

Cod Liver Oil or Statin Drugs?

Was Grandmother smarter than we thought?

I thought I might share with you a few thoughts on your heart. A recent study in the Archives of Internal Medicine, conclusively showed that although Omega 3 oil as found in cold-water fatty fish, did not lower cholesterol significantly, it did greatly lower risk of death from all causes including heart problems and it lowered blood triglycerides. In this study of over 270,000 people, Omega 3 oils were much more effective than statin drugs (cholesterol-lowering medications) at reducing death from cardiac events and death for all reasons.

The benefits of taking Omega 3's are tremendous. They have positive effects on inflammation, pain, swelling, MS, rheumatoid arthritis, psoriasis, cardiovascular disease, asthma, diabetes, edema, and the immune system.

And guess what! The only known side effect is diarrhea, and that's only if you drink the whole bottle, or close to it. The side effects of taking statins are tremendous. They include peripheral neuropathies (numbness and tingling in the fingers), muscle pain and injury, liver and kidney problems, and memory impairment, just to name a few.

Let's consider your health. According to Ray Moynihan, in Selling Sickness, How the World's Biggest Pharmaceutical Companies are Turning us all into Patients, cholesterol-lowering drugs alone "generate revenues of more than \$25 billion a year for their manufacturers." (by comparison, all US chiropractors combined made \$4 billion last year) It's very hard to find the truth about health in a world motivated by money. Blaming cholesterol for cardiovascular problems is like blaming a scab for a cut. We have to look one step back. What caused the cut that needed a scab? The real problem has to do with inflammation in the blood vessels. In each person it may be different. It could be anything from excessive insulin to high homocysteine levels caused by low levels of Vitamin B. The specific reasons for inflammation can be determined by lab work. The point is that lowering cholesterol does not deal with the real problem. Don't get me wrong. Omega 3's are not the only answer, but it's a great start. Please remember that not all Omega 3's are the same. Cheap sources typically have not been filtered and can have toxins including but not limited to mercury. Capsules many times are rancid oils. You also need to make sure that they have the right ratio of EPA to DHA for your age group, and you should not take them if you are currently taking pharmaceutical blood thinners. Many people take flax oil. Although this is good and healthy, the benefits are not the same. If you would like to hear more about how to care for your heart and the best type of Omega 3 oils to buy, call us at Living Well.

Start *LIVING WELL ON PURPOSE* today! Your body will thank you for it!