

# Re: Flax oil, kefir, yogurt producing no immune system benefits

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.nutrition/2006-01/msg00556.html>

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- *From:* Matti Narkia <narkia@xxxxxxxx>
  - *Date:* Mon, 23 Jan 2006 04:02:10 +0200
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Mon, 23 Jan 2006 03:54:31 +0200 in article  
<t198t15u4d525u9ckgfsvk438o8r6psh7k@xxxxxxxx> Matti Narkia  
<narkia@xxxxxxxx> wrote:

>Sat, 21 Jan 2006 08:46:21 GMT in article  
><xxmAf.341\$1n4.154@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx> "Knack"  
><zymatik@xxxxxxxxxxxxxxxx> wrote:

>  
>>Hi. I am age 51. For the past 15 months every morning I've been blending  
>>high lignan flax seed oil with either yogurt or kefir as part of my  
>>breakfast. And I've been keeping my daily intake of omega-6 fat approx equal  
>>to my omega-3 fats intake. And I avoid sugar except for what is found in  
>>about 6 different whole fruits every day. And I have 2 cups of green tea  
>>every day, along with a cup of cocoa and 2 cups of rooibos. And every day I  
>>also take 400 mg natural E-complex vitamin, 50 mg selenium, 1000 mg vitamin  
>>ester-C, 100 mg CoQ10, 400 mg alpha-lipoic acid, 400 mg quercetin, 100 mg  
>>MSM, plus individual garlic, cranberry, and grapeseed extract pills.

>>  
>>Not to mention the healthy meals that I eat, that's a lot of daily  
>>nutrients. I'm hoping that my continued use of them will help to prevent me  
>>from some day getting cancer. However, that's not a realistic expectation as  
>>last May they could not even prevent me from getting a persistent cold/flu  
>>following an airline trip. Although I still continue to take all of the  
>>above stuff, it certainly has been quite a disappointment so far.

>>  
>You are raising two different and very large issues here: prevention of  
>cancer and optimizing immune defence. You surely understand that it's  
>only possible to scratch the surface of these topics here. There is some  
>overlap in these topics, but the prevention of cancer it's not primarily  
>an immune system issue. To prevent cancer you need first to have healthy  
>life style: no smoking, no excessive alcohol, avoiding carcinogenic  
>substances, controlling the weight, getting enough exercise, healthy  
>diet etc.. Some of the supplements and food items you are taking may  
>help (although you don't want to take 50 mg of selenium/d, you wouldn't  
>live very long ;-)), but you may want to add for example broccoli and  
>curcumin (from turmeric) just to mention a couple more.

>  
>Immune system cannot detect all cancers well enough and some cancers can

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>make immune system ineffective. Although it's important to try to keep  
>your immune system in good condition, there are many other ways to fight  
>cancer. By avoiding carcinogens and using antioxidants you may be able  
>to reduce the risk of cancer initiation phase. And by using natural  
>cancer fighters, which cause apoptosis of cancer cells, prevent tumor  
>angiogenesis etc., you may be able to reduce cancer growth rate and  
>inhibit its promotion.

>

>An immune system, which cannot stop cancer, may still be able to fight  
>off viral and bacterial infections.

>

>Many things can go wrong with immune system. One of the currently  
>popular hypotheses is that imbalance between type 1 and type 2 T helper  
>cells (Th1/Th2 imbalance) may play a role in many diseases. Often the  
>problem is the dominance of Th2 cells. Some lactic acid bacteria, some  
>herbs such as astragalus and propolis, and some vitamins and minerals  
>and trace elements (zinc for example) may help to correct this  
>imbalance.

>

>As for influenza and common cold, black elderberry extract such as  
>Sambucol may help.

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>CND: Balance the Th1/Th2 Immune System

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Comments:

Probiotic May Reduce Sick Days From Work CME  
Medscape Medical News, 2005 November 14.  
<<http://www.medscape.com/viewarticle/516801>>

Less sick leave with Reuteri

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Biogaia : BioGaia

<<http://www.biogaia.se/?id=27862>>

–Matti Narkia

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• **References:**

- ◆ **Flax oil, kefir, yogurt producing no immune system benefits**
    - ◇ From: Knack
  - ◆ **Re: Flax oil, kefir, yogurt producing no immune system benefits**
    - ◇ From: Matti Narkia
- 
- Prev by Date: **Re: Flax oil, kefir, yogurt producing no immune system benefits**
  - Next by Date: **Re: Dumbed Down and Docile**
  - Previous by thread: **Re: Flax oil, kefir, yogurt producing no immune system benefits**
  - Next by thread: **Re: Flax oil, kefir, yogurt producing no immune system benefits**
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