

Is Your Fish Oil



Killing You?

An Investigative Report On The Right - And Deadly Wrong - Ways to Take A Daily Fish Oil Supplement

By Dr. Dan Pilgreen

The information in this book is provided for informational purposes only and is not a substitute for professional medical advice. The author and publisher make no legal claims, express or implied, and the material is not intended to replace the services of a physician.

The author, publisher, and/or copyright holder assume no responsibility for the loss or damage caused, or allegedly caused, directly or indirectly by the use of information contained in this book.

The author and publisher specifically disclaim any liability incurred from the use or application of the contents of this book.

All rights reserved. No part of this book may be reproduced or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher.

Throughout this book trademarked names are referenced. Rather than putting a trademark symbol in every occurrence of a trademarked name, we state that we are using the names in an editorial fashion only with no intention of infringement of the trademark.

**Copyright (c) 2011 Dr. Dan Pilgreen
All Rights Reserved**

Published by Natures Window, LLC

Not using HeartLifePlus yet? Get a free bottle of the ultimate heart protection formula at www.freehlp.com

About Dr. Dan Pilgreen

Dr. Dan Pilgreen, D.C. practiced holistic medicine as director of the California Chiropractic Clinic in Los Angeles for 23 years, is a board certified Chiropractic Internist and was on the post-graduate faculty of Cleveland Chiropractic College. He graduated as one of the youngest Doctors of Chiropractic in California in 1981 from the Southern California University of Health Sciences and has treated over 10,000 patients, many of whom had heart disease, high blood pressure, and high cholesterol, as well as the usual neck and back pain seen by most chiropractors.



When as a young man he was injured in a serious car accident that left him unable to walk, the medical profession failed to help him regain his ability to walk. He sought chiropractic care, which restored his health, and so inspired him that he dedicated himself to chiropractic medicine to help others.

After Dr. Pilgreen's father died of a heart attack and his mother, a fellow doctor, and even his tennis coach suffered heart attacks as well, he retired from practice to devote himself to researching the true cause of heart disease.

His research spanned ten years, including reading over three thousand articles and journals and spending hundreds of hours in postgraduate courses to find the answer.

He uncovered the chiropractic and medical professions' lack of success and outright corruption and the drug companies' ineffectiveness at offering health solutions.

Finally, He discovered an all-natural protocol to prevent heart attacks and the related conditions of high blood pressure, high cholesterol, and diabetes. His effective solution to treat these and many other conditions involves a unique combination the proper nutrition, diet, and exercise.

Dr. Pilgreen then hosted a successful radio program on KRLA 870 AM in Los Angeles discussing the natural treatment of disease for three years.

In his book, he defies medical/pharmaceutical convention and tells the honest truth about the importance of nutrition.

Is Your Fish Oil Killing You?

Over twenty-five years ago, back in 1986, I routinely gave my chronic pain patients fish oil supplements. Since that time tons of research has come out supporting the use of fish oil due to its abundance of omega 3 fatty acids.

But many people take the **wrong amount**, not the right blend, or try to get it from fish consumption. And new research has revealed a drawback. It turns out taking fish oil reduces the amount of vitamin E in blood plasma, a major antioxidant. Not good.

It is important to know exactly how much, what form and what co factors are needed for maximum benefit.

Why?

Because imbalance in fatty acids in the diet or by improper supplementation, causes inflammation.

This inflammation destroys the arteries, joints, brain tissue and contributes to high blood pressure, oxidation of cholesterol, chronic pain, heart disease,¹ diabetes and just about everything you and I will suffer from in our lifetime.

Media confusion

The media throws around terms like omega-3 fatty acids and fish oil, saturated, unsaturated and polyunsaturated fats without really explaining what they mean. (Probably because they don't know themselves).

Without having an advanced degree in lipid (fat) biochemistry, how can you understand all the jargon and know who is right? For many years studies showed saturated fat to be a problem, so the food manufactures came up with polyunsaturated fats that were chemically altered. These proved to be *worse* than the saturated fats they were trying to replace.

Saturated fats (e.g., butter and lard) are basically solid at room temperature while monounsaturated fats (e.g., olive oil, corn, sunflower and safflower oil) are liquid at room temperature. We need these essential fatty acids (or oils, as we cannot produce them and they are necessary for cell walls, hormone production and a host of other processes).

¹ Hansson GK. Inflammation, atherosclerosis and coronary artery disease. *The New England Journal of Medicine* 2005;352:1685-95.

To further complicate matters there are different kinds of fatty acids and hence the names omega-3, omega-6, and omega-9 fatty acids which refer to the location of certain kinds of chemical bonds on the FA chain. Fats are basically chains of carbon and hydrogen atoms.

Startling Research

Research started showing that those with high levels of omega-3 fatty acids in the diet were remarkably resistant to heart disease. Researchers Band and Dyer studied the Inuit's in Greenland, comparing them to Danes and North Americans.²

While they had a much higher fat content in their diet, the kind of fat they were eating (omega-3 fatty acids from fish) protected their hearts.

Other researchers found that just one capsule of fish oil a day could reduce your risk of death 20% and sudden death by 45%.³ Since over half of heart attacks are sudden and fatal, these results are very exciting. So, just eating 4 to 6 ounces of fatty fish like mackerel, wild salmon or tuna once a week can change your cardiac profile and save your life.⁴

These are changes I recommend in my book "**Your Heart May Be A Ticking Time Bomb**".

CAUTION

Do not eat farmed fish it is filled with poisonous Arachidonic Acid that causes a host of problems I will explain later.

Even the government is on board

Since these population studies in the early 70's, research has confirmed these results and identified the exact mechanisms of how fats are cardio-protective. Even the Federal government⁵ recognized in 1987 that omega-3 fatty acids were safe and good for:

- **Lowering cholesterol levels**
- **Controlling blood sugar in diabetics**
- **Controlling bleeding tendencies (reducing stroke risk)**

² Leaf A. Weber Pc. Cardiovascular effects of omega-3 fatty acids. *The New England Journal of Medicine* 1998, 318:549-557.

³ GISSI_Prevenzioine Investigators. Dietary supplementation with n-3 poly unsaturated fatty acids and vitamin E in 11,324 patients with myocardial infarction results of the GSSI-Prevenzioime trial. *Lancett* 1999,343;447-55.

⁴ Hu FB, Bronner L., Willett WC, et al. Fish and omega-3 fatty acid intake and risk of coronary heart disease in women. *JAMA* 2002, 287: 1815-1821.

⁵ Department of Health and Human Services, US Food and Drug Administration. Substances affirmed as generally recognized as safe: menhaden oil. *Federal Register*; June 5, 1997, vol. 62, No. 108: pp 30751-30757. CFR Part 184.

Back to school

Let's start at the beginning to better understand this inflammatory process.

White willow bark was used as a pain reliever by ancient Egyptians and later Hippocrates in 400 B.C. It had been used for centuries until Felix Hoffman (later to become the drug giant Hoffman Laroche) found a way to buffer the salicylic acid the active ingredient in the white willow bark. This reduced the stomach irritation....

And Bayer aspirin was born.... the best selling pain killer the world has ever seen.

It took a whole century to find out how aspirin actually worked. It worked by blocking a pathway that produced inflammation in the body. *The only problem was* that aspirin blocked two enzymes in the pain pathway. One reduced pain but the other *protected the stomach lining from damage.*

Block both and you reduce pain and thin the stomach lining resulting in bleeding users. So when scientist found compounds that blocked the enzyme responsible for pain but left the stomach lining intact they thought they hit the mother lode.

Sales of these new COX II inhibitors (Viox and Celebrex) skyrocketed into the billions. But they caused more heart attacks and were removed from the market.

This inflammation pathway is important because it produces chemicals that destroy the organs and tissues of the body.

What is causing the inflammation in the first place is the real question. Why not stop that instead of blocking a pathway in the body. Good question. Secondly is there anything we can do to prevent it in the first place and three can we treat it naturally without harmful side effects.

Let's look at the first of two pathways to understand how we can prevent inflammation in the first place.

My Dad always used to say, "It's hell getting old son." He was right. But we don't have to have arthritis, heart disease, diabetes and just about every other modern condition if we take the right nutrients.

The inflammation pathway affected by aspirin is started by the presence of arachidonic acid in the diet or production in our bodies from other fatty acids. If you eat it straight up or eat another FA that turns into it, you have to deal with it or suffer the consequences.

This arachidonic acid goes down two roads. The cyclooxygenase and the 5-lipoxygenase. **Stay with me here. Once understand this, you'll know which supplements can work to give you better health.**

Not using HeartLifePlus yet? Get a free bottle of the ultimate heart protection formula at www.freehlp.com

The billion dollar pathway

In the early 70's a British researcher discovered that aspirin blocked prostaglandin and inflammatory messengers in the body.⁶

Later, Bergstrom and Samuelsson were part of the nobel prize winners for discovering that leukotrienes on right side of the pathway cause airway constriction, and white blood cell migration to the lungs causing asthma and inflammation.

These leucotrienes were 1000 times more powerful than histamine. Histamine is what causes inflammation when you cut your finger or sprain your ankle and you get redness, pain and swelling at the site.

Well not only do leukotrienes cause pain, inflammatory products, and airway constriction they cause arthritis, heart disease and irritable bowel syndrome. Excess leukotrienes from AA (arachidonic acid) in the diet from omega 6 fatty acids are bad.

Both pathways produce inflammatory by products.

The problem with aspirin is that it stops inflammation by blocking both COX I&II pathways.

Aspirin was considered the panacea to all inflammation until these pathways were discovered and protective effect the COX II enzyme had on the stomach lining.

If you block both COX I and COX II enzymes on the left side of the chart or the cyclooxygenase path, you reduce pain from blocking the COX II enzyme system you lose the protection of the stomach lining leading to ulcers and bleeding.

If you could just block the COX II side you would have a pain reliever without the side effects of aspirin and ibuprofen, You would be rich, or so they thought. Vioxx and Celebrex came on the market and sold in the billions until it was discovered that they increased the risk of heart attack. **Not good.**

The drug companies still want doctors to prescribe them but they have fallen out of favor even though they are advertising them to rehabilitate their image.

I won't take anything that increases my risk of dying from a heart attack no matter how much they advertise. Neither should you. Especially when the natural alternatives are much more effective, cost less and have no side effects. I call this a win-win situation.

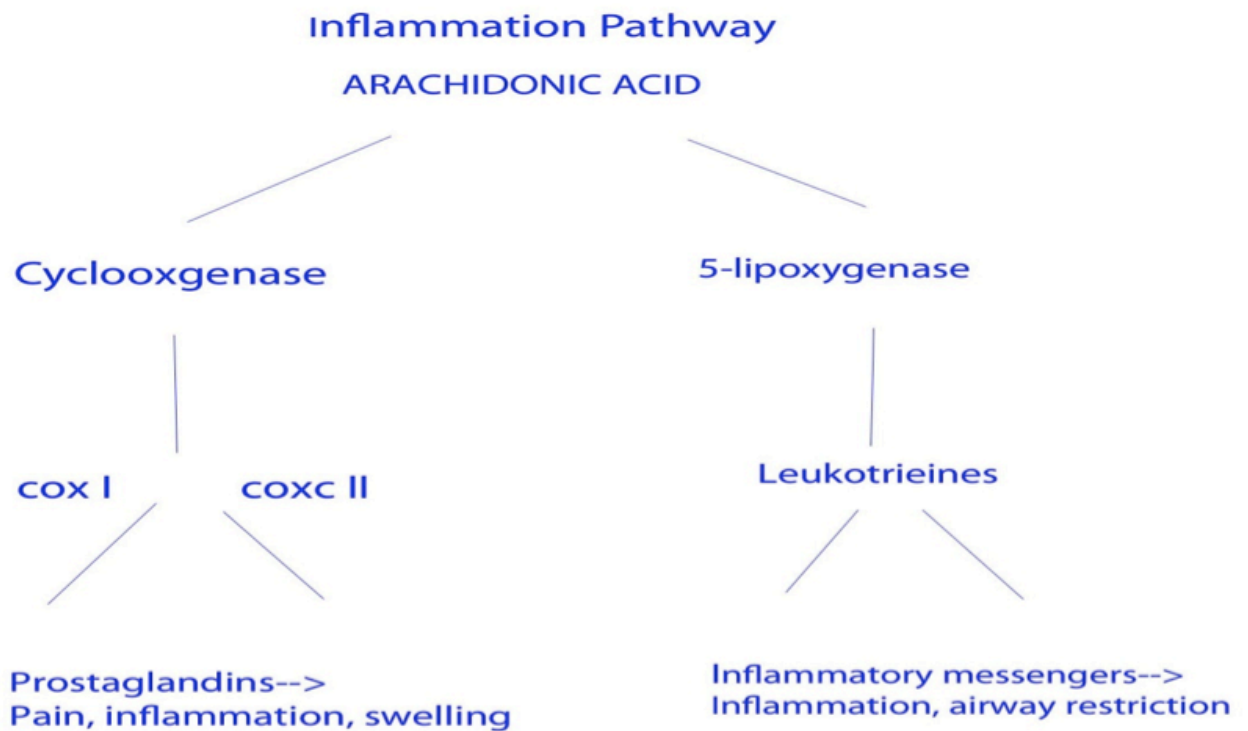
On the other side of the pathway if you block the leukotrienes you reduce inflammation and airway restriction. The problem is that the new drugs like Singulair and Accolate only

⁶ Vane, J., Botting, RM Anti-inflammatory drugs and their mechanism of action. Inflamm. Res. 1998; 4:78-87.

block a few of the inflammatory messengers and there are over 1000 of them. So if it works for you that's fine but most people don't benefit.

You must get to the root cause not treat the symptoms.

Anytime you increase the amount of arachidonic acid in the body you're going to have pain,



inflammation, arthritis, heart disease, lung dysfunction and even diabetes and just about everything Americans suffer from in their lifetime.

Now let's look at how we overdose on this troublemaker Arachidonic acid.

The bucket example is a great way to visualize the pathway to get the big picture.

LA (lenoleic acid) from the diet turns into AA (arachidonic acid) by a three step process. You mess it up when you pour too much preformed AA into the body and bypass the normal metabolic pathway.

Like a freeway onramp if you control the number of cars going on the onramps the traffic flows smoothly. But, people who get in the diamond lane bypass the controlled entry and zoom down the highway to their destination. This is what happens when you eat

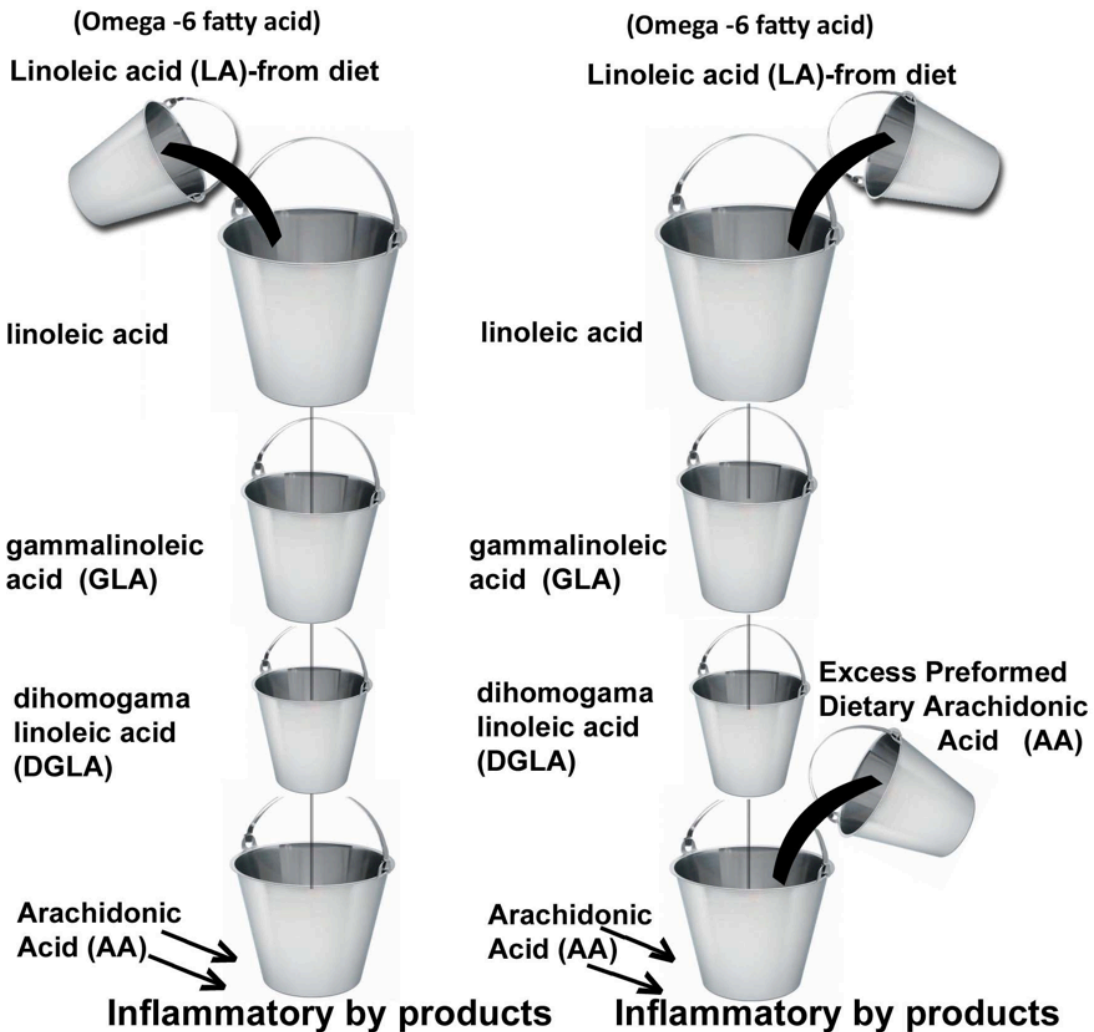
preformed AA from your diet. You bypass the normal metabolism of the body and overload the system.

When you eat omega 6 oils high in linoleic acid they are converted to AA by this multistep process.

In the picture below you see that we eat these oils represented by the filling of the top bucket. LA is changed to GLA, to DGLA and finally to AA. Each bucket is a little smaller as the body only lets a certain amount convert as your body knows that too much is damaging. But as we see on the right when we pour preformed AA acid from our diet into the mix, all hell breaks loose.

Arachidonic Acid and Omega-6 Fatty Acid Metabolism

Some of the Linoleic Acid (LA) from the diet is turned into good GLA, then DGLA then to Arachidonic Acid (AA). When you eat too much preformed AA (lower right) you get a ton of inflammatory by products that wreak havoc on the organs and tissues of the body.



The body has no choice but to produce mass amounts of inflammation and pain. Don't overload your system. The solution is to reduce the omega 6 and increase the omega 3's.

I'll let you in on a little secret...

Top scientist thinks that the body is actually attacking itself in most disease states. You are either attacking your body through inflammation or building antibodies that attack your tissues. Inflammation as well as overproduction of antibodies must be quenched or you're in big trouble.

If you pour AA in at the bottom you're out of luck. Your immune system is on steroids and starts attacking everything.

Studies show if you have a high AA content in your diet you have 41% increase in inflammation and platelet stickiness-sticky platelets mean more blood clots and heart attacks.⁷

Philosophy: If you block the pathway or poison an enzyme system to stop the process you almost always cause other damage. Vioxx and Celebrex were touted as the new miracle drugs to stop pain. Remember they block only the COX II pathway so you don't get the ulcers and stomach hemorrhages associated with aspirin and ibuprofen use.

But, they were taken off the market because they increased the heart attacks. Don't play with Mother Nature. Drugs are good sometimes in initial therapy but you must transition to natural therapy.

I have always said that you need an advanced degree in lipid (fat) biochemistry to understand all the jargon and terminology. Omega 3, 6, 9. And fatty acids, saturated, unsaturated, (PUFA) poly unsaturated fatty acids, and (MUFA) mono unsaturated fatty acids.

Plus all the intermediary metabolites like GLA, DGLA, DHA, EPA and the biochemistry gets more complex, your eyes gloss over and you give up. Don't give up. Even if you don't understand it scientists have figured it all out. More importantly I know exactly what you should take based on the latest scientific research for maximum benefit.

There are tons of inflammatory byproducts that wreak havoc in your body.

Not only prostaglandins and leukotrienes but many other chemicals are produced by the body in response to inflammation like eicosanoids, platelet-activating factor (PAF), white blood cells, endothelial leukocyte adhesion molecules (ELAMs), intercellular adhesion

⁷ Ferretti, A. et al. "Increased dietary arachidonic acid enhances the synthesis of vasoreactive eicosinoids in humans." *Lipids* (1997) 32:435-39.

molecules (ICLAMs), vascular adhesion molecules (VCAMs), Interleukin-8 (IL-8), monocyte chemoattractant protein-1 (MCP-1), cytokines (M-CSF, GM-CSF) and chemokines. There are also 6 clot-causing agents. All these inflammatory processes are aggravated by stress, **too much omega-6 fatty acids**, alcohol, smoking and too much refined carbs that raise blood sugar levels.

That's why people have inflamed joints, back pain, arthritis, heart disease, asthma, irritable bowel syndrome just to name a few.

The point is that inflammation causes a lot of chemical reactions that are harmful to the body. For example, the process whereby the inflammatory agents pierce the artery wall and start the plaque process is explained in my book ***Your Heart May Be a Ticking Time Bomb***. In it, I go over all the nutrients needed to avoid the problem and the supporting research.

This is a high stakes football game where the omega-6 fatty acids push the omega-3 fatty acids out of the way. Each wants to score but if the bad guy scores; you increase the production of inflammatory agents like eicosanoids, PAF(platelete activating factor), Prostaglandins E2 and many others. When the omega-3 FA scores, you increase prostaglandin E3 (PGE-3) which can block inflammation.

So the bottom line is that you want bigger and better football players on your side and a reduction in inflammation, the true cause of artery disease. This is complicated biochemistry but the bottom line is to have the winning team on your side and prevent the damage.

The more omega-3 Fatty acids you have, the more you halt the damage of the omega-6 Fatty acids.

I do not think that we have too little omega-3 Fatty acids, just that we consume way too much omega-6 Fatty acids.

The proper ratio of omega-3 to omega-6 Fatty acids is between 1-to-1 and 1-to-4. Presently we consume between 1-to-15 and 1-to-20.

The good news is that a wide variety of nutrients decrease the bad boys. For example, fish oils, olive oil, arginine (which is anti-inflammatory) as well antioxidants like vitamins C, E, and A and the minerals selenium and zinc.

You hear experts tout fish oil but never the supporting cast of arginine, vitamin C, vitamin A and the minerals selenium and zinc and even the beneficial omega-6 GLA (gamma linolenic acid). I have been doing clinical nutrition in the trenches for 30 years and know what works. You must have a foundation formula like the HeartLifePlus or your wasting your money.

Not using HeartLifePlus yet? Get a free bottle of the ultimate heart protection formula at www.freehlp.com

Toxic dangers of fish oil:

You need about 6-8 ounces of wild fish once or twice a week to get enough omega-3 fatty acids.

However, there are some concerns about the toxicity of even wild fish even if you can afford it. Fish contain many pollutants like heavy metals, mercury, polychlorinated biphenyls (PCBs) and dioxins. Just one molecule of dioxin can cause cancer. It is a little like Russian roulette. You never know when you could be eating this deadly toxin.

Taking vitamin C combats much of this toxicity as vitamin C detoxifies mercury, lead, cadmium and nickel in the body. Selenium detoxifies mercury and cadmium. You must take at least 1000 mg of C per day and at least 200 mcgs of selenium.

Don't forget arginine and vitamins A and E. If you take these precautions, worries about contaminated fish can be reduced but not eliminated.

Farmed Fish Deadly

Farmed fish especially salmon is loaded with AA so it's better to take a supplement than eat this toxic fish. Not to mention fish are contaminated with mercury and other toxic compounds. Look, they grind up unusable fish parts and feed it to the salmon in large ocean pens.

This just concentrates the amount of toxins and Arachidonic Acid you're eating. Stay far away from farmed fish.

You must take a proper multi with your fish oil period. It would be foolish not to get the benefits of adding nutrients.

Check your fish oil

Too much fish oil increases the risk of mercury contamination. I know some manufacturers claim theirs is the best because it is filtered and tested, but without proof you are better off eating fish once a week and olive oil daily as a salad dressing or as marinade on vegetables.

You must also take vitamin E as fish oil lowers vitamin E levels. Make sure your fish oil is assayed and certified or don't waste your money and jeopardize your health. Fish oil from anchovies and sardines harvested from polar waters are best.

Not only is vitamin E needed when taking fish oil it is a beneficial anti-oxidant which slows the growth of smooth muscle cells, reduces platelet stickiness and prevents monocyte-endothelial interactions (damage to the artery lining). Vitamin E reduces

coronary artery disease by 41% and lowers death rates by 13%⁸. Just taking 100-250 IU (international units) of vitamin E reduced coronary artery disease by 37% and lowered death rates.⁹ However, more vitamin E did not increase protection.

So don't take excess amount of vitamin E and always take it with all the other vitamins for maximum benefit.

What your fish oil should contain. For maximum heart disease prevention the following types and ratios of omega 3's EPA and DHA and the omega 6 GLA with vitamin E should be taken.

Guidelines For Fish Oil Consumption

The omega 3's EPA, DHA, and omega 6 GLA should taken in a specific ratio. Half of the oil should be divided into 20% DHA and 30% EPA and the other 50% should be GLA.

Additionally you need to take 200 iu of vitamin E. A total blend of 3000 mgs per day is needed for maximum effect. The biggest error is that people don't take enough.

It is important to take a multi-nutrient with the proper cofactors and not just take fish oil and assume you'll be fine. In fact, some smaller cholesterol particles responsible for artery damage respond better to olive oil than to fish oil. In addition, just by eating more vegetables and taking the right supplements as recommended in my book, you can turn LA from plants to EPA and DHA. Without the cofactors you can't.

Are You Missing The Supporting Cast?

Another beneficial omega 3 fatty acid is Alpha Lelolenic Acid (not lenoleic). You get this from soybean, walnuts and dark greens . This alpha lenolenic acid (LNA) is turned into EPA and DHA. But for this conversion to take place you must have enzymes and vitamins C, B-6 (pyridoxine), magnesium, zinc and iron.¹⁰

Taking a proper multi is critical for maximum health. The reason that wild salmon is so good is that they eat an algae that is rich in LNA. The body converts it to EPA and DHA. So when you eat wild salmon, greens, walnuts and soybeans you better have the right vitamins and minerals to complete the conversion process.

⁸ Stampfer, HJ, et al. "Vitamin E Consumption and the Risk of Coronary Disease in Women." *The New England Journal of Medicine*. 328, no. 20 (May 1993):1444-49.

⁹ Rimm, EB. et al. "Vitamin E consumption and the Risk of Coronary Disease in Men". *The New England Journal of Medicine* 328, no. 20 (May 1993):1450-56.

¹⁰ Houston, M MD. "Latest Findings on Essential Fatty Acids and Cardiovascular Health" *The Original Internist* June 2008.

Recent studies have shown that 59% of patients suffering from arthritis or other chronic pain that started on a multi-nutrient like HeartLifePlus and added olive oil and fish oil to their regimen were able to eliminate NSAID prescription medication.¹¹

NSAIDs like ibuprofen and aspirin have serious long term side effects. The sooner you can get off them the better.

In chapter 20 of my book, I recommend a modified Mediterranean diet that is not much different from what you are eating now but with superior health advantages.

Recap:

Take a multi-nutrient with vitamin E, arginine, zinc, selenium, vitamin C, magnesium, along with DHA, EPA and GLA. Reduce carbs and start a Mediterranean diet as well as some kind of exercise program. In my book *Your Heart May Be a Ticking Time Bomb*, I show you a simple 10 minute, three times a week exercise program that improves the reserve capacity of the heart muscle for greatest benefit.

Look, doing these natural things is so much more effective than tradition pharmaceutical drugs it's not even funny.

Medical doctors like Dr. Houston of Vanderbilt University are having great results with as much as 52% reduction heart disease when these guidelines are followed.

I recommend HeartLifePlus multi-nutrient as the best nutrient for purity and synergism of over 40 on the market I have tested. And the cost is very reasonable.

Understanding the pathways give us clues to stop the destruction of tissues and organs in the body.

In the end of one pathway you get inflammatory byproducts that cause pain and platelet stickiness. On the other you get byproducts that cause lung inflammation. Both of these end products prostaglandins/inflammatory messengers in the one pathway and leukotrienes in the other are harmful.

Too much of the omega 6 fatty acid Arachidonic acid is just killing us. Some is good. We do need to be able to prevent infections and virus attack but too much causes a great deal of damages leading to heart disease, arthritis and asthma.

I was looking at the General Nutrition Center website for the best selling products. The number three selling product was fish oil but it only had two to the four absolutely essential nutrients for maximum benefit. Either their research team doesn't know what they are doing or they won't make enough money off the correct formula.

¹¹ Maroon, JC Bost, JW. Omega-3 fatty acids (fish oil) as an anti-inflammatory alternative to nonsteroidal anti-inflammatory drugs for discogenic pain. *New England Journal of Medicine* 2006; 65:326-331.

Don't play games with your health. Stopping the disease process is critical when heart disease, the number one killer, is at stake.

The proper ratio of omega 3 to omega 6 is 4:1 (ideal is 1:1) not the 17:1 consumed in the average American diet.

Since, both omega 3 and omega 6 are essential meaning the body can't produce it, so you must eat it.

The problem as I mention in my book "YOUR HEART MAY BE A TICKING TIME BOMB" in chapter 20 is not that we eat omega 6 fatty acids it's just that we eat too much and throw a wrench into the bodies biochemistry with dire consequences.

Now we get a whole lot of omega-6 from meats, dairy, eggs and seed oils in our diet. The solution is to increase the good omega 3 fats like DHA and EPA. DHA is decosahexaenoic acid and EPA is eicosapentaenoic acid. According to current research, these are the two most important and beneficial **omega-3 fatty acids**.

A good apple in a bad batch.

There is beneficial omega 6 fatty acid GLA (gammalenolenic acid). I know I badmouthed omega 6's but GLA is good for the body. The only problem is that it is converted into AA our old nemesis in the liver. You stop this by taking it with EPA which stops this conversion. **So GLA is good but not without the EPA.**

Many years ago nutrition companies touted GLA from borage oil, evening primrose oil and black current seed as a cure all for women with PMS. The idea was that if you give GLA from these oils it would reduce inflammation and restore hormonal balance and thus reduce the symptoms of PMS. Once in a while it worked but on most of my patients it didn't.

Now we know why. One, we weren't giving enough as you need to take a 1 gram capsule to get 200 milligrams of GLA. The effective dose is 600 milligrams so you would have to take 3 grams or 3000 mgs of Borage, Primrose, or black currant seed oil to be effective. We were lucky we didn't give that much as we now know that GLA is converted in the liver to our old nemesis AA. So giving that high of a dose would cause more damage than good. It was also the reason it rarely worked.

The good news is that if you give EPA along with the GLA the EPA prevents the liver from changing GLA to AA. Dodged the bullet on that one.

The moral of the story is don't take GLA alone. The best research shows that you should take EPA to DHA in a 3:2 ratio and then add 50% GLA to that total.

If you have a supplement with 1000 mgs capsule it should have 300 mg of EPA, 200 mg of DHA and 500 mg of GLA. You need to take at least 3000 mgs a day for maximum effect.

Not using HeartLifePlus yet? Get a free bottle of the ultimate heart protection formula at www.freehlp.com

Another thing that scientists have found is that people who take fish oil have a 38% reduction in serum vitamin E levels. I don't know why that is but you must add vitamin E to the fish oil for maximum effect. Most all fish oil supplements leave out critical vitamin E from their formulas. I take fish oil and add HeartLifePlus plus that has vitamin E and 32 other essential nutrients for maximum heart and artery health.

Even when you eat the good omega 3 from plant sources like dark greens, soybeans, and flax seed you still need vit. C, pyridoxine B-6, zinc, magnesium and iron to convert them to EPA and DHA. Another excellent reason to take a complete multi.

If you can't find this formulation then just take purified fish oil with EPA and DHA. Remember you have to take at least 3000 mgs for best results. Many people don't take enough.

Now don't forget the miracle effects of olive oil. You could take a shot glass and chug it every day that would give you about 4000 mgs but it is much better to make a salad dressing or just put it on the plate with a little balsamic vinegar and dip your bread in it the way Europeans do.

IF you take the right combination of oils and supplements you will stop the inflammatory process and greatly improve your health. I wouldn't be surprised if the establishment tries to discredit fish oils as more people wise up and stop taking aspirin and ibuprofen.

Aspirin warning:

Look, there are over 1 million hospitalizations due to aspirin consumption each year. Over 40,000 go to ICU with bleeding ulcers. The original study in the eighties showed this but is was poo-pooed by the establishment, attacking the research and saying the study was flawed. But they never did another study. It is better to bad mouth the study then to do another one that proves the point.

Well, a group of researchers did and while going over the data to find out why there are 120,000 deaths and over two million hospitalizations due to adverse drug reactions. They were flabbergasted to find that aspirin the wonder drug was at the heart of 1.1 million adverse reactions causing hospitalizations. As you can see I am not a fan of aspirin consumption when natural is far better and poses no threat of dying in an ICU.

Vitamin E beats the tar out of aspirin for heart disease prevention and magnesium is another powerhouse for prevention. Make sure these are in your multi. You will never hear that on the news.

But you are wising up.

You just need a little coaching and that's what I am here for. Don't kid yourself doctors are just as worried about their health as you are.

Not using HeartLifePlus yet? Get a free bottle of the ultimate heart protection formula at www.freehlp.com

Don't eat farmed fish, especially Salmon: Farmed fish especially salmon is loaded with AA so it's better to take a supplement than eat this toxic fish. Not to mention fish are contaminated with mercury and other toxic compounds.

Look, they grind up unusable fish parts and feed it to the salmon in large ocean pens. This just concentrates the amount of toxins and Arachidonic Acid you're eating. Stay far away from farmed fish.

Question? What's the best thing to eat. Turkey, fish, chicken, beef, pork.

Most people would say the fish, turkey, chicken, pork then beef based on faulty information.

Now fresh, untainted, wild salmon, halibut or cod are probably your best fish as no one like sardines or mackerel. Heck, I almost have to bribe my wife and kids to eat fish of any kind. Now if you can afford the 15 to 20 dollar a pound for fresh wild fish go ahead but most all the fish in your store is farmed raised and is pumped full of LA. The acid that is converted to deadly AA. Stay away from farmed fish. It's just poison.

STEAK LOVERS UNITE:

What animal protein is the best for you? You'll be shocked and pleasantly surprised. Lean meat: that's steak my friend, like a filet mignon, NY or top sirloin. Oh yeah, some good news.

Meat has the least amount of Arachidonic Acid (AA) in a lean cut. So it is better for you than chicken or turkey. Here's a breakdown of amounts of AA from lean cuts of the following proteins.

Meat++
Lamb ++
Chicken+++
Turkey++++
Pork++
Fatty cuts are even worse but meat still comes out on top.
Meat=
Lamb =
Chicken====
Turkey=====

Now that was some good news. Don't worry you can get more of the good oils by taking a supplement to lower your inflammation and stop the disease process.

I want to do the most effective thing that is the easiest because I am essentially lazy. I have done all the work for you so you can enjoy the benefits and enjoy life. Stop eating old dried up chicken breast and eating turkey burgers.

It might sound good but you're really poisoning yourself in the name of being healthy. People always think their doing themselves a favor when they prepare turkey or order the chicken because meat has such a bad rap and most people feel guilty when they eat pork as well they should. Now you know that's baloney.

Again you need to take the following:

DHA-decosahexaenoic acid, EPA-eicosapentaenoic acid, GLA-gamma lenolenic acid and a high quality multivitamin. High doses of vitamins are needed for an anti inflammatory effect and to help EPA from preventing GLA being converting to toxic AA in the liver. The EPA stops this conversion. You need vitamin C, B-6, magnesium and zinc and of course vitamin E.

I take a fish oil without GLA (primrose, borage and flax seed oil) because I have largely eliminated omega 6 Fatty acids from my diet. I buy a smaller bottle of fish oil so I can consume it before it goes rancid. If the fish oils smell bad it probably is. You don't want to eat oxidized fish oil that would defeat the purpose.

I get vitamin E and all the other essential nutrients for heart, artery, and blood pressure health from three tablets of the HeartLifePlus daily.

Remember to buy fish oil that is certified pure without the toxins like mercury and dioxin. If you find a supplement with the correct ratios of EPA, DHA, GLA and vitamin E, buy it. Make sure you take a proper multi with it. Most importantly limit your intake of AA foods and corn, safflower, sunflower oils and increase your use of olive oil.

For heaven's sake limit you refined carbohydrate like bread and starchy foods. You'll be glad you did. You'll sleep better at night; you will enjoy life more and experience less pain. In my book I go over the exercise and diet that get the best results. I go into detail of the reason to take each nutrient and the research to back it up. Since I have worked with over 10,000 patients in over 30 years of practice I know what works to change lab results and restore health.

Yours in health.

Dr. Dan