High Omega-3 Levels May Decrease Disease Risk

Very high intake of the omega-3 fatty acids EPA and DHA may decrease the risk of numerous chronic diseases, according to a study published in the American Journal of Clinical Nutrition.*

Scientists examined red blood cell (RBC) levels of EPA and DHA as a percentage of total fatty acids in relation to chronic disease risk markers in 357 Yup’ik Eskimos. EPA and DHA comprised an average of 2.8% and 6.8%, respectively, of total fatty acid content of RBCs in this group.

High RBC levels of EPA and DHA were associated with lower levels of triglycerides and C-reactive protein (CRP) and higher levels of high-density lipoprotein (HDL), signaling reduced risk of inflammation, heart disease, and type 2 diabetes.

The authors concluded that increasing omega-3 intake to levels much higher than those consumed by the general public may have profoundly beneficial effects on chronic disease risk.

—Elizabeth Wagner, ND

Reference

Editor’s Note: The Omega Score™ test available through Life Extension can help individuals monitor and maintain optimal blood levels of omega fatty acids.

Vitamin C Inhibits New Blood Vessel Growth to Tumors

High levels of vitamin C in the blood may help fight cancer by preventing angiogenesis, the growth of new blood vessels necessary to feed growing tumors, according to a recent report.¹

Fighting angiogenesis is a target of cancer therapy. Unfortunately, many existing angiogenesis inhibitors have toxic side effects, prompting scientists to seek safer, natural alternatives.

Scientists analyzed the effects of high levels of vitamin C on angiogenesis in two assays: an ex vivo study using rat tissues and an in vivo study in mice. Both studies showed that high levels of vitamin C, obtainable through intravenous infusion, inhibited new blood vessel growth. In the in vivo assay, vitamin C-treated tissue showed 30% less blood vessel growth than untreated tissue.¹

These findings complement previous research showing that high levels of vitamin C are selectively toxic to tumors in living animals.²

—Elizabeth Wagner, ND

Reference

Selenium May Decrease Diabetes Risk
Researchers at the University of Montpellier I recently conducted a study to determine whether increased blood levels of selenium may decrease a man’s risk of abnormal blood sugar metabolism, and possibly protect against diabetes.*

The study, led by Tasnime Akbaraly, followed 1,162 healthy French men and women for nine years. Over that time, they documented 70 new cases of dysglycemia in men and 57 cases in women. When the study began, the average selenium blood level for men was 1.08 micromoles per liter and 1.1 for women. Men with the highest selenium levels were 50% less likely to develop dysglycemia then men with the lowest average levels.

“The reason we observed a protective effect of selenium in men but not in women is not completely clear, but might be attributed to women being healthier at baseline, having better antioxidant status in general and possible differences in how men and women process selenium,” Akbaraly said.

—Jon Finkel

Reference


Your Blood Doesn’t Lie!

In his latest book, Sergey Dzugan, MD, PhD uncovers the failure of mainstream doctors to properly test and evaluate their patient’s blood—and the horrendous consequence of needless diseases the aging population suffers as a result.

Dr. Dzugan was recently awarded the honorary title of Academician for Outstanding Achievement in Science by the International Academy of Creative Endeavors. Academician is the highest ranking a doctor can achieve in many countries.

Your Blood Doesn’t Lie! is a tour de force of exciting scientific principles designed to “unlock your body’s natural healing ability.” In the words of Dr. George Rozakis, “this book is the first of its kind because it unifies the philosophy of what is loosely called antiaging medicine, alternative medicine, holistic medicine, and bioidentical hormone medicine. It unifies these fields under one principle, which we call the Dzugan Principle.”

The Dzugan principle is present throughout every chapter in the book. Its essence is that many of the health issues people face spring from errors of hormones and body chemistry. By reversing these errors through altering body chemistry, changing diet habits, ingesting the proper supplements, and many other strategies, physical optimization can be achieved.

The book is divided into two parts. Part one is titled “A Revolutionary Approach to Medicine and Healing.” This first half of the book is dedicated to explaining restorative medicine and why the current medical model for treating patients is inadequate. In addition, part one goes over the important weapons in the fight to maintain optimal health, including extraordinarily valuable information on bioidentical hormones and nutrients.

Part two focuses the Dzugan Principle on specific diseases and medical conditions. With stunning clarity, Dzugan writes about his strategy to combat cardiovascular disease, cholesterol, menopause, infertility, erectile dysfunction, migraines, arthritis, fibromyalgia, lupus, macular degeneration, psychological disorders, and even alcoholism, insomnia, and chronic stomach problems.

Between the covers of this book, you not only learn why the public is ill-advised about certain diseases, but why mainstream medicine continues to “put out health fires” rather than prevent them in the first place. Your Blood Doesn’t Lie! provides valuable information on preventing some of the major health scourges of modern society.

The cover price of Your Blood Doesn’t Lie! is $24.95. Member price is $17.47.

—Dr. Sergey A. Dzugan