

NUTRITIONAL SELF DEFENSE™

The SAD Omega 3 Story



Dr. Craig Rubenstein

What is SAD you ask? SAD is the **Standard American Diet**. SAD is the perfect acronym since the diet here in America really is sad. It is the diet that is turning the United States into the most obese country in the world with skyrocketing rates of diabetes. It is also causing us to drown in a pool of inflammation and is part of the trillion dollar, yes I said the TRILLION dollar a year cost in the United States for mostly preventable chronic diseases such as; diabetes, arthritis, obesity, cancer and heart disease according to the U.S. National Institutes of Health. This is in part being caused by the sad Omega 3 story here in the U.S. and is a similar problem in many other modernized/industrialized countries in the world. You will soon understand how this happened and what you can do about it to save your health and the health of those who will listen to you!

The anti-inflammatory Omega 3 fatty acids have been all over the news in the past few years, but very little has been publicized about its counter-balancer or as some might call it, its evil twin, the mostly pro-inflammatory omega 6s. Back in the day, before the industrialization of our food supply and throughout our ancestor's history, we ate what is considered a more balanced omega diet. This diet consisted of approximately a 1:1 to 2:1 omega 6 to omega 3 ratio. We basically ate close to equal amounts of omega 6 and omega 3 oils. Today the ratio is unbelievably imbalanced, it is in the neighborhood of 20 or 40:1 depending on the person and the researcher. This means we are consuming 10 to 40 times more omega 6s than omega 3s. We will discuss the omega 3 and 6s in terms of ratios as we already have, and in terms of quantities in grams of the these fatty acids. It is important to focus on both total amounts and ratios consumed each day.

This shift from a healthy omega balance to our terribly unhealthy omega imbalance is due in large part to the introduction into our diet of processed foods, and the oils used in them. The main oils used in processed food, in restaurants and in most people's kitchens are the ones high in omega 6s such as: soybean oil, corn oil, peanut oil, cottonseed oil, and safflower and sunflower oils. Margarines are made from these same high omega 6 oils and should also be cut out of your diet. Shortenings are produced by hydrogenating or partially hydrogenating these oils and are loaded with harmful trans

fats that actually meet the definition of a poison.

Dr. Alex Richardson Senior Research Fellow, Centre for Evidence Based Intervention from the University of Oxford suggests that we eat 2–3% of our calories from omega 6s. This equals just 3–5 grams per day. Other researchers have suggested as much as 10 grams per day as a limit. In dietary terms that amount of omega 6s you could easily get by eating eggs, meat and seafood, let alone adding nuts or high omega 6 oils. Just 100 grams of almonds equaling about 3 small handfuls burdens you with massive 12 grams of omega 6s or just one tablespoon of soybean oil (common in most salad dressing) is laden with over 7 grams of omega 6s, while a tablespoon of olive oil contains less than 1.5 grams of omega 6s. As you can see, Omega 6 oils should be replaced by healthier oils, such as those containing mostly mono-unsaturated fatty acids including extra virgin olive oil, and less common oils like avocado and macadamia nut oil, as well as saturated fats like coconut oil.

The director of the Institute of Human Nutrition at Columbia, Dr. Richard Deckelbaum stated, that current omega 3 fatty acid consumption in the U.S. is "about one-third to one-sixth what we would consider the recommended levels." His advice is similar to many other experts in the field that suggest concurrently lowering omega 6 consumption and increasing omega 3 consumption to remedy the imbalance.

The excessive amounts of omega-6 fatty acids coupled with and a very high omega-6 to omega-3 ratio that is consumed in most industrialized countries, greatly increases the risk of, or the severity of symptoms of many deadly diseases, including heart disease, cancer, diabetes, stroke, asthma, inflammatory bowel disease, ulcerative colitis, as well as inflammatory and autoimmune diseases such as rheumatoid arthritis. Researchers also associate mental decline and dementia with excess omega 6 consumption. In contrast, an increased level of omega-3s and a low omega-6 to omega-3 ratio can decrease your risk of and the severity of these devastating diseases.

Although most of us do not consume nearly enough omega 3s and need to add in foods rich in omega 3s and take omega 3 supplements, this article, as you can see, is not your typical article promoting your taking massive doses of fish oil supplements per day and telling you all the wonderful things

omega 3s can do for you. In fact, you probably already know how good omega 3s are for you, but what we need to understand is that our omega 6 consumption is out of control and must be reduced. Reducing the omega 6s is of primary importance. Once you manage your omega 6s, your dietary and supplemental omega 3s will have a much greater benefit. You

will get much more anti-inflammatory action and the risks factors for many of the previously mentioned diseases such as cancer and heart disease will get reduced.

The following charts will give an idea of the differences between different oils, nuts and seeds in regard to their omega content and ratios.

Oil	Omega-6 (g per tblspn)	Omega-3 (g per tblspn)	Ratio**
Corn oil	8.4	.1	83:1
Cottonseed oil	7.5	.03	256:1
Grapeseed oil	10.1	.015	690:1
Peanut oil	4.6	0	only omega-6
Safflower Oil Hi Linoleic	10.8	.058	186:1
Soybean oil	7.4	1	7.5:1
Sunflower oil Hi Linoleic	9.5	0	only omega-6
Coconut oil	.27	0	only omega-6
Macadamia oil	.36	0	only omega-6
Avocado oil	1.9	.15	12.7:1
Butter oil	.33	.2	1.65:1

** There are two things that you can get from this chart. First you will notice how high in omega 6 the typical vegetable/nut/seed oils are that are used in most processed foods or even in your home cooked meals compared to oils such as: coconut, macadamia, avocado and butter oils. Just one tablespoon of many of the common oils will give you the maximum amount of omega 6's that you should consume in one day. The next thing you will notice is that the omega 6 to omega 3 ratio can be deceiving at times. Although avocado oil has a 12.7:1 ratio and Soybean oil has a lower ratio at 7.5:1 the amount of omega 6 in the one tablespoon of soybean oil is nearly four times the amount in the avocado oil. So only having the ratio is not enough. You need to know the amount of each omega that is in a particular food.

Nuts and Seeds	Omega-6 (gs per 100gs) (3.5 oz)	Omega-3 (gs per 100gs) (3.5 oz)	Ratio
Macadamia	1.3	.2	4.6:1
Chia	5.6	17	.33:1
Almonds	12	.006	2000:1
Flax	6	22.4	.27:1
Walnuts	38	9	4.2:1
Hemp	24.5	9.8	2.5:1

In this chart we see that Almonds lose hands down compared to things like chia, flax and macadamia, and even though the ratio for walnuts look good we see that 38 grams of omega 6 in 3.5 ounces is a massive dose of omega 6 even with 9 grams of omega 3s.

If this article has peaked your interest, and you would like to really delve into the amount of omegas you are consuming, I suggest that you go to this site <http://cronometer.com/download/>. Use the web version as suggested. It will tell you the amounts of all the omegas in the food you eat and a whole lot more!

I can't emphasize to you enough the need for you to get your omega balance in balance. You will feel the difference. It may not be very easy, but it will be worth it. So, let's cut those omega 6s down as much as you can and increase your

omega 3s so you are at or near a 1:1 or at least a 2:1 ratio. This will balance a major portion of the anti-inflammatory and pro-inflammatory forces in your body. Good Luck!

**These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

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