



Revolutionary: American Heart Association Recognizes Importance of Parent Omega 6 Essential Oils!

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For decades the American Heart Association (AHA) has been naively feeding the general public with the biochemically-incorrect misinformation provided so conveniently by the pharmaceutical industry, that ALL fats, and cholesterol are harmful to our health and lead to increased incidences of heart disease, and numerous other illnesses. Thanks to the power of the pharmacy and their lobbyists, this information has become so completely ingrained in our lifestyles and education, that we fail to see the reality of the situation!

In spite of religiously following the advice given to us by our governments and the health community we are continuing to become increasingly and dramatically unhealthy as seen so obviously in the skyrocketing disease rates of illnesses directly related to the recommendations made to us by authorities like the AHA: obesity, heart disease, and cancers! It is exciting to see that an organization as critically important as the AHA is finally starting to see the light with respect to the absolute positive VALUE of essential fatty acids in our diet!

Newsflash 2009: American Heart Association Champions Omega-6 PUFAs to Counter Popular Nutrition Advice. There is important groundbreaking information that all cardiologists need to know[1]:

A great deal of discussion in the world of nutrition has given omega-6 fatty acids a bad reputation, which, according to the American Heart Association is unfounded. The debate originally came about because one of the components of omega-6 fatty acids, called arachidonic acid, is a "building block" for some inflammation-related molecules. This had led to concern that omega-6 consumption would lead to a greater risk of heart disease.

- “_That reflects a rather *naive understanding of the biochemistry*,’ says William S. Harris, Director of the Metabolism and Nutrition Research Center of the University of South Dakota Sanford School of Medicine and the nutritionist who led the science advisory committee that issued the report in *Circulation*. ‘**Omega-6** fatty acids give rise to both pro-inflammatory compounds **and anti-inflammatory compounds**. To say that they are bad because they produce pro-inflammatory compounds ignores the fact that they give rise to anti-inflammatory compounds as well,’ he explains. (*note: this is analogous the misunderstanding of cholesterol where the medical community has tried to make us believe that there are "good" and "bad" cholesterol; they are neither good nor bad, but both HDL and LDL cholesterol provide an essential building block function in the body*)
- “‘There has been a lot of talk about this concern,’ says Dr. Robert H. Eckel, a professor of medicine at the University of Colorado and a **past president of the American Heart Association**. ‘I’m glad that the **American Heart Association went ahead and looked into the evidence**

of such a harmful effect, and it just isn't there. This will comfort everyone who likes vegetable oil as part of a healthy diet.'

- “According to Dr. Dariush Mozaffarian (Harvard University, Boston, MA) one of the advisory writing group members, the AHA (American Heart Association) has zeroed in on omega-6s to **counter nutritional advice from other sources that has deemphasized the role for plant-based PUFAs.**

- “[O]mega-6 PUFAs also have powerful **anti-inflammatory properties** that **counteract any proinflammatory activity,**’ say the advisory authors. **‘It’s incorrect to view the omega-6 fatty acids as “proinflammatory.” Eating less linoleic acid will not lower tissue levels of arachidonic acid** because the **body tightly regulates the synthesis** of [arachidonic acid] from [linoleic acid]....’ states lead author for the writing group, Dr. William S Harris.”

Dr. Harris continues:

- “[W]e’re telling people **not to stop eating their omega-6.**’

- “Advice to reduce omega-6 PUFA intakes is typically framed as a call to lower the ratio of dietary omega-6 to omega-3 PUFAs. Although **increasing omega-3 PUFA tissue levels does reduce the risk for CHD, it does not follow that decreasing omega-6 levels will do the same. Indeed, the evidence considered here suggests that it would have the opposite effect.** Higher omega-6 PUFA intakes can inhibit the conversion of alpha-linolenic acid to eicosapentaenoic acid, but **such conversion is already quite low,** and whether additional small changes would have net effects on CHD risk after the other benefits of LA consumption are taken into account is not clear.

- **“To reduce omega-6 PUFA intakes from their current levels would be more likely to increase than to decrease risk for CHD.”** [Emphasis added.]

Life-Systems Engineering Science Commentary: The first quote above, “reflects a rather *naive understanding of the biochemistry*” says it all. In the past we have shown you that omega-6 is the substrate for PGE₁, the body’s most potent anti-inflammatory. Unfortunately, today’s physicians, nutritionists, and athletic trainers simply and naively “parrot” what they read. Yet, nowhere to be found in any of these articles is there a discussion about the adulterated, nonfunctional, non-oxygenating, destroyed omega-6 PEOs caused by food processing requirements, which stop oxygen transfer. That is the **FUNDAMENTAL** issue that was completely overlooked. Regardless, this is an amazing, long overdue revelation for the American Heart Association. For the cardiologists of the American Heart Association, this new line of reasoning is truly revolutionary.

There is more insight this article offers to health professionals. Although many physicians mistakenly think that parent-to-derivative conversions are very high, these researchers understand that the parent- to-derivative omega-3 conversions are **ALWAYS** very low (likewise with the omega-6 series conversions, too). As you have already discovered, the conversion rate is a

mere 1% - 5% with at least 95% of the parent PEOs of both omega-3 and omega-6 series STAYING in PARENT form.

[1] The above newsflash was based on the following 3 articles: Heartwire 2009, © 2009 Medscape, January 28, 2009 (Dallas, Texas), based on *Journal of the American Heart Association*, Ref.: **AHA Science Advisory**, Harris WS, Mozaffarian D, et al., "Omega-6 fatty acids and risk for cardiovascular disease," downloaded from circ.ahajournals.org on January 29, 2009, to be published in *Circulation*, February 17, 2009, pages 1-6, and American Academy of Anti-Aging Medicine referenced February 2, 2009 at http://www.worldhealth.net/news/concern_about_omega-6_fatty_acids_leadin.

If you have any questions or comments about this month's newsletter please e-mail the professor at: info@brianpeskin.com

This Month's Low-Carb Recipe: Cilantro Scallops & Vegetables

INGREDIENTS

1 cup chicken broth
1 teaspoon dark sesame oil
1 teaspoon chili oil (hot or mild to taste)
1 chopped green onion
1 tablespoon fresh, finely chopped ginger
1 cup chopped cilantro
2 medium zucchini, cut to 1/2 inch slices
2 medium yellow squash, cut to 1/2 inch slices
1 medium onion, cut to wedges (sweet or hot to taste)
8 large mushrooms
1 pound sea scallops
water-soaked wooden skewers

PREPARATION

1. Coat grill grid with coconut or peanut oil. Preheat grill to medium high heat.
2. Heat chili oil and sesame oil in a small saucepan on medium/low heat.
3. Add green onion then cook about 15 seconds or until fragrant.
4. Add ginger and cook for 1 minute.
5. Add chicken broth then bring mixture to a boil. Cook until liquid is reduced by about half.
6. Place mixture in a blender or processor with the cilantro, blend until smooth then set aside
7. Thread scallops and veggies onto wooden skewers. Grill for approximately 8 minutes per side until scallops turn opaque.
8. Serve with cilantro sauce and garnish as you like. Best served hot.

Serves 4
Enjoy!