

How important is the balance between Omega 3 and Omega 6?

A deficiency of **Omega 3** is positively correlated with over 50 diseases and illnesses including the dreaded cancer, heart disease, diabetes, stroke, and arthritis. The so-called western degenerative diseases have risen in a near perfect linear fashion with the elimination of **Omega 3**, and the over-provision of **Omega 6** in the food chain.

In many regards saturated fats may have been ruled guilty by association as the genesis of cardiovascular disease appears to be more closely related to a rise in vegetable oil ingestion than it does to saturated fat. Perhaps it should come as no surprise that supplemental ingestion of **Omega 3** greatly improves all of the 50 known **Omega 3** deficiency conditions.

In a landmark study, Japanese researchers have discovered the leading cause of degenerative disease in Japan, if not in the world. Their work has gone far to confirm the landslide of emerging scientific research which is beginning to reveal that the genesis of degenerative diseases is owed to a drastic reduction in the ingestion of **Omega 3** in relation to increased ingestion of **Omega 6**. Their findings came after an exhaustive review of over 600 peer-reviewed studies and after accounting for all known and suspected causes for degenerative illnesses. Perhaps having the most impact are the words of the Japanese researchers themselves extracted from the study summary:

“We summarize the evidence that increased dietary linoleic acid (**Omega 6**) and relative **Omega 3** deficiencies are risk factors for western-type cancers, cardiovascular and cerebrovascular diseases and also for allergic hyper-reactivity. We also raise the possibility that a relative **Omega 3** deficiency may be affecting the behavioural patterns of a proportion of the young generation in the industrialized countries.” It is proposed that dietary intervention with **Omega 3** supplementation and the reduction of **Omega 6** in the diet could successfully reverse the rising trend toward westernized degenerative diseases in Japan, and the world. The dietary transition to a westernized diet in Japan occurring in the last fifty years and the subsequent rise in degenerative disease is merely a microcosm of the transition, which occurred in the United States beginning with the industrial revolution.

A modern dietary shift unprecedented in human history favoring the ingestion of **Omega 6** at the expense of **Omega 3** is a primary, if not the leading cause of westernized degenerative diseases. In light of this information, it is highly advisable to make conscious dietary choices to reduce the amount of extraneous **Omega 6** in the diet and to ingest **Omega 3s** in an effort to return the body to balance.

Source: http://omega3sealioil.homestead.com/Chapter3_1.html

Benefits of Omega 3 on 45+ Conditions

<http://cherylmillett.com/health-conditions-and-omega-3/>

Research and Studies

<http://cherylmillett.com/study-link-resources-for-holistic-practitioners/>