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# WDDTY

WHAT DOCTORS DON'T TELL YOU

A review of conventional medicine and safer alternatives

## Cancer

The sugar theory

**Bone health**  
Beyond calcium

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Deadly dry cleaning

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## Fatty cancer fighters

Nutritionist Brian Peskin claims that cancer can be prevented by a specific combination of essential fatty acids (EFAs). His interest in these fats was stimulated by a laboratory mouse study, which reported that two omega-3 derivatives (EPA and DHA) helped to protect individual cells against the cancer-causing effects of radiation (*Cancer Res*, 1992; 52: 154-62). The researchers, biochemists at Brandeis University in Massachusetts, couldn't explain the effects, but Peskin now thinks he can—via the Warburg effect. "EFAs really do attract oxygen like magnets or sponges," he says, citing evidence from sports medicine showing that EFA supplements reduce lactic-acid buildup in muscles by increasing oxygenation.

In fact, the whole idea that EFAs have a role in cancer is not a new one, as most medical experts believe that many diseases, including cancer, may be due to an imbalance between omega-3 and omega-6 in our modern diet, and that increasing omega-3 fats may be protective (*Biomed Pharmacother*, 2006; 60: 502-7).

However, the evidence is not clear-cut. One international review failed to find any advantage of a relatively high omega-3 diet in cancer prevention (*JAMA*, 2006; 295: 403-15). But while the experts may be divided, Peskin believes he has the answer. In his view, it is the unprocessed (or 'parent') EFAs that are truly beneficial against cancer, a fact he claims is usually ignored in clinical studies, thus confounding the data.

Peskin has patented a cancer 'treatment' that combines EFAs at a ratio of "most preferably about 2.6:1" of parent omega-6 to parent omega-3 oils. He has tested his formula on mice, and found that it reduces tumour growth by up to 40 per cent (Peskin BS, Habib A. *The Hidden Story of Cancer*. Houston, TX: Pinnacle Press, 2006).