

Very few people take the correct balance of omegas, or study the information on them.

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Both omega-3 and omega-6 fats are essential for health, but in the correct ratio. Many Americans consume too much omega-6 from vegetable fats and not enough omega-3 from meat and krill. Fish omegas are mostly high in mercury, so should be avoided in favour of krill oil.

Dr Al Sears wrote. "Based on what I've seen with my patients, it's vital that you consume enough omega-3s, because EPA and DHA will keep your telomeres long and healthy."

Omega-3s are a family of healthy fats that bodies can't make, so must be eaten to -

- facilitate a healthy brain
- maintain a healthy heart
- stabilise blood sugar levels
- enhance the immune system
- help keep lungs healthy.

Beef and Lamb NZ tells us, "Meat from pasture grazed animals has four to ten times more omega-3 fatty acids than meat from grain-fed animals.

"Omega-3s are called 'good fats' because they play a vital role in every cell and system in our body".

A recent Harvard, USA study showed that there are up to 96,000 preventable deaths each year caused by omega-3 deficiencies in the standard American diet, so supplementing with krill omega-3 is necessary.

Linseed (flaxseed) contains omega-3 fatty acids, but it is not easy to get linseeds that are not skin damaged during harvesting, causing the fatty acid to start oozing out and oxidising, so going rancid or bad. We stopped eating linseed products and felt better. They caused us and others nausea. Muscle test it and you'll see to avoid it. If you want to eat it, buy it fresh and undamaged and keep it in the fridge to reduce fat oxidation. The same applies to sunflower seeds which are also high in fat which oozes out of damaged seeds and goes rancid, i.e., bad.

The omega-3 nutrients EPA and DHA are important for quality of life and to lower the risk of premature death. They have an important role in protecting and optimising nerve cell functioning.

I Googled for 'Fish Oil Pills Associated with Increased Prostate Cancer Risk' and 3 million came up.

"Men with the highest blood levels of omega-3 fatty acids from taking fish oil pills or eating too much fatty fish had a 71 percent increased risk for high-grade prostate cancer; the kind most likely to spread and kill (Journal of the National Cancer Institute, July 11, 2013). They also had a 43% higher risk of Testosterone and prostate cancers.

Testosterone cancer

Attention Deficit Hyperactivity Disorder

Conditions such as ADHD, autism, poor coordination, fatigue, dyslexia, and aggression have all improved after omega-3 supplementation, as do a range of affective disorders including depression and bipolar disorder. Cognitive function improves with sharper memory, clearer thinking and mental agility. In the early stages of Alzheimer's disease, omega-3 can slow down the rate of decline, and supplementation may protect against onset of the condition.

Optimal skin health, blood circulation and heart function, immune response and allergies are other

indications for needing omega-3 krill oils and are safe when taken as directed.

Excess omega-3 & increased prostate cancer risk

Men with the highest blood levels of omega-3 fatty acids from taking excess FISH oil pills or eating too much fatty fish had a 71 percent increased risk for high-grade prostate cancer, the kind most likely to spread and kill (Journal of the National Cancer Institute, July 11, 2013). They also had a 43 percent increased risk for all prostate cancers. This agrees with results from a large European study and another previous study.

A study, known as the SELECT (the Selenium and Vitamin E Cancer Prevention Trial), found that excess vitamin E raised prostate cancer risk while selenium had no ill effects whatsoever. Read Selenium in Human Health Elements to see the many ways in which selenium and vitamin E help reduce cancer.

Everything in excess is harmful. Swallow too much water and you'll drown. Most of New Zealand is low in magnesium, zinc, selenium, boron and iodine, so all are needed.

Sources

Omega-3 fats are in krill and animal products. Much of today's fish, especially deep sea ones (Mercury being heavy, sinks.) Contain excess mercury, so people should get omega-3 from high-quality krill oil. Sardines are shallow swimmers so are free of mercury.

I've had Chris Rhodes test many and found Good Health Red krill Oil to have the least heavy metals, but keep them and all oil foods in the fridge.

Being an oil, krill oil deteriorates, so must be kept in a fridge, with all other oils, even if in capsules. I have measured many and fresh and refrigerated are fine, while all others go rancid in time.

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