
CASE STUDY — David MacPhail, age 62 (02/14/07)

Results of High Omega-3/Fish Oil Supplements

vs.

Scientifically Correct Parent Omega-6/3 Ratio

When I contacted you prior to converting to your recommended ratio of Omega-6 to Omega-3, you said I would be amazed by the results of the scientifically correct parent omega-6/3 ratio. **I am more than amazed.**

I have been taking the suggested oil mixture (1 teaspoon per day or four 725 mg. capsules) for about two weeks. The results to date have **far exceeded my expectations**. A few areas of marked improvement are:

Weight Loss

Since starting on your program **I have lost 6.5 lbs and 1.5 inches** at my waist.

Cravings

For most of my life I was a “carboholic,” craving sweets and other carbohydrates. I could, and often did, eat large amounts of pasta and bread. This is one of the big factors that brought on type II diabetes (it is also abundantly clear now that I suffered from long-term chronic EFA deficiency, which is common to most, if not all, diabetics). Since starting on the EFA mix, my **carbohydrate cravings have mostly disappeared**. And my **appetite has greatly decreased**.

Bruising and Cuts

I noticed that my gums started to bleed profusely a few months after I began taking fish oils. Also, minor cuts did not easily clot.

Surprising to me, after taking the correct EFA mixture for only two weeks, my gums do not bleed at all — not one drop of blood. In fact, I have noticed that I am **much more resistant to bruising** and minor cuts. I am amazed, just as you said I would be. Note that *The Hidden Story of Cancer* explained precisely why this result would be expected to happen and *does* happen.

Skin

I have had skin problems most of my life. These became chronic after I was exposed to photo finishing chemicals between 1965 and 1973. During that period I developed weeping eczema on my face and neck. Later I developed chronic psoriasis on my scalp, with the characteristic itching and scaling of the skin. Also, since a teenager I have suffered from chronic dry skin and often heavy flaking in the area of my eyebrows.

Starting in approximately 1975 I have suffered from chronic red blotchy inflammation and irritation of the skin on my face. This was frequently accompanied by small open sores as well as oozing sores on my scalp. Interestingly, high omega-3 oils like flax and fish oils seemed to exacerbate my skin conditions. When taking these oils, I would develop on an intermittent basis a severe inflammation accompanied by a psoriasis-like scaling of the skin around the base of my nose. Specifically, when I started taking **fish oils, the inflammation and blotchiness of my face was exacerbated and the skin burned and stung almost constantly.**

Amazingly, after taking the correct EFA mixture for only two weeks, my face has almost completely cleared up. The skin now feels like velvet. The constant burning sensation has been replaced by a soothing, cool feeling. When I have a bath, the skin on the back of my hands takes on a pink translucent appearance, like the skin of a new born baby. At times you can now see all the blood vessels through the skin – pink and vibrant.

Also of interest is the change in the tension of the skin in my eyelids. For some years now, the flesh of my eyelids has been somewhat inflexible so that the lids did not open and close properly. Because of this, I was constantly pushing the flesh of my brow back to stretch the eyelids. This problem has disappeared in the past few days.

Hearing

I awakened about 5:00 AM today to an unfamiliar silence. I have had tinnitus (ringing of the ear), sometimes severe, for more than 15 years. When I got up **it was gone and has not returned.** I am overjoyed.

Pulse

Also of significance is the softening of my pulse over the past few days. For the past four or five years my pulse has felt so strong that I would often feel the flow of blood pulsing in my neck. When lying in bed at night, I could often hear my heart beating. This greatly concerned me. My pulse is now so soft it is hard to detect in the carotid artery.

Exercise

When I was taking fish oil supplements I was getting lactic acid accumulation, causing the familiar “burning” from what I would categorize as minor physical activity. Something as simple as bending over for a prolonged period left my back and thighs aching for hours, sometimes days. Now that I have greatly reduced my carbohydrate consumption and added your suggested EFA supplementation with the scientifically correct parent n-6 to n-3 ratio, **I am cycling 40-50 miles most days with good energy, minimal hunger and no lactic acid build-up. My legs may get fatigued, but they do not ache.**

Energy

I was “continually dragging” when I was on fish oils. I was constantly tired and fatigued no matter how long I slept. Wonderfully, after taking the EFA mix for only two weeks, my energy is “off the scale.” Instead of going to bed at 9:30 or 10:00 PM, I am often wide awake at 12:00 AM or later. Of late I am waking completely alert and rested at 5:00 AM or 5:30 AM.

Mental Clarity

On fish oils I often felt sluggish and it was an effort to concentrate. After taking the EFA mixture for only two weeks, my ability to focus for extended periods is fantastic.

Blood Speed

I recently cut myself. I was surprised to see how quickly the blood gushed from the wound and ran down my arm. It was as thin as water and ran just as fast. However, after only a few seconds of pressure applied to the wound the flow of blood quickly stopped.

In Conclusion

With fish oils gaining momentum as the “salvation of mankind,” I imagine you will run into one heck of a fight on all flanks (if you are not already in one). At the end of the day most people are entrenched in a position within their field for one reason—money. So it will be really interesting to see who is really in the health field for humanitarian reasons.

Dr. Warburg could not have made the primary cause of cancer more obvious if he kicked in people’s front teeth. Yet the only response he got was a collective “DUHHH.....we don’t get it” from the medical community. I hope you have better luck.

Your book is a disturbing indictment of the inability, or perhaps more to the point, a conscious and premeditated unwillingness on the part of the scientific and professional community to pursue scientific fact. To paraphrase another philosopher, Thoreau:

“For every scientist and medical professional hacking at the roots of cancer, there are tens of thousands hacking at the branches or even studying the leaves of the tree.”

You have the cancer issue “by the throat” while others are clueless. Thank you for this superb development. I can see why Dr. Vonk said of your work:

“Impeccable research and novel insights of sheer genius. Brian’s accomplishment is singular-no groups, no public money, only elegant science showing how proper use of EFAs is the missing link for practical application of Otto Warburg’s discovery. This knowledge is priceless for your future health.”

Brian N. Vonk, MD
Board certified: Internist, Cardiologist,
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