

## Re: Lowest Omega-6 Oil?

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- *From:* Matti Narkia <[mna@xxxxxxxx](mailto:mna@xxxxxxxx)>
  - *Date:* Sun, 15 Apr 2007 14:05:47 +0300
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On 14 Apr 2007 17:14:58 -0700, "mike" <[mcole8883@xxxxxxxx](mailto:mcole8883@xxxxxxxx)> wrote:

On Apr 14, 6:34 pm, Matti Narkia <[m...@xxxxxxxx](mailto:m...@xxxxxxxx)> wrote:

On 14 Apr 2007 09:59:15 -0700, "mike" <[mcole8...@xxxxxxxx](mailto:mcole8...@xxxxxxxx)> wrote:

My question is simply this; what do you consider too much ALA?

Personally I take a teaspoon of flax most days of the week. Olive oil, salmon and almonds represent my primary fat sources.

I cannot say for sure, because the matter hasn't been researched that much. Men with existing prostate cancer naturally should be careful. On the other hand quite a few elderly men might have latent prostate cancer without knowing it. Flaxseeds may be safer than flaxseed oil, because they have some potentially protective substances such as lignans, fiber, magnesium etc. A little bit rapeseed oil may not be that bad, if your PSA is not high and you don't have any prostate symptoms, but I myself no longer take flaxseed oil because of its high ALA content. You said that you take flax. If you meant flaxseeds, the amount you take may be ok, but if you meant flaxseed oil, perhaps you'd want to consider switching to flaxseeds (or quitting flax altogether) or taking rapeseed oil (which has much less ALA than flaxseed oil) instead.

[snip]

It is flax oil that I take, not the seed. The seed is so high in phytoestrogens that I am wary of it. Walnuts are also a good source of ALA which I have used on occasion for ALA and presumably with co-factors present that may make it a more balanced approach than flax oil. Although it does contain a relatively high amount of omega 6 compared to the flax. The Lyon heart study used a margarine that

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provided about 1.8 gms of ALA daily and the outcomes were pretty remarkable wrt to overall mortality.

Walnuts may indeed be one of the safest sources of ALA, because it contains protective factors such as flavonoid myricetin and gamma-tocopherol, which have been associated with reduced risk of prostate cancer, and arginine and magnesium, which may help to reduce CVD risk. In the article

The role of antioxidant phytonutrients in the prevention of diseases.

Andrea Lugasi, Judit Hóvári, Katalin V. Sági, Lajos Bíró

Volume 47(1-4):119-125, 2003

Acta Biologica Szegediensis

<<http://www.sci.u-szeged.hu/ABS/2003/ActaHP/47119.pdf>>

walnuts were found to have highest myricetin content, 4565 mg/kg, of all reviewed plants, over 4.5 times more than strawberries, 994 mg/kg, which had the second highest myricetin content.

According to the link

Foods highest in Gamma-tocopherol

<<http://www.nutritiondata.com/foods-00010600000000000000-w.html>>

black walnuts have also very high gamma-tocopherol content.

But because walnuts have ALA and omega-6 fatty acids, IMHO one shouldn't overconsume them, and omega-6 in them should be counteracted by eating fatty fish or taking fish oil.

There are of course many nutritional supplements and foods which may help to reduce prostate cancer risk, such as quercetin, resveratrol, pomegranate juice, milk thistle extracts silymarin and silibinin, boron, vitamin D, and perhaps also cocoa powder, which has antioxidant polyphenols and inhibits inflammatory enzyme 5-LOX.

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### Myricetin and prostate cancer

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"... Two prospective studies measured flavonoid intake and one reported a preventive effect on prostate cancer for the assumption of myricetin. ..."

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"... Complete growth retardation was observed in PC-3 cells treated with 100 microM quercetin, kaempferol, and luteolin, while isomolar genistein, apigenin, and myricetin suppressed PC-3 proliferation by 73%, 70%, and 59%, respectively (p < 0.05).

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Naringenin and rutin were not as effective and inhibited growth by < 25%. ..."

### Gamma-tocopherol and prostate cancer

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Matti Narkia

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