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