

Re: The critics agree: you don't need to supplement with "essential fatty acids."

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montygram wrote:

I did not list my supplement usage, but remember that the vitamin/mineral requirements assume that a certain amount of stress is present. For example, "vitamin E" deals with lipid peroxidation, so if there's not much of that going on, you may not need any supplementation.

Vitamin E has functions beyond being an antioxidant. Since it is the best chain-breaker in lipoproteins (whether they contain Mead acid or any other PUFA) it's a good idea to have it present to prevent free radical damage.

However, those who attack these posts make contradictory claims: some say that I am getting plenty of "EFAs" on my diet and cannot be "essential fatty acid deficient" (and thus have had the arachidonic acid in my cells replaced with the Mead acid), while others say that I must be doing terrible damage to myself, despite 4 years of seeing only benefits.

Who has said the latter? Since you started posting what you eat we now know you are getting omega 3 and 6 in your diet, so almost certainly don't have a clinical EFA deficiency.

Thus, at this point I will make clear to those interested that "science" cannot trump logic.

It can if it reveals there's something unusual about a particular situation. Logic would say that molecules present in the human diet for millions of years which are deliberately elongated by body enzymes and used as signalling molecules aren't poisons – yet that's what you claim. Your science, therefore, defies logic.

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Genuine poisons in the diet cause animals to stop eating the food containing them, or develop enzyme systems for destroying them. The body is perfectly capable of breaking down EFA for use as fuel, yet keeps a certain level of them present in the membranes of cells, which defies logic if they are just unwanted toxins.