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Vitamin D and Omega-3 Prevent Autoimmune Disease

Analysis by Dr. Joseph Mercola Fact Checked

February 19, 2022

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STORY AT-A-GLANCE

- A study published in BMJ found that supplementing with vitamin D and omega-3 fats could significantly lower your risk of developing an autoimmune disease, including rheumatoid arthritis, psoriasis, thyroid diseases and more, as you get older
- Participants took vitamin D3 (2,000 IU), omega-3 fats (1,000 milligrams) or a placebo daily and were followed for more than five years
- Vitamin D supplementation for five years, with or without omega-3 fats, reduced autoimmune disease by 22%
- Omega-3 fat supplementation with or without vitamin D reduced the autoimmune disease rate by 15%
- For those taking both vitamin D and omega-3 fats, the risk of autoimmune disease decreased by about 30%, and when participants took vitamin D for at least two years, their risk of autoimmune disease decreased even more — by 39%
- For optimal health, it's not enough to only increase omega-3s — you also need to cut down on omega-6s, particularly linoleic acid from "vegetable," or seed, oils

Autoimmune diseases, in which your immune system mistakenly attacks healthy cells, have been on the rise for about four decades and are now increasing at a rate of between 3% and 9% a year, globally.[1] As a leading cause of death among women, and the third leading cause of morbidity in industrialized countries,[2] researchers have speculated that environmental and dietary factors may be to blame.

"Human genetics hasn't altered over the past few decades," James Lee, a scientist with London's Francis Crick Institute, told The Guardian. "So something must be changing in the outside world in a way that is increasing our predisposition to autoimmune disease."[3]

Changes in levels of vitamin D and omega-3 could be among them, and a study published in The BMJ suggests that supplementing with these compounds could significantly lower your risk of developing an autoimmune disease, including rheumatoid arthritis, psoriasis, thyroid diseases and more, as you get older.[4]

Vitamin D and Omega-3 Lower Autoimmune Disease Risk

Researchers from Brigham and Women's Hospital, Harvard Medical School, used data from the vitamin D and omega-3 trial (VITAL), which involved 25,871 participants aged 50 (men) or 55

(women) and older, to investigate whether vitamin D and omega-3 fats from marine sources reduce the risk of autoimmune disease.

Participants took vitamin D3 (2,000 IU), omega-3 fats (1,000 milligrams) or a placebo daily and were followed for more than five years. They self-reported all autoimmune diseases that were diagnosed during the study period, and those taking vitamin D and/or omega-3s had a lower risk.

"Vitamin D supplementation for five years, with or without omega-3 fatty acids, reduced autoimmune disease by 22%, while omega-3 fatty acid supplementation with or without vitamin D reduced the autoimmune disease rate by 15% (not statistically significant)," the researchers wrote.[5]

For those taking both vitamin D and omega-3 fats, the risk of autoimmune disease decreased by about 30%.[6] Further, when participants took vitamin D for at least two years, their risk of autoimmune disease decreased even more — by 39%.[7]

Vitamin D's involvement in inflammation and both acquired and innate immune responses may explain why it appears to beneficial for preventing autoimmune diseases.[8] Vitamin D receptors are present in nearly all cells of the human immune system, including monocytes/macrophages, T cells, B cells, natural killer cells and dendritic cells.

Vitamin D has multiple actions on the immune system, including enhancing the production of antimicrobial peptides by immune cells, reducing damaging proinflammatory cytokines and promoting the expression of anti-inflammatory cytokines.[9] Likewise, the omega-3 fats eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) inhibit the production of C-reactive protein and inflammatory cytokines, and are known to help resolve inflammation.[10]

Study author Dr. Karen Costenbader, lupus program director at Brigham and Women's Hospital, explained that the findings are so powerful, she can now answer one of her patients' most common questions — "Which vitamins or supplements do you recommend?" She said:[11]

> *"This was a question that my colleagues and I set out to answer in the Autoimmune Disease Prevention ancillary study in the VITAL trial.*
>
> *Now, when my patients, colleagues, or friends ask me, I can point to our research findings, which suggest that for women age 55 years and older, and men 50 years and older, marine omega-3 fatty acids (fish oil) 1000 mg a day, and vitamin D 2000 IU a day — the doses used in VITAL — lead to a 22% reduction in all autoimmune diseases with vitamin D, and a 15% reduction in the same with fish oil supplementation over 5.3 years of randomized follow-up.*
>
> *In the trial, these supplements were prescription grade and underwent rigorous quality testing. They were safe and well tolerated and no increase in adverse events was found."*

Low Omega-3 and Vitamin D Worsen COVID Outcomes

Ensuring you have optimal levels of omega-3 and vitamin D is a smart health move that will lower your risk of numerous diseases — not only autoimmune disorders. COVID-19 is among them. A study published in January 2021 evaluated 100 individuals' omega-3 index and compared that against their COVID-19 outcomes.[12]

The omega-3 Index is a measure of the amount of EPA and DHA in the membranes of your red blood cells (RBCs). Your index is expressed as a percent of your total RBC fatty acids. The omega-3 index has been validated as a stable, long-term marker of your omega-3 status, and it reflects your tissue levels of EPA and DHA.

An omega-3 index over 8%[13] is associated with the lowest risk of death from heart disease, while an index below 4% places you at the highest risk of heart disease-related mortality. However, it may also be predictive of COVID-19 outcomes.

After separating blood samples from the highest to lowest quartiles, they found there was only one death — a 66-year-old man who was admitted with a do-not-resuscitate order — in the group in which the omega-3 index measured 5.7% or greater. Within the other three quartiles, a total of 17% of the patients died.

When compared against older age, the researchers found the risk of death from COVID-19 in individuals who had lower levels of omega-3 fatty acids was at least as predictive as being 10 years older. Regarding vitamin D, in a meta-analysis of two data sets, a strong correlation was found between SARS-CoV-2 death rate and vitamin D level, such that mortality decreased significantly once vitamin D levels reached 30 ng/mL.[14]

Further, the researchers noted, "our analysis shows that the correlation for the combined datasets intersects the axis at approximately 50 ng/mL, which suggests that this vitamin D3 blood level may prevent any excess mortality."[15] Having a level below 20 ng/mL was associated with a 19.12 times higher risk of death, and a "majority of the COVID-19 cases with insufficient and deficient Vitamin D status died," they added.[16]

Important for Heart Health, Too

Omega-3s and vitamin D are two major players in a healthy heart, adding to the many reasons why you don't want to be deficient. I firmly believe an omega-3 index test is one of the most important annual health screens that everyone needs, and it's a more important predictor of your heart disease risk than your cholesterol levels.

In fact, research supported by the National Institutes of Health suggests that an omega-3 test is a good predictor of overall health and all-cause mortality.[17,18] The study measured the omega-3 index in 2,500 participants and found that those with the highest omega-3 index had lower risks of heart problems and lower total mortality. Cholesterol levels, however, were not similarly related.

"When baseline serum cholesterol levels were substituted for the Omega-3 Index in the same multi-variable models," lead author William Harris, Ph.D., said, "the former was not significantly associated with any of the tracked outcomes whereas the latter was related to four of the five outcomes assessed."[19]

Vitamin D also plays a role in heart disease, as it improves circulation and may be beneficial for high blood pressure. In addition, due to its effects on endothelial function, vitamin D may also help improve or prevent heart failure, heart attack, vasculopathy, stroke and diabetes.[20]

Why Cutting Down on Omega-6 Is so Important

Supplementing with omega-3 fats, or increasing your intake of omega-3-rich foods, is important, but it's not enough to reach optimal health. This is because most Americans are consuming so many omega-6 fats that it's throwing the important omega-6 to omega-3 ratio completely off balance.

Your omega-6 to omega-3 ratio should be about 1-to-1 or possibly up to 4-to-1, but simply increasing your omega-3 intake won't be enough to counteract the damage done by excessive omega-6s. You really need to minimize the omega-6 to prevent damage from taking place.

Industrially processed seed oils, often referred to as "vegetable oils," are at the root of the problem. Linoleic acid is the primary fatty acid found in these polyunsaturated fatty acids (PUFAs) and accounts for about 80% of the fatty acid composition of vegetable oils. Linoleic acid drives chronic diseases because, once it's oxidized as it is in most processed foods, it degenerates into oxidized linoleic acid metabolites (OXLAMs).

OXLAMs are cytotoxic, genotoxic, mutagenic, carcinogenic, atherogenic and thrombogenic,[21] so reducing them is key to protecting your health and reaping the full benefits that omega-3s have to offer.

Ideally, consider cutting linoleic acid (LA) down to 2 or 3 grams per day, which is close to what our ancestors used to get before all of these chronic health conditions, including obesity, diabetes, heart disease and cancer, became widespread. This means eliminating all of the following oils:

Soy
Corn
Canola
Safflower
Sunflower
Peanut

Other high-LA foods include chips fried in vegetable oil, commercial salad dressings and sauces, virtually all processed foods and any fried fast food, such as french fries. As an added bonus, cutting out fast foods and processed foods is also key for reducing autoimmune disorders. It's recently been suggested, for instance, that changes in our microbiomes caused by fast-food diets are triggering autoimmune diseases.[22]

The take-home message is this: In addition to increasing your omega-3s, you also need to decrease your omega-6 — particularly linoleic acid from seed oils.

How Much Vitamin D Do You Need?

It's possible to optimize your vitamin D levels via sensible sun exposure, and this is ideal, as it's becoming increasingly recognized that there are many benefits to sun exposure even aside from vitamin D. However, if this isn't an option for you due to your location or lifestyle, then daily vitamin D3 supplementation of up to 10,000 units may be needed to reach a vitamin D level of 40 to 60 ng/mL.

Data from GrassrootsHealth's D*Action studies suggest the optimal level for health and disease prevention is between 60 ng/mL and 80 ng/mL, while the cutoff for sufficiency appears to be around 40 ng/mL. In Europe, the measurements you're looking for are 150 to 200 nmol/L and 100 nmol/L respectively.

The only way to gauge whether you might need to supplement, and how much to take, however, is to get your level tested, ideally twice a year — in the early spring and early fall — when your level is at its low point and peak, respectively. If you go the supplement route, make sure that your vitamin D intake is balanced with other nutrients, including vitamin K2 (to avoid complications associated with excessive calcification in your arteries), calcium and magnesium.

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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There are several benefits of omega-3 FA and taking it as a supplement could be associated with the prevention of viral entry by changing the composition of fats in the bilipid membrane of cells. Omega-3 fatty acids, such as DHA and EPA, fulfill their function by being incorporated into the cell membrane and affecting the agglutination of toll-like receptors and thus prevent the signals that activate NF-κB and help improve complications of COVID-19 by producing fewer proinflammatory mediators. DHA and EPA are precursors to particles called resolvins D and E, which reduce proinflammatory mediators, thereby reducing the recruitment of pulmonary neutrophils, increasing apoptosis by macrophages, and subsequently decreasing bronchoalveolar IL-6 production and, as As a result, lung inflammation decreases.

Omega-3 FA plays a role in increasing the phagocytic capacity of macrophages due to changes in the composition of the bilipid layer of the cell membrane. Omega-3 fatty acids also play a role in the mediation of inflammatory processes and the immunomodulation of the innate and acquired immune systems. Due to its anti-inflammatory, immunomodulatory and various other beneficial properties, omega-3 fatty acid is a natural, inexpensive supplement and could play a role as a healthier supplement option for health in particular and for Covid-19 disease.

19. Higher intake of marine n-3 PUFAs was associated with a lower risk of CVD mortality (RR = 0.87;). Dose-response analysis suggested that CVD mortality risk was reduced by 4% with an increase of 20 g of fish intake (RR = 0.96) or 80 milligrams of marine n-3 PUFA intake (RR = 0.96) per day. The current work provides evidence that intake of fish and marine n-3 PUFAs are inversely associated with CVD mortality risk. www.mdpi.com/.../htm (2021)

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Fish oil is useful for Covid-19. Both orally and ultravenously. Intravenous Omega-3 is compared to placebo (NaCl) for effects on a panel of inflammatory biomarkers; white blood cells, C-reactive protein, cytokines, and lipid mediators at the end of the treatment period. Secondary endpoints include changes in specialized pro-resolving mediators, fatty acids, cardiac markers, lactate dehydrogenase, D-dimer, fibrogen, and infectious load. National early warning score 2 , length of hospital stay, emergency intensive care unit need, and mortality will be controlled for descriptive analysis.

Taken together, these observations provide the rationale for actively stimulating the resolution of inflammation to break the inflammatory storm caused by SARS-CoV-2 infection. www.frontiersin.org/.../full (2021) Regions with a low index such as the US, inflammatory markers predominate. Few European countries experience more deaths related to COVID-19 than those with a high rate. Omega-3 fatty acids may play a role in COVID-19 by reducing inflammatory markers and may reduce coronary complications. Figure 4 of the link shows the Global View of the levels of the Omega-3 index.
www.ncbi.nlm.nih.gov/.../PMC7779984 (2020)

Mark as Spam | Posted On 2/19/2022 1:45:14 AM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Vitamin D with K2 and magnesium is good medicine for the heart. Vitamin D has several cardiovascular effects through the activation of its nuclear receptor in cardiomyocytes and vascular endothelial cells and the regulation of the renin-angiotensin-aldosterone system, adiposity, energy expenditure, and pancreatic cell activity. Vitamin D deficiency is associated with the formation of atheromas. increasing the risk of calcification of blood vessels, vascular dysfunction, arteriosclerosis, and increased diabetes, hypertension, hyperlipidemia, and cardiovascular mortality.

Vitamin D deficiency has been associated with CVD risk factors such as hypertension, dyslipidemia, and diabetes mellitus, as well as cardiovascular events such as myocardial infarction, stroke, and heart failure. Although vitamin D deficiency could contribute to the development of CVD through its association with risk factors, the direct effects of vitamin D on the cardiovascular system may also be involved. Vitamin D receptors are expressed in a variety of tissues, including cardiomyocytes, vascular smooth muscle cells, and endothelial cells.

Additionally, vitamin D has been shown to affect cell inflammation, proliferation, and differentiation.
www.sciencedirect.com/.../S0167527316345417 (2017) www.onlinejacc.org/.../89 (2017) www.hjatherosclerosis.com/.../190 (2018) www.sciencedirect.com/science/article/abs/pii/S0960076016303636 (2018) www.ingentaconnect.com/content/ben/cvp/2021/00000019/00000003/art00004 (2021)

Mark as Spam | Posted On 2/19/2022 1:53:24 AM

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forbiddenhealing

Joined On 2/21/2011 9:51:43 AM

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Supporting cell/mitochondrial membrane integrity with omega 3 and saturated fats is key to oxygen transport and ATP e-electron generation, the same electrons that make immune cells function and protect all biomolecules from oxidative destruction and cells from acidic hypoxia. Remiss not to add appropriate megadosing of Vit C, NAC and RALA antioxidant functions and the role of Vit C /collagen to maintain connective tissues lining lungs, intestines and comprising fascia... which conduct voltage throughout the body via chi meridians. When a single acupuncture needle can restore electromagnetic flow and instantly magically correct various conditions, the proof is obvious; simple nutritional and supplemental applications can drastically change the body's charge terrain and alter the course of infectious and chronic disease....

Reply | Mark as Spam | Posted On 2/19/2022 7:58:50 AM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Good advice, Randall, let's take care of mitochondria especially abundant in the organs and tissues of the body with higher energy requirements. Mitochondria also have other important functions, including: signaling, differentiation, programmed cell death, and control of cell growth. This article explains prolonged COVID and mitochondrial dysregulation very well with research links SARS-CoV-2 hijacks mitochondria and uses them for protection and viral replication, diverting resources from supporting normal cellular function to now serve as a viral factory. SARS-CoV-2 has the ability to deactivate the initial immune response by inhibiting the production of interferons.

Viral influence on mitochondrial activities leads to suboptimal energy production. The aging process results in fewer mitochondria and decreased ATP production with a decrease in mitochondria autophagy, which contributes to chronic inflammation. As discussed in the article and related to Dr. Mercola's reports, additional support for mitochondrial function includes acetyl-L-carnitine, pyrroloquinoline quinone, vitamin C, choline, NADH, α-lipoic acid, α-ketoglutaric acid, resveratrol , N-acetylcysteine, magnesium and a quality multivitamin and mineral complex.
www.zrtlab.com/blog/archive/long-covid-and-mitochondrial-dysregulation.. Long-term disturbance of the peripheral immune system months after SARS-CoV-2 infection link.springer.com/.../s12916-021-02228-6 (2022) 33 NATURAL WAYS TO IMPROVE MITOCHONDRIAL FUNCTION selfhacked.com/blog/natural-ways-to-improve-mitochondrial-function/ (03/11/2021)

Mark as Spam | Posted On 2/19/2022 9:44:55 AM

Like Dislike

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forbiddenhealing

Joined On 2/21/2011 9:51:43 AM

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Thanks Gui....Interesting graphs; www.lewrockwell.com/2022/02/vasko-kohlmayer/striking-evidence-of-covid..

Mark as Spam | Posted On 2/19/2022 10:20:02 AM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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Yes, those green cards as vaccine passports are slowly being dropped across certain EU countries and Israel. Make no sense, as the vaxxed will eventually, sooner or later, be sick. And current health care has the availability but does not usually include your suggestions! Don't think many know how to use these properly, as Dr. Paul Marik was pushed out from his job at the Eastern VA hospital ICU.~ ~ ~ ~ ~ ~ Here's the reference article from the Daily Expose, read it, about the 3rd time I posted it and "they" are calling this VAIDS, vaccine induced aids: dailyexpose.uk/2022/02/18/phs-refuse-publish-covid-data-shows-fully-va..

Mark as Spam | Posted On 2/19/2022 11:49:38 AM

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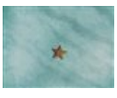

Shannon_Flaherty

Joined On 2/19/2021 6:52:36 AM

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Well, now it all makes sense to me why I have Hashimoto's after being so healthy most of my life. I was born and raised in South Florida. Most of my activities my entire life were outdoors down there (to include working) and we used to catch our own fresh seafood. Ever since I moved to the Midwest 10 years ago, have an office job for the first time (which, btw sucks the life out of me every day), and it is sunny less than 50% of the time/too cold to go out for me, I have noticed my VitD levels have dropped immensely AND have simultaneously been Dx with Hashimoto's disease. I am pretty sure the fact that I have PTSD, adrenal exhaustion and chronic stress has not helped either. But, I now take Vit D, Krill oil with astaxanthin, Vit C, etc... and I do NOT eat processed foods or veg oil of any type. I will see what my next blood test says... Thanks for the info Dr. M.

Reply | Mark as Spam | Posted On 2/19/2022 7:44:07 AM

Like Dislike

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jannz77

Joined On 6/19/2006 3:34:33 PM

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I have Hashi's too -- when I finally got it figured out 20+ yrs ago- my vit D level was around 20. I had been dealing with symptoms for years w/o a diagnosis until functional dr did the comprehensive thyroid tests that conventional drs still don't do. I now keep my vit D well above 50 .... 75 is my target. ✳ About this time when I was researching vit D, I emailed Dr Michael Holick - vit D guru. I wanted to know if a vit D deficiency caused autoimmunity ... OR ... does autoimmunity cause vit D deficiency. His answer: ▶ " Both are probably correct.... D-deficiency alters the immune system and when the immune system is activated it uses more vitamin D."

Mark as Spam | Posted On 2/19/2022 9:48:19 AM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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Recently started testing Suzy Cohen's Hashi Script - including D3, selenium (methionine version) and a bunch more. Cuts down on the variety of supplements needed to keep an attack at bay, maybe, not yet certain. For a long time, confused as to why I could not make the conversion from NAC to glutathione. Its not just the D3 missing, but glutathione may also have been stolen over time by reaction to heavy metals or other toxins. Watch carefully all toxin exposure, esp. from most cheaper fish oils, (for sure!). Lifestyle choices of clean cosmetics, skin lotions, low to no toxin cleaning agents, laundry detergent, everything indoors, house furnishings need close inspection...water, indoor air, wifi, flooring, mattress materials, sheets, linens, curtains etc. Wrap up and get outdoors when sunny as much as possible. Move to Texas?

Mark as Spam | Posted On 2/19/2022 11:58:52 AM

Like Dislike

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gup5336

Joined On 7/29/2013 11:37:13 AM

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See Also: raypeat.com/.../fishoil.shtml | raypeat.com/.../fats-functions-malfunctions.shtml | raypeat.com/.../unsuitablefats.shtml
The Protein In Fish, Not Omega-3, May Be Protective Against Brain Disease
raypeatforum.com/community/threads/the-protein-in-fish-not-omega-3-may.. This 38min video on Omega 6 which also includes Omega 3 https://youtu.be/pHnPinYI2Yc even shows how PUFA's interfere with our glucose metablism...

Reply | Mark as Spam | Posted On 2/19/2022 8:18:27 PM

Like Dislike

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gup5336

Joined On 7/29/2013 11:37:13 AM

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"Fish oils and other omega -3 oils are being promoted as treatment for many diseases, especially heart disease, arthritis and other inflammatory diseases, and depression. They do have an antiinflammatory effect, at least in the short term, partly associated with their inhibition of prostaglandin synthesis, but their antiinflammatory effects have been found to result from their oxidized products (Chaudhary, et al., 2004), which have many toxic effects. Although claims are made regarding their beneficial effect on the circulatory system, there are good reasons to think that they contribute to atherosclerosis (for example, Wang and Oram, 2002, 2005). And they suppress the immune system and thyroid function." Extracted From: The Gaba System, Defenses, And Tissue Renewal 2008 Newsletter - Ray Peat "There are two places in which the omega 3 fatty acids intervene in the omega 6 fatty acid biochemical flow chart.

First, omega 3 fatty acids inhibit the delta 6 desaturase enzyme that converts linoleic acid to gamma linolenic acid. The second place where omega 3 fatty acids intervene in the omega 6 fatty acid flow chart is in blocking the delta S desaturase enzyme that converts di-homo gamma linolenic acid into arachidonic acid. So yes, EPA, DHA, and ALA supplementation will yield anti-inflammatory effects in those who are suffering symptoms associated with omega 6 fatty acid intake and the resulting prostaglandin and leukotriene damage.

I think you can see that the symptomatic improvement achieved by omega 3 supplementation is pharmacological in nature. It really has nothing whatsoever to do with supplying nutrition to the body. Furthermore, supplementing with one family of damaging fatty acids to block the pathology associated with another family of fatty acids, completely ignores the critical questions of cause and effect." Extracted From: The Omega 3 Propaganda Machine Rolls On. (www.nutri-spec.net/.../OMEGA_3_PROPAGANDA.pdf)

Reply | Mark as Spam | Posted On 2/19/2022 8:16:54 PM

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Macskak

Joined On 8/18/2021 1:14:40 AM

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Gup5336 - Hello, what is difficult to understand or rather figure out is how to manage eating fish - when fish are supposedly full with mercury....not mentioning the leftover from Fukushima... Next one is the farmed salmon on which I saw years ago an excellent but horrifying video (was 1 hours long made by an Italian guy in Northern Europe) - how would you know what they sell you in the shops? - not mentioning imported chinese garbage. Finally, when I buy my supplements I have more scepticism than money seeing the shelves full with “wild krill oil” etc. there is no way in the world that all the shops everywhere would have enough true “wild krill” etc. obviously synthetic - so do I make trouble for my body with those - or is it worse if I take nothing....being the constant maddening question in my mind....🦀

Mark as Spam | Posted On 2/20/2022 8:03:31 AM

Like Dislike

Timmeh

Joined On 4/18/2020 7:47:14 AM

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Consider how salmon is 'farmed' globally. Polluted is the norm. www.youtube.com/results

Reply | Mark as Spam | Posted On 2/19/2022 1:15:15 PM

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jannz77

Joined On 6/19/2006 3:34:33 PM

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RE: Rx fish oil -- causes excessive 'dry mouth' I've been experimenting with a prescription fish oil - [lovaza] -- to improve my omega 3 index. I take it at night but have noticed I wake up with an excessively DRY MOUTH. I researched and noted that 'dry mouth' is a side-effect of Rx fish oil... but couldn't find an explanation as to WHY ... ie; WHY does a Rx fish oil cause dry mouth? I've been taking fish oil supplements for years and never noticed anything like this. ✳ ANYONE have an explanation ???

Reply | Mark as Spam | Posted On 2/19/2022 9:53:09 AM

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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The Rx stuff may not be all that clean, or it has been cleaned and re-assembled improperly, unbalanced. How do I know? My bff purchased fish oil in a pharmacy attached to a hospital, she got an upset stomach from it. Don't trust the pharma brands, go to Nordic Naturals or Carlson, or other Alaskan oils. You want the cleanest stuff you can find, look for that first. Usually the price is higher too.

Mark as Spam | Posted On 2/19/2022 12:02:06 PM

Like Dislike

nickjj

Joined On 12/21/2021 4:40:09 PM

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Can never figure out how much flax oil to consume daily. A tablespoon?

Reply | Mark as Spam | Posted On 2/19/2022 12:29:06 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Hi nickij. I take a tablespoon of crushed flax seeds with a mill at the time of consumption to prevent oxidation. Flax oils oxidize easily.

Mark as Spam | Posted On 2/19/2022 1:48:18 AM

Like Dislike

skupe59

Joined On 5/2/2009 7:28:21 AM

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Yes, as Guillermou also said it's much better to freshly grind flax seeds and put them in a smoothie or ricotta/cottage cheese or a nut butter sandwich than to take the oil. An added plus is that you also get the fiber from the seeds.

Mark as Spam | Posted On 2/19/2022 3:11:13 AM

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arirub

Joined On 5/2/2020 2:49:21 AM

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Is regular turkey considered a high source linoleic acid?

Reply | Mark as Spam | Posted On 2/20/2022 3:35:54 AM

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eppie9541

Joined On 10/8/2010 7:05:13 AM

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How risky is it to take fish oil if you must be on aspirin therapy (low dose)?

Reply | Mark as Spam | Posted On 2/19/2022 6:43:10 AM

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