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I felt exactly the same way you do, Ian, that is, until I began to study the underlying biochemistry, rather than just listening to the nutritional dogma, which is mostly based upon terribly flawed experiments. Most "allergy problems" are really the result of what should be called "arachidonic acid overload syndrome" by your doctor. Once you get the arachidonic acid out of your cells, allowing it to be replaced by Mead acid, as I have done with this diet, you lose your "allergies." I used to have terrible dust allergy problems, various skin rashes/itchiness, and a keloid that would not stop growing. The allergies and skin conditions are gone now, and the keloid shrunk dramatically and went back to being normal skin color (it was very red). If you read my old posts (search for montygram) you will see the many citations from the scientific literature that support this view. Basically, there is no alternative, but rather, the claims that appear to contradict it are in fact obvious misinterpretations of the raw data. For example, the claim that "saturated fat" causes "heart disease." The reality is that oxidizing agents damage the cholesterol, which then becomes problematic, leading to atherogenesis. Saturated fatty acids actually resist oxidation, unlike unsaturated fatty acids, and so are part of the solution, not the problem. However, something like lard, which gets incorrectly classified as a "saturated fat" (it is less than 40% saturated fatty acids), is indeed a problem and should be avoided. If the claims against "saturated fat" were also true for saturated fatty acids, those on high coconut oil diets would have incredibly high levels of heart disease, but instead they have the lowest (coconut oil is 92% saturated fatty acids).

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