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World Review of Nutrition and Dietetics

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Prevention of Coronary Heart Disease

From the Cholesterol Hypothesis to O6/O3 Balance

Karger, 2007

“An unbalanced intake of n-6 over n-3 polyunsaturated fats favors production of potent hormone-like eicosanoids whose actions lead to inflammatory and thrombotic lipid mediators and altered cellular signaling and gene expression which are major risk factors for coronary heart disease, cancers and shorter longevity.”

“Excessive intake of linoleic acid [18-carbon plant omega-6] and relative omega-3 fatty acid deficiency increases the proportion of n-6 eicosanoid precursors in tissue phospholipids, leading to enhanced inflammatory, thrombotic and arrhythmic events which are proposed to be major mediators for fatal diseases.”

“Linoleic acid [18-carbon plant omega-6 fatty acid] appears to be involved in both atherogenesis and carcinogenesis.”

“Increase in linoleic acid [18-carbon plant omega-6 fatty acid] in the past several decades is a major risk factor for many types of cancer.”

“No benefit seems to come from efforts to limit dietary cholesterol intake or to lower total cholesterol values below approximately 260 mg/dl among general populations.”

“Cancer and all cause mortalities tend to be lower for higher total cholesterol groups among general populations, at least up to 280 mg/dl.”

“Now we know that there is no reason for the majority of people to lower their total cholesterol because high total cholesterol is actually associated with longevity.”

“Except for familial hypercholesterolemia and those with related genetic disorders, we do not recommend general populations with total cholesterol values below 280 mg/dl to limit their intake of cholesterol or to lower their total cholesterol values.”

Our Comments:

The most common sources of Omega 6 fatty acids (linoleic acid, referenced in this article) are: corn, non-fermented soy, all vegetable oils except olive oil and coconut oil, and grain fed meat.

*Completely **grass fed** meats are OK because they are **not** a high source of linoleic acid.*

*The most common source of important Omega 3 fatty acids (EPA and DHA) are high quality fish oils. ALA found in flax seed is **not** a good source of Omega 3 because the conversion into EPA and DHA is*

*very poor. And while cold water fish supplies EPA and DHA you have to eat a **lot** of fish to get enough EPA and DHA! It's easier to take a supplement*

Are any of these foods – both good AND bad – in your diet?