, don't depend on the mainstream media or big-Pharma to find them for you. They put together the "disinformation dozen" propaganda that tried to sideline such doctors as Mercola, Tenpenny, Sayer Ji, Kelly Brogan, Ben Tapper and also RFK Jr.

when they spoke out against the jab. 252f2edd-1c8b-49f5-9bb2-cb57bb47e4ba.filesusr.com/ugd/f4d9b9_b7cedc055.. Yet these are some of the most popular, and trusted, writers for alternative medicine who do extensive research to find the truth. You just may need to put together your own list of who you trust, and this will get you some good articles that summarize relevant research after it has been examined by a few responsible, circumspect practitioners. That's the best I can offer to find a quick channel to some good advice. After you find your mentors, don't hesitate to question them or compare their advice, one with the other.

Posted On 03/11/2024

hi cs, it's the same difficult path for everybody, each on their own level and contrary to what propaganda wants to make you believe, there is no level that knows it all. Those who pretend to know it all are just saying in a twisted way "you have to do whatever I say without asking questions". You have to put your trust in people which are honest, which you can trust from experience, who are open for debate, and very important: which you show respect too. As nobody wants to help (unless a loved one) somebody who isn't respectful for whatever reason.

It's (y)our mind that has to do the effort to evaluate the truth as nobody can do that in your place. Survival is based on evaluation of info, everybody has to do his share. To make it easier (there's roadblocks in any scenario) there are spiritual guidelines which can be found everywhere. Trusting mainstream media is counterproductive, it fills a mind with lies locked in by fear. Regardless of smarts, anybody can fall victim to fear, that's a part of the effort, learning to deal with the fear.

If the neighbours confuse reality with tv, and are too lazy to lookup information, smarter people will often conclude that they deserve it. You can't blame them either as nobody is doing their job in their place. To get smarter, the smart put in the effort too as anybody can become dumber too if they decide to take it easy and let others do the work for them, it's the unending switching of positions in the master and servant game.

Except the game is rigged, when you realize that, you know the only solution is to not participate in that game anymore. I'm not sure what to say without being too blunt. There is no quick hack to become smarter, only everyday choices and effort (but that's a choice too). No need to know any science, mercola keeps it simple by mentioning natural foods, life habits etc, everybody will benefit at some level if they try some of it out. Isolate yourself from lies and tv fears, search truth and it'll appear.

Posted On 03/11/2024

airsurfer

ha stone, 80% defective! There is no substitute for personal appraisal and thinking work indeed. I can't remember the name of the study, but in my psychology classes one study mentioned a very important thing. The study studied the response of participants to a study's results. When the study showed one outcome, participants agreed with it, stating that that result was to be/could be expected. When in the other group of participants they changed the outcome to the exact opposite, you'd expect participants to say 'hey, this is unexpected'. Well no, the study showed participants also stated the (now opposite) result was to be expected. Having a tendency to agree on unimportant (in the moment) things is a part of our social behaviour and we tend to connect the dots to make sense out of information, whether the associations are causal or not.

If people are not particularly interested in a certain subject or have a critical mind, they put their brain at ease. It looks like an intelligence flaw, but it's a social advantage for a social species. We are made to follow orders in a certain way. Trouble today is we do not take orders from our fellow tribe relative, we take it from a parasite on tv. Our fellow relative leads us to success, while the tv parasite leads us to slavery. So I emphasize having honest relations with people who are honest too, as truth only gets noticed by those who are open for it. Like any path, tears are part of it ;-)

Posted On 03/11/2024

Swilliam

@airsurfer, your observation deserves to be engraved on a massive neoclassical pediment in D.C., "To get smarter, the smart put in the effort too as anybody can become dumber too if they decide to take it easy and let others do the work for them, it's the unending switching of positions in the master and servant game.". I'm saving what you said in my wise quotations folder.

Posted On 03/11/2024

Luvvvy

Hi! My STEM (Science, Technology, Engineering, and Mathematics (STEM) mind is not what is used to be so i can relate, but no excuses, you need to stay on actual natural health sites. To make an analogy with today's article: Mercola is like the saturated fats, natural and healthy, whereas the Mainstream media /Prevention, is like the PUFA, the processed unnatural fats that are edible but unhealthy. For you, my summary of today's topic of Fats is: Saturated fats = Good and PUFAs = Bad (Poly Unsaturated Fatty Acids). Just plain good advice from the article: “.. Instead, eat real, whole foods. And for your fats, prioritize animal fats that are rich in the stable, protective saturated fats. Just like your great grandma. This will provide your body with more of an optimal fatty acid profile without over thinking it. Plus, this approach just makes sense.” God bless.

Posted On 03/11/2024

Guillermou

Dear Luvvvy all points in the bullseye. The famous cardiologist surgeon Dr. Dwight Lundell, with 25 years of experience, having done more than 5,000 open heart surgeries, said today we have to right the wrong in the medical and scientific vision. The only accepted therapy was prescribing cholesterol-lowering medications and a diet that severely restricted the intake of saturated fats. These recommendations are considered heresy and result in malpractice. The biggest culprits of chronic inflammation are overload of highly processed simple carbohydrates (sugar, flour and all products made from them) and excessive consumption of omega-6 vegetable oils such as soy, corn and sunflower- www.youtube.com/watch .--- istem.info/ueditor/php/upload/file/20191121/1574335434995707.pdf .--- www.proze.com/dr-dwight-lundell .--

Posted On 03/11/2024

Luvvy

Hi Gui, Thank you. Plain and simple, not many doctors want to own or revise the bad advice delivered by their predecessors (or pharmaceutical representatives) - it may downgrade their professional image, as superbeings. Processed foods as sugary carbs and fats trigger a cheap dopamine release, which makes it harder to break free from, even while it promotes chronic inflammation. I firmly believe that it is not extreme to say we need support groups / 12 step programs, and prayer to break free from the unhealthy bad habits - vices, we have acquired.

Posted On 03/11/2024

juststeve

This conversion from a normal, natural, traditional diet has taken at least over one hundred years. A big help, push to convince what was once a dominantly rural, farming Society, most of whom never subscribed to Artificial Fats, Seed Oils. It took a Great Depression & a World War to drive peoples out of honest, real healthy fats. As well as fresh, in season, real foods. (This also helped driving the farmers off of Real Farming, into Chemical Farming also degrading the quality of Foods, Life & Society.) It isn't as if there were no voices early on & throughout these last hundred years or so, who didn't push back. It's seeming more, first people were nudged into such fare first by crippling economic conditions brought on by those same Robber Barons, & then even further into supporting the War efforts with restrictions, rations where those already strapped latched onto what was available.

More so in urban or city situations, the children of those of this era were desensitized to the quality of PUFAs & the negatives as we have seen were a time released capsule. Late enough so as a cause & effect to be seen came much later. Then of course we have the cherry-picked statistics supporting the lies of Keyes - (?) using a President Eisenhower to push Saturated Fats are a killer. So, while it doesn't take a genius to realize Artificial Fats are just that, Artificial.

How can lifeforms, human or otherwise thrive on artificial foods they're not designed to live on? Why no stronger pushback sooner? Because it happened over a very long period of time. The Wealthy plan for generations, the Poor plan for Saturday Night. All this & much more is why the Amos Miller lawsuit is of extreme importance. This needs massive national support for Amos. If he loses, we lose. Miss Ashley loses. Doc & even RFK whether he wins in the election or not, loses. It's one more major attack in a long stream of such on anything to resemble healthy farming, living and societies.

Posted On 03/11/2024

juststeve

One big thank you for Ashley and friends. Like Doc and many other unsung hero's', You Do Good Works!

Posted On 03/11/2024

stoneharbor

Thanks, just, for some very relevant history on how we got into this mire. It has been a gradual, somewhat planned and somewhat selected (yeah, by profit motivation though) process. The invention of mechanized agriculture after the discovery of oil and invention of engines that burn petroleum was a huge part of the process toward both ruining the land's content of minerals, and getting that poorer (and finally toxic-sprayed) food onto family tables in much poorer condition due to delayed transportation through chains of warehouses and "produce and butcher-shop sections" of massive super-markets. Time takes its toll. Few are the ones who raise their own or even buy direct from the farmer or rancher.

So we are mostly all 3-5 stages of "mis-handling" away from the production of the now "nutrient NOT-dense" crops and animals that we depend on for nourishment. Yes, it's become an attack on health. Oh, but don't we have modern medicine to fix all that results from the lack of nourishing food? There's another story of Robber Baron machinations we've been nudged into accepting. You are right. It's time we do a little more, as you say "Push Back". Thank goodness we have forums such as this one provided by Dr. Mercola where we can share the real truths, spread the word and rally the masses.

Posted On 03/11/2024

Guillermou

Very well expressed Just, Our health is the result of interactions between our genes and numerous environmental factors such as our nutrition. While our genes have not changed much in the last 40,000 years, our physical activity has decreased a lot and during the last 70 years our diet has changed drastically: 1) Our diet is hypercaloric. 2) We eat too many fats containing Omega-6 type fatty acids. 3) We eat less fruits, vegetables and antioxidants. 4) The balance between Omega-6 / Omega-3 fatty acids in our diet, which has always been 1:1 throughout our evolution, has reached a strong imbalance of 15 to 20: 1. As a result of an excess of omega 6 our cell membranes are thick and inelastic. The body must work harder to feed itself and expel toxins.

The tissues become clogged and inflamed. Inflammation is the main symptom of many diseases, from cardiovascular disease to arthritis, allergies, asthma, etc., etc., etc. Deficiency of EPA and DHA is also related to diseases such as insulin resistance, diabetes and mitochondrial dysfunction. The incidence of obesity and its related metabolic disorders has increased significantly over the past 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.

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Guillermou

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. journals.lww.com/co-endocrinology/Fulltext/2013/02000/Omega_6_polyunsa.. (2013).----- link.springer.com/.../978-1-4939-9882-1_3 (2020).----- www.hindawi.com/.../8848161 (2021).--- www.mdpi.com/.../10717 (2023).--- www.mdpi.com/.../2672 (2023).---

Posted On 03/11/2024

juststeve

More Penns. this time taking farmlands through Eminent Domain, lots of many layers and serious applications brought up here; www.youtube.com/watch

Posted On 03/11/2024

Swilliam

Spittin' facts! :9

Posted On 03/11/2024

grulla

"steve", "More Penns. this time taking farmlands through Eminent Domain,..." Be very wary of Eminent Domain abuse by property transferred from private individuals to other private individuals, (as opposed to the public good), especially by corporatists. Kelo VS New London was a "good" example. And Bush41 SCOTUS appointee David Souter was responsible for tipping the 5-4 decision in the wrong direction. www.oyez.org/.../04-108

Posted On 03/11/2024

rrealrose

Hi Steve and everyone: here's yet another attack on farmers, this time for methane!! C6H8 - look it up. Rarely gonna make any difference in temperatures...from 2 days ago - - Virginia farmer sounds off on threat to industry: 'We're facing extinction' - - youtu.be/M7PXRApwt5A - -

Posted On 03/11/2024

Guillermou

Statistics from the American Heart Association show that 84 million Americans currently suffer from heart disease, 25 million have diabetes, and 70 million have prediabetes. Cardiovascular diseases account for almost 801,000 deaths annually in the United States. Postprandial glucose and triglyceride spikes cause real problems for the arteries. Monitor C-reactive protein, homocysteine, fasting insulin, ferritin, magnesium, vitamin D and homocysteine in blood as parameters of inflammation and essential nutrients. High postprandial glucose in healthy and diabetic individuals is also a risk marker for cardiovascular diseases.

jamanetwork.com/journals/jamainternalmedicine/fullarticle/217549 .---

academic.oup.com/.../2843304 .--- In this review, we summarize the effects of some natural antioxidant products and their bioactive compounds on CVD based on epidemiological, experimental and clinical studies, with special attention to the mechanisms and relevant clinical trials.

www.hindawi.com/.../6627355 (2021)

Posted On 03/11/2024

Guillermou

The risk factors for cardiovascular diseases are mediated by inflammation and nutritional deficiencies, which in turn are related to metabolic diseases and stress. Above all, a healthy diet, rich in polyphenols and healthy fats and absence of toxins. Some natural antioxidant products and their bioactive compounds exert beneficial effects on the cardiovascular system, such as polyphenols, polysaccharides, anthocyanins, epigallocatechin gallate, quercetin, rutin and puerarin. The mechanisms of action mainly included reducing blood pressure, improving lipid profile, improving oxidative stress, mitigating inflammation, and regulating gut microbiota. What's more, clinical trials confirmed the cardiovascular protective effect of some natural antioxidant products, such as soursop, beet, garlic and green tea.

Take care of your diet with oily fish, coconut oil, and saturated fats from animals raised on grass. foods with powerful antioxidants rich in polyphenols, robes, green vegetables, allium, etc. Everything organic, pesticides are poisons to health. Smoking lowers HDL levels, especially in women, and increases LDL and triglyceride levels. Omega 6 polyunsaturated oils that are pro-inflammatory and are easily oxidized, promoting cholesterol oxidation. This review summarizes the literature and provides possible mechanistic links between CVD and AD.

www.ingentaconnect.com/content/ben/cn/2021/00000019/00000002/art00007 (2021)

www.mdpi.com/.../htm (2021)

Posted On 03/11/2024

Guillermou

And don't forget vitamin E to reduce the oxidation of oils, especially omega 6. Supplemental intake of vitamin E reduces mortality from cardiovascular diseases. A meta-analysis of how vitamin E consumption in adults affects inflammatory biomarkers provided further evidence for this conclusion. The CRP test is a very effective predictor of cardiovascular mortality. In another meta-analysis, serum CRP concentrations were significantly lower after vitamin E supplementation. Included in this review are 32 eligible meta-analyses with four sources of vitamin E and 64 unique health outcomes. Suggestive evidence was reported for seven outcomes on endothelial function (supplementary vitamin E): serum C-reactive protein (CRP) concentrations (supplementary vitamin E), cervical cancer (dietary vitamin E), esophageal cancer (vitamin E in diet), cervical intraepithelial neoplasia (CIN, dietary vitamin E), pancreatic cancer (total vitamin E intake), and colorectal cancer (circulating levels of -tocopherol); all of them showed a protective effect consistent with the source of vitamin E.

In conclusion, this work has indicated that vitamin E protects several particular health outcomes.

www.mdpi.com/.../3301 (2023).-----

----- The so-called "chromanol" head is the fundamental unit of vitamin E, and is also the site of antioxidant activity.

Vitamin E is made up of four tocopherols (alpha, beta, gamma, delta) and four tocotrienols (alpha, beta, gamma, delta). Tocotrienols safely address all three areas of atherogenic dyslipidemia: reduction in triglyceride levels, moderate increase in HDL cholesterol. Additionally, there is evidence in animal studies that tocotrienol reduces blood pressure, arterial plaques, adhesion molecules, and blood sugar, all signs of metabolic syndrome.

Posted On 03/11/2024

Guillermou

Tocotrienols protect neurons, prevent neuronal cell death, inhibit cholesterol and beneficially alter its fractions, and dampen inappropriate inflammation. Tocotrienol decreases the enzyme responsible for its production in the liver Vitamin E and especially tocotrienols control inflammatory mechanisms and markers, including the reduction of atherogenic lipoprotein, also inhibiting the adhesion of sticky molecules present in the first stage of atherosclerosis. Bacterial infections contribute to the body's inflammatory response and tocotrienols have been shown to reduce infection by chlamydia, a bacteria found in atherosclerotic tissue, and exacerbate inflammation.

In summary, tocotrienols promote arterial health. -Tocotrienol in combination with resveratrol improves cardiometabolic risk factors and biomarkers in patients with metabolic syndrome onlinelibrary.wiley.com/.../jsfa.11345 (2022).--- iubmb.onlinelibrary.wiley.com/.../biof.1873 (2022).---
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www.mdpi.com/.../834 (2023).----- www.liebertpub.com/.../met.2022.0052 (2023).---
www.sciencedirect.com/science/article/abs/pii/S2405457723000347 (2023).----

Posted On 03/11/2024

airsurfer

Massachussets is an independent state within the state, just like london city in london, and vatican city in rome. With their own laws, by the 'elite', for the elite. Who cares about what harvard and the massachussets maffia and MIT have to say? If they were any good they wouldn't have to constantly promote themselves through hollywood propaganda. Real science is made by independent scientists, not by elite's media empire. Real science doesn't need commercials.

Posted On 03/11/2024

Swilliam

Harvard University has a LOT of \$\$\$, a lot of cachet, and a nearly unmatched sense of invincibility. To no avail, some of its own students protested that the name of the University's tomb-like Opioid (Sackler) Museum be changed, but the Harvard Corporation worships only the false god of \$\$\$.

Historically, that attitude goeth before destruction.

Posted On 03/11/2024

forbiddenhealing

When in doubt, refer to George Carlin, "It's all BS and it's bad for ya." If it's "On TV", "University/Doctor recommended", or any processed/factory/modern AG food...or the words of politicians, CEO's or celebrities; put it in the junk file!...You know how you feel, what tastes good and have a fool-proof intuition. Stop pushing the fear/confusion button! Follow the money and qui bono? as guides. Scorpions hide behind every speech-correctness push. Laws and regulations are designed to perpetuate state control. Any idiot can recognize genocide, but "ya better not." Covid shot, drug commercials, even supplement claims..sure! More truth can be found in what the media leaves out, and more doublespeak lies in government promotions and admonitions. To realize that almost everything is phony is pain, yet may provide a survival advantage. Living in the common narrative yields only chronic anxiety and disease.

Posted On 03/11/2024

forbiddenhealing

One thing for sure; oxidative stress will destroy your cells and rust out your old Chevy. Antioxidant electrons will delay acidic/oxidative destruction. Similarly emotional stress/distress is destructive...whereas love and happiness are constructive. Life is electrical.

Posted On 03/11/2024

rrealrose

You'd think this is a joke? Next attack on farmers: youtu.be/M7PXRApwt5A

Posted On 03/11/2024

Guillermou

OK. A study published in the medical journal Pediatric Research investigated different dietary fats and their influence on intestinal damage and inflammation. The results revealed that corn oil increased villous atrophy and an increase in the production of inflammatory chemicals, due to the high content of omega 6 fatty acids and most of the corn in the United States. It has been genetically modified, containing the Bt toxin and glyphosate and mold itself which causes gastrointestinal changes and increases allergic reactions to foods. Some of the worst foods you can consume are those cooked with polyunsaturated vegetable oils like corn because of the oil oxidation process and endogenous cholesterol that directly causes vascular disease.

Hydrogenated oils increase the risk of cancer and heart disease. Long-term corn oil promotes colon cancer development induced by tumor-mediated inhibition of p53-dependent mitochondrial apoptosis suppressor gene. When many independent scientific studies reach similar conclusions, a higher degree of scientific evidence is established.

www.guiasalud.es/egpc/traduccion/ingles/esquizofrenia/complete/documen..
archive.ahrq.gov/.../strengthsum.htm

Posted On 03/11/2024

Guillermou

A meta-analysis of randomized controlled trials showed that replacing saturated fats with omega-6 polyunsaturated fats increased rates of death from all causes, coronary heart disease, and cardiovascular disease. An updated meta-analysis of linoleic acid intervention trials showed no evidence of cardiovascular benefit. The reasons for the possible harmful effects of omega-6 fatty acids may be due to their promotion of cancer, suppression of the immune system, lowering of HDL-C, and increased susceptibility of LDL to oxidation. These results are related to the Anti-Coronary Club study, where there was a higher risk of death from causes other than coronary heart disease among people who were subjected to a diet designed to increase the Polyunsaturated/Saturated ratio.

www.bmj.com/.../bmj.e8707.short (2013) openheart.bmj.com/.../e000032.full

Posted On 03/11/2024

Alldogsgotoheaven

I had the exact same experience as Ashley several years ago. I worked long hours and my weekends were filled with finding animals homes. I ate those little low calorie diet meals almost every day for lunch and sometimes in the evenings too or I might stop and pick up food, not fast food but maybe something from the local cafeteria. I really thought I was eating healthy. However, I was tired all of the time. I thought it was my schedule. Then my joints started aching. I could hardly sleep at night because of the pain in my hips and shoulders. I stopped using my dominant arm because of the throbbing pain in my shoulder.

I started reading about the imbalance of omega 3 and omega 6. I realized that there is no doubt that my "healthy" diet was the root of my problems. I started eating real food, no seed oil and limited eating out to one meal a week. I did start taking a high quality omega 3 (I no longer take) and my pain vanished. It was amazing. All of these years later and my dominate arm is still a bit weaker than my other arm but the pain in my joints is gone and that happened in a matter of days when I stopped eating those little frozen diet meals and started eating real food.

Oh and I lost weight which was puzzling since I was consuming more calories. At any point I think that I was very fortunate to have the joint pain that made me look at the "healthy" food that I was eating while I could still turn my health around. Now I only cook with olive oil, avocado oil or butter. I never eat frozen food and try to cook real food always and I limit eating out to one meal a week at max. What a difference in my health and quality of life.

Posted On 03/11/2024

ellivoc

Haven't used any of those toxic fats for many years, at least 25 years. In our house only organic raw coconut oil, organic lard, organic butter , organic cream. A very small amount of raw, organic olive oil, but never for cooking, that turns it into furniture polish!!

Posted On 03/11/2024

stoneharbor

Good ideas, ellivoc. The health benefits of the oil sources you suggest are not just due to the particular oils contained, but are also due to the fact that the lower levels of unsaturated fat in each of these oils is substantially protected by the saturated fat from oxidation via heat/air/light. (Yes, even coconut oil can have a tiny bit of unsaturated fat). Some olive oils can have up to 16% of the oil consist of omega-6 while the remainder is the safer mono-unsaturated oils such as oleic acid. But it happens that both saturated fat (as in lard, butter) and also monounsaturated fat protect PUFA like omega-6 and omega-3 oils from spoilage, helping to insure that the PUFA you may derive from these sources is in better shape than if it were coming from a refined oil, or even something like ground beef that exposes a lot more PUFA in the meat to the air, light and heat.

Posted On 03/11/2024

Peri1224

Stoneharbor. Interesting. I'm still behind in the learning curve about PUFA, but try to catch up. Can you explain what the bad thing is with ground beef?

Posted On 03/11/2024

stoneharbor

Peri, I prefer to not eat meat that was ground up hours to days before I purchase it. Grinding exposes much more of the meat tissue to air, oxygen, temperatures and light, not to mention more microbes. If you want meat to be pristine as to exposure to poisoning and oxidizing agents, you probably want to gut it minimally into separate pieces until you actually put into your mouth. After that, your stomach acids and digesting enzymes are going to take care of the meat tissue about as well as you can hope for before the oils and amino acids actually get absorbed into your body.

Posted On 03/11/2024

Peri1224

Stoneharbor. So grinding meat is a whole new issue/problem that probably even fewer people have heard of than PUFA. This is the first time I hear it mentioned. And it's not even a pure PUFA/LA issue. Maybe it should be aired separately. Are there studies or estimates of how much deterioration grinding causes, and the various effects from it?

Posted On 03/11/2024

Barbara Charis

Vegetable oils are mankind's invention. They would not exist in nature without machinery to break them down. Beyond the fact of all the above mentioned issues...the excess fat in one TBL is dangerous. There is a limit to the amount of fat our organs can handle. I learned the hard way by suffering migraines for 30 years. Today, I have been migraine-free and no more headaches for 31 years by discovering the cause of my problem.

Posted On 03/11/2024

Horsea

I'm not interested in any research which shows the effect of this or that substance on mice, rats, rabbits, dogs, cats, etc. Why would anyone, I wonder. When scientists, doctors, etc. do research on themselves,, then I'll say, "Bingo!" as they publish their results.

Posted On 03/11/2024

Stephjask

Calling those ultra refined poisonous PUFAs seed oils "vegetable oils" and "Healthy fats" dating all the way back to Crisco's diabolical masterstroke of using waste cottonseed oils at the turn of the 19th/20th century was a crime against humanity. The food barons, along with the drug barons are responsible for untold millions of deaths worldwide over the past century and a quarter. How they sleep at night is a mystery, Psychopathy and a pathological lack of empathy combined with avarice and the love of money must be just some of the answers.

Posted On 03/11/2024

bburns1955

Yes! I watched Dr. Joel Wallach telling the story of Crisco! Made as a lubricant for the diesel engines in German subs, it got into people's home due to Proctor & Gamble giving the American Heart Assn \$1.7 million to say that saturated fats are unhealthy! Brought with it diseases like Alzheimer's. The way the food barons sleep at night, is that they are sociopaths -- no conscience -- like the satanic global cabal including Gates, Schwab, Soros, Obama, etc.

Posted On 03/11/2024

grulla

"bburns", "Yes! I watched Dr. Joel Wallach telling the story of Crisco!" Now that you mention it, I always thought Crisco had a strange resemblance to white lithium grease. Crisco is a big favorite with gun enthusiasts that grease their civil war era cap 'n ball revolver cylinders to prevent premature cross-fires. :-)

Posted On 03/11/2024

SomeMo888

Seed oil is in everything, most breads and even ice creams. Recently my Whole Foods got rid of the soup bar (with posted ingredient lists) and moved the soups to refrigerator containers - all have seed oil now. And an ingredient list went up by the pizza slices - those all have seed oil too! Check labels always - are they still lying anyway? Nothing Whole about Whole Foods since Amazon bought them.

Posted On 03/11/2024

panotx

WF were liars and crap peddlers long before they sold to Amazon....I used to live in Austin and personally knew many folks who ran the place....

Posted On 03/11/2024

rrealrose

Agree, little reason to shop there now, as their prices are high in relation to other markets. Only find a few items I cannot get elsewhere; however, they have a great distribution network. If food shortages appear again, Whole Foods may not suffer much.

Posted On 03/11/2024

badboy2

Just an FYI; The article mentioned corn oil, and you can tell when it goes rancid. After just a few months of use when removing the screw-on cap, the corn oil at the cap would become sticky. The paint industry took notice of that fact and started to use it in their paints, for it made the paint more adhesive. I guess the saying, one person's garbage is another person's gold mine, is true, at least in this case.

Posted On 03/11/2024

kmforhealth

This is an important topic to me and thank you to all for the valuable information. I'd like to comment on the complete opposite situation of this article and see what input or correction anyone may have to offer. My recent labs show normal Omega 3 levels but Omega 6's are below normal levels. Another out of range value was my LDL Cholesterol was high. At first I figured a really low Omega 6 level is ideal. But then I learned that LDL transports Omega 6 to the cell to help with cellular respiration. Quality (not rancid as from packaged foods) Omega 6 acts like a lubricant to allow the uptake of O2.

Now if you are low in Omega 6 the body continues to increase the production of LDL in an effort to deliver and ultimately uptake more O2. The solution in this case is to increase quality sources of Omega 6's, walnuts, avos, eggs etc. I'm sure this is an oversimplification, but does this seem correct. I was just surprised my LDL cholesterol was so high when I follow a healthy diet and exercise regularly. I wanted to share this incase someone else is wondering how can their LDL can be high while they are working hard to assure a healthy diet and lifestyle. Thank you.

Posted On 03/11/2024

bburns1955

I watched a video recently with Dr. Joel Wallach. He said that Proctor & Gamble, in order to get Crisco into homes that were continuing to use lard, cream & butter in 1914, "donated" \$1.7 million to the American Heart Association to get them to say that saturated fats were harmful to the body. The AHA was bought off, & it changed the diets of Americans in a terrible way. Crisco was originally developed by a German man as a lubricant for diesel engines in German submarines. Of course, we know that our so-called health agencies are actually the opposite of that. So many lies.

Posted On 03/11/2024

boxerdogofmine

All the vegetable oils come from GMO seeds. And corn is not something humans should be eating. We have a hard time digesting it, if at all, and it causes obesity. I don't give my animals corn, especially the chickens. It makes them fat and causes tumors.

Posted On 03/11/2024

ellivoc

In England corn is not GMO or it has to say if it is.. Are you talking about corn that we grow as a crop and it grows like a wheat crop or maize (we call it corn on the cob). They are completely different. Corn is of course gluten free it is a white flour it is not maize starch which is yellow? I grow organic corn on the cob on my allotment. Needs to be eaten within 10 minutes of picking or the sugars start to change, it also tastes completely different when not 100% fresh. It can also be frozen very quickly after picking.

Posted On 03/11/2024

ThePazyryk

It depends on the type of corn, how it's prepared and consumed. The way they do it in the US makes seems to result in obesity and diabetes. However, in Nicoya, Costa Rica, they have a special process (soaking them in ash solution) that enhances their digestibility and nutrient uptake, analogous to fermenting organic soy, dairy, bread to make them healthy or less unhealthy. www.youtube.com/watch

Posted On 03/11/2024

grulla

Nice video, thanks.

Posted On 03/11/2024

JGW1950

If you live in the Chicago and southern Michigan area, please consider joining the Family Farms Coop, which was originally started by Dr. Mercola. They legally offer high-quality raw cow and goat milk, raw milk cheese, eggs, fully pastured beef and other meat, humanely raised chickens, and a wide variety of wholesome foods. You can contact them at familyfarmscooperative@gmail.com And in case you don't know about this, Amos Miller, an Amish farmer in Pennsylvania, is the latest victim of the junk food industrial complex: www.youtube.com/watch

Posted On 03/11/2024

Suzicreamcheese

THANK YOU SO MUCH FOR ALL YOU DO DR. MERCOLA, FOR YOUR ONGOING HONESTY, FOR YOUR ABILITY TO ADMIT NEW IDEAS WITHOUT THE NEED FOR DOGMA...SO MUCH APPRECIATED...I'M SHOUTING, BECAUSE WHAT YOU DO SHOULD BE SHOUTED OUT AROUND THE WORLD.

Posted On 03/12/2024

badboy2

Just an FYI; A couple of months ago I asked my computer if M&M's candies are still using coal tar to make their color food dye coating. It can back with a no. So, I then asked, what did they now use? It can back with vegetable oil. So, I then asked what kind of vegetable oil, thinking that it would say soy oil. I was surprised when it said, Hydrolyzed. So now it is not only a very bad polyunsaturated fat, but you eat this candy, you can say goodbye to your now hardening arteries, your heart, possibly your brain, and a shorter unhealthy life span.

Posted On 03/11/2024

salviachela

Flaxseeds grind well in a coffee grinder that has fine-less fine grinds. As a vegetarian I thought the oil was healthful but it definitely wasn't even though organic. Now an occasional small meat so I don't have to worry about it but the fiber is what I appreciated. Still unsure whether any seeds are safe to eat, and even nuts, with my favorite macadamia a website didn't disclose which but said it had polyunsaturates. There must be a better source to see the breakdown because I will continue splurging on macadamias.

cookcal.info/.../content

Posted On 03/11/2024

salviachela

Bought Flaxseed oil many years back and used for salad dressing. With less than half a bottle left started developing PCOS symptoms and never took more. Still use a few tablespoons of freshly ground flaxseeds but the oil is too strong for me. There is a real caution with taking oils but I didn't know back then; before I knew that it could be hazardous. The concentrated form the devil is in the details: a little is great.

Posted On 03/11/2024

Track Record

I'm sorry, but all this fuss about Harvard is simply decades too late, Harvard Nutrition was a dark joke long ago. Faculty members were responsible for creating the fake data and papers, paid for by the International Sugar Association, specifically to divert the attention away from sugar which general excessive consumption began causing the the epidemic of atherosclerosis and diverting it to falsly blame healthful saturated fat. It began so long ago current faculty members claim to not have known the PhDs responsible for this scam but the financial records of the transactions were found in the Harvard archives by diligent researchers. The entire reason for Harvard became hard cash decades ago and this was just one of them. The disease caused by seed oils is simply a continuation of a farcical belief system engineered by Harvard and paid for by the sugar industry, which incidentally is also famous for bringing you the black African slave trade many years ago.

Posted On 03/11/2024

quiettess

Thank you for this article, Ashley. Avoiding omega 6 is something I have been doing for a decade or so, but I have been intentionally adding omega 3 in the form of grinding flax seeds in my bone broth and taking krill oil. I appreciate the discussion of thyroid effects and will ask for serum t3 to be tested along with the antibodies.

Posted On 03/11/2024

jan882322

When commenting on Linoleic Acid please think of, ability to extract oil from seeds, from 1850 until now, that replicates year long: end of summer, fall, lots of food, no more hunger, torpor, get ready to hibernate.

Posted On 03/11/2024

scuppi

I am constantly amazed how people can glamorize fish oils, n-3 oils, demeaning n-6 oils, when both are PUFAs and both have the potential for oxidation, producing lipid peroxides, and all the downstream effects of DNA damage, cell damage, mutagenic and carcinogenic potential, etc. In a proper diet, proper being the key word, we get 'enough' of these fats, and further PUFA loading in the body is not pro-health, it is pro-aging, and there is plenty of research to back that up.

Posted On 03/11/2024

Horsea

No need that I can see for any extracted fats at all except in baked goods. Those are treats, though, not meant to be a source of important nutrients. We are addicted to extracted, concentrated fats.

Posted On 03/11/2024

louisstark

Isn't 90 or 95 rather high for a pulse rate?

Posted On 03/11/2024

Horsea

Seem that way to me!

Posted On 03/11/2024

pecanroll

Hi Ashley, If you're reading...we will be traveleing down soon to pick up eggs and cheese. My nephew orders and eats your raw cheese and loves it.

Posted On 03/11/2024

jennifermetz

I am one of the lucky one's who got in Ashley's co-op before they closed the membership. I am expecting my order of pork this week !! It's been so long since I've eaten pork !! Thank you Dr. Mercola !!!!

Posted On 03/11/2024

MoMac46

Thank you Dr. Mercola, this article was not only very informative (as always) but it lifted my spirits to see the joy in Ashley in the last little video. I am also spreading the word where ever I can of the LA dangers and your take on these damaging vegetable oils. Thank you

Posted On 03/11/2024

CarolynMas

Really interesting piece! Thank you!

Posted On 03/11/2024

Arlen1

"What your food eats, matters — as pigs and chickens are vehicles for vegetable oils. (So if their diet is high in PUFAs, the final product will contain more PUFAs)." That's why I suggest that everyone try hunting hogs. Where I live there's an abundance of wild hogs. It's free for the taking. Luckily, where I hunt, there are no farms. There's hardly anyone period. Therefore, there are no chemicals or gmo crops around for these hogs to consume. They love acorns from oak trees, grubs, worms, roots, tubers, etc. I don't know what the PUFAs are in any of those foods, but I know it's all organic.

By hunting these hogs, you are doing everyone a favor. Their population has exploded to crisis level! They don't have a mating season. Like humans, they reproduce year round except they can have multiple births a year and it is nothing for a full grown Sow to pump out 8 or more 2+ times a year! Within a year, those 16 are pumping out piglets. It's out of control! Fewer people are hunting now, which amplifies the problem exponentially! It is the easiest and cheapest protein to obtain from the wild.

Posted On 03/11/2024

Stephjask

Everyone try hunting hogs? Biggest laugh I've had all day. I appreciate your comments about the deadly PUFA seed oils though.

Posted On 03/11/2024
