

NUTRI-SPEC



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THE NUTRI-SPEC LETTER

Volume 16 Number 11

From:
Guy R. Schenker, D.C.
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Dear Doctor,

**DID YOU EVER TRY TO BE
JUST A BIT TOO CLEVER?**

**DID YOU EVER TRY TO PLAY
BOTH SIDES OF THE FENCE?**

**DID YOU EVER REALLY THINK
YOU COULD HAVE YOUR CAKE
AND EAT IT TOO?**

We can play such games and, for a while, convince ourselves we are winning; but in the long run such perverse contriving always ends badly. So it has gone with me and my many schemes to dance around the truth regarding ...

OMEGA 3 FATTY ACIDS.

Simply stated ...

OMEGA 3 FATTY ACIDS ARE DEATH.

Despite aggressive health food industry hype about their miraculous curative properties, ALA, EPA, and DHA are merely polyunsaturated fatty acids (PUFAs), causing oxidative free radical damage and premature aging just as surely as their deadly omega 6 cousins.

We should preface our discussion of ...

THE KILLER OILS ...

with a brief look at their composition, and, the propaganda machine that made these metabolic poisons so popular. Then, we will show you how omega 3 fatty acids are, despite the health food industry hype, every bit as damaging as the omega 6 fatty acids in that they cause:

- lipid peroxidative damage
- immuno-suppressive damage
- anti-mitochondrial effects
- depressed aerobic energy production
- lipofuscin age pigment production
- brain damage
- liver damage
- skin damage
- thymus damage
- spleen degeneration
- heart damage
- atherosclerosis
- decreased exercise performance due to decreased glucose utilization
- diabetes
- degeneration of the retina
- stroke
- RBC destruction
- allergies in children
- metastatic cancer

“Wait!” you object, “I have read countless articles in the last few years showing that omega 3 fatty acids protect against all those pathologies you claim they cause!” I realize how thoroughly effective the propaganda in favor of omega 3 fatty acids (just as for the omega 6 fatty acids before them) has been. That is precisely why this Letter is so important to you. You and your patients have been so effectively brain washed regarding omega 3 fatty acids that you will need at least two issues of your NUTRI-SPEC Letter, offering dozens of references from the scientific literature, to help you see the truth.

Just what do these deadly PUFAs look like? A fatty acid is nothing more than a chain of carbon atoms with a carboxylic acid group attached to one end of the chain. Three of these fatty acid molecules bonded to a glycerol molecule form a triglyceride, the most common form in which fats are found in our foods and in our bodies. When there are single bonds between all the carbons in the fatty acid chain, the fatty acid is considered “saturated”, which means that the carbons have the

maximum number of bonding sites available to hold hydrogen; thus, the fatty acid is saturated with hydrogens. If a carbon in the fatty acid chain forms a double bond with an adjacent carbon, it must surrender a hydrogen to do so. Thus, that fatty acid with a double bond is termed “unsaturated”. A fatty acid with more than one double bond along the length of the carbon chain is called “polyunsaturated”. Normal fat in the healthy human body is reported to be approximately 90% saturated and monounsaturated fat, while only about 10% is polyunsaturated. (Since these figures were taken from human beings living on a modern diet high in PUFAs, I suspect that a truly healthy human being on a natural diet would show very close to zero PUFAs in his fat make-up.)

An omega 6 fatty acid is one with its first double bond on the 6th carbon from the omega end of the chain (the end opposite the carboxylic acid). The most common omega 6 fatty acids are linoleic acid and gamma linolenic acid, primarily derived from seed oils --- soy oil, corn oil, rapeseed (canola) oil, peanut oil, cottonseed oil, sunflower oil, safflower oil, sesame oil, etc. These have been dubbed by Agri-business as “the essential fatty acids (EFAs).” How “essential” are these PUFAs contained in vegetable oils? They are not essential in the least, and in fact, are probably the leading cause of death in North America. They are probably even more significant than sugar as a causative factor in cardiovascular disease and cancer, not to mention arthritis, migraine headaches, premenstrual syndrome, obesity, etc., etc. Then, who says they are “essential”? Guess who? --- The research funded by Agri-business.

You see, back in the 1950’s Agri-business began to wonder what it could do to generate cash from the millions of acres it planted in soy beans every year. Soy beans were an essential rotation crop because the cash crop corn so totally depletes the soil. The vast acreage necessarily planted in soy beans every year produced little except livestock feed. So, Agri-business came up with the idea of promoting soy oil as a way to generate cash from soy beans. The competition with soy oil in the concentrated fat market was from butter and from palm and coconut oil. That competition was seemingly unbeatable. Every cracker, every loaf of bread, every bit of prepared food that required cooking fat, was made from palm or coconut oil. (I can remember eating Ritz crackers as a kid, whose ingredients were flour, baking soda, salt, and palm oil.) Palm and coconut oil were flavorful, and extraordinarily inexpensive. Meanwhile, butter also seemed unbeatable. Who, after all, was going to give up the taste of natural butter for cheap imitation margarine?

Then, Agri-business came up with a brilliant strategy. They financed the research “proving” that saturated fat causes cardiovascular disease. After funding this bogus research, they then spent a fortune promoting

the results of this research to the public, quite effectively convincing us that not only were saturated fats killing us, but that the fatty acids in soy oil were “essential” to protect us and to maintain health. Now, in the public’s eye, margarine was not only cheaper than butter but “good for you”, while eating butter was dangerous. Soy oil still, however, could not beat palm oil on price, so a more aggressive strategy was needed. Agri-business spent another zillion dollars pressuring the government to pass laws to “protect” our citizens from dangerous imported saturated fats such as palm and coconut oil. Lining the pockets of bureaucrats is a proven strategy for getting what you want, and it worked in this case -- - import restrictions were placed on coconut and palm oil, and Ritz crackers were now and to this day made from PUFA oil.

The seed oil industry got two other unexpected boosts to its popularity, one small and one large. A nice little booster came from the health food industry, always prepared to hop on any pseudo-scientific band wagon it can ride to profits. The health food industry, beginning in the 1960’s, began to aggressively promote safflower oil and other vegetable oils because they contained even more essential fatty acids than common soy oil. The bigger boost to seed oil sales, however, came from the rapidly developing fast food industry. In the mid 1950’s, just as Agri-business was beginning its big push for market share, we also saw the birth of McDonalds and all its successors. Nothing makes fast food faster than deep frying in a vat of soy oil, or slopping soy oil on the grill. Burgers and fries replaced roast beef and mashed potatoes as staples in the American diet. Agri-business is fat and happy; Americans are fat and dying.

There are three mechanisms by which these PUFA oils promote deadly pathological processes; two are inherent in the omega 6 fatty acids themselves, and one derives from the way they are processed by the food industry. First, consider that the nature of the double bonds makes them very subject to peroxidation. There is no way we can consume enough tocopherols and other antioxidants to protect us from the oxidative free radical damage caused by the PUFAs in the diets of even those who eschew fries and chips. With even occasional participation in the fast food frenzy, or even spicing up your salad with dressing, you are begging for migraines, menstrual cramps, arthritis, and eventually cardiovascular disease or cancer.

The second means by which the so-called “essential” PUFA fats will make you miserable is by direct conversion into pro-inflammatory prostaglandins, leukotrienes, and thromboxanes. Allergies? Asthma? Migraines? Arthritis? Auto-immune diseases such as Hashimoto’s thyroiditis, lupus, and rheumatoid arthritis? All these can be yours, but only if you ingest the oils that are essential to create these pathologies.

Now, consider a third mechanism by which these omega 6 fatty acids cause catabolic oxidative tissue damage and accelerate the aging process; expose them to extremely high temperatures, and watch the damage compound exponentially. What happens to PUFAs, in soy oil as it sizzles on the grill? As it simmers in a deep vat where potatoes, onions, and chickens are instantaneously scalded? As it is hydrogenated into wonderfully white Crisco for Betty Crocker's baking needs? It is transformed from dangerous to demonic.

The heat of standard processing makes vegetable oils more noxious in two ways. The first is by cis-trans isomerism, by which the original cis-isomer of the fatty acid is converted into the trans-isomer, an entirely contrived fatty acid that is completely unrecognizable by the human body. These trans fatty acids are far more pathological even than the original PUFAs. But the bad news does not stop there; the heat of processing causes the double bonds in the PUFAs to migrate along the carbon chain, creating bizarre unnatural fatty acids that are entirely pathological in their effects. It is tragic but true --- most Americans begin dying the day they are weaned. Do you see why avoidance of vegetable oils is a key component of your NUTRI-SPEC Fundamental Diet? Americans have been subjected to a mass poisoning for 50 years now, the results of which you see in your practice every day.

What you have just read paints a dark picture of Americans' nutrition status. Yet, we have not even begun the topic of this month's Letter --- omega 3 killer PUFAs. Omega 3 fatty acids are made up of carbon chains with the first of several double bonds found on the third carbon from the omega end. The three PUFAs now highly promoted by the health food industry are ALA, EPA, and DHA. ALA is found in flax and a few other seeds (though these seeds actually contain omega 6 fatty acids in higher quantities than omega 3 fatty acids). EPA and DHA are predominantly found in fish oils.

What is so special about these omega 3 fatty acids? Absolutely nothing --- they are in many ways even more pathological than the omega 6 fatty acids (as will be explained below). The only perceived benefits that derive from omega 3 fatty acids, are because they do block the conversion of omega 6 fatty acids into damaging prostaglandins, leukotrienes, and thromboxanes. Think about that for a moment. In a culture that is totally overwhelmed by pathological omega 6 fatty acids, suffering horrendous pathology as a result, what will be the effects of administering to these people a substance (--- any substance, no matter how otherwise damaging it may be) that blocks the formation of omega 6-related pathologies?

Do you see my point? The immediate effects of prostaglandins, leukotrienes, and thromboxanes can be reversed by administering ALA, EPA, or DHA. So now you can pursue the scientific literature and find countless studies showing how omega 3 fatty acids are “good for” a wide variety of pathologies. The strength of the propaganda machine behind omega 3 fatty acids is beginning to rival that of the “essential fatty acids” machine of old. The research results are so convincing, that even I have been enticed into using omega 3 fatty acids clinically. I can only apologize to my patients and to you for my gullibility and my ignorance.

My interest in clinical use of omega 3 fatty acids goes back more than 25 years --- long, long before ALA, EPA, and DHA became the health food industry flavor of the month. Understanding all that you read above regarding the pathological affects of omega 6 fatty acids, I was intrigued by the possibility of having a means to inhibit production of damaging pro-inflammatory prostaglandins from PUFA oils. In the early to mid 1980's I began to give fish oil supplements to all my patients with symptoms clearly associated with prostaglandin imbalance (--- migraines, menstrual cramps, allergies and asthma, etc.), except those who were clearly dysaerobic. The reason for avoiding them in the care of dysaerobic patients, was because, as free fatty acids, they would have a potent anti-anaerobic metabolic effect. They were certain to exacerbate dysaerobic metabolic imbalances and symptoms associated with dysaerobic imbalances (--- even migraines, menstrual cramps, allergies and asthma, if those were associated with dysaerobic tissue alkalinity).

Now you can see the second reason why I was attracted to fish oil supplements --- their potential benefit for my anaerobic patients. Having studied Rivici's work in great detail, I was aware that the PUFAs derived from fish oil had a very nice anti-anaerobic affect, but, that the metabolic response to those fatty acids was short lived. Rivici had shown that patients adapt very quickly to fatty acids that can perform a caloric role; thus, the anti-anaerobic effect of such fatty acids fades very quickly. To take advantage of what I thought would be the beneficial effects of EPA and DHA on my anaerobic patients, yet side step the fading response to those fatty acids, I came up with a strategy; I recommended to my anaerobic patients that they take a large dose of fish oil twice daily on 2 consecutive days, then take none at all for 5 days. I really thought I was quite clever.

We will follow through with the astonishing case against omega 3 PUFA supplementation next month. Meanwhile, X the flax oil and fish oils!!

Sincerely,
Guy R. Schenker, D.C.