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GUEST BIO

Dr. Barry Sears: 'Zone'-ing in on Fish Oil

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CBN.com – The Miracle Oil

Dr. Sears says fish oil is a crucial dietary factor and that people should do what their ancestors did: take plenty of it. He says that to be healthy, we need three distinctive dietary components. The first is insulin control. "You need insulin to survive, but excess insulin leads to a wide range of disease conditions," he says. The second part is calorie restriction without hunger or deprivation. This is a proven way to reverse the aging process. The final and most important part in his program is supplementation with fish oil, and lots of it. The emphasis on high-dose fish oil to reduce inflammation in the body is becoming an important protocol for many healthcare professionals.

This is important because of the critical role of eicosanoids and how high-dose fish oil can manipulate them. Most people have heard of the hormones estrogen and testosterone. Insulin is another hormone that people are familiar with. But there are other mysterious hormones, eicosonoids, which Dr. Sears call the phantoms of the hormone world. Eisosanoids arise, do their job, and then self-destruct, all in a flash. They are extremely difficult to measure with a blood test because they were never designed to circulate in the blood, yet they play an integral role in health.

Fish oil also has the added benefit of being an anti-inflammatory that cuts the inflammation rate in the body. The body experiences a silent pain that lingers below the radar. It only becomes evident when it bursts out in diseases like cancer or diabetes.

Health and Hormones

Until recently, most people used the word hormones only to describe puberty or an overactive sex drive. Hormones are important because they orchestrate an incredibly complex flow of biological information in the body. Dr. Sears speculated that hormones were one of the overriding facts that determined whether we would be chronically sick or well. Controlling hormones would be the key to preventing chronic disease. He also speculated that hormonal control could be achieved



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President, Zone Labs, Inc., a biotechnology firm; has 13 U.S. patents in drug delivery and hormonal tech.

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primarily through the diet. Hormones are the key to your future, and in particular to longevity, optimal health, and ultimately remaining human. Once you learn to control your hormones, you have a magical "drug" that can prevent heart disease, reverse cancer, reduce pain and inflammation, and treat neurological disease. But if you can treat those diseases with this "drug," then you can also reverse the aging process, make yourself smarter, make yourself thinner, improve your physical performance, and improve your relationship with others.

Smart Food

People in the medical community may be surprised at how much fish oil Dr. Sears suggests using, but his recommendations are backed up by sound science. He has used high-dose fish oil in a number of seemingly hopeless situations with amazing results -- for instance, patients with dementia who returned from the living dead, cancer patients who can now look forward to a much longer life than expected, young children with severe ADD who had a complete reversal in three weeks. One patient was scheduled to have both feet amputated because of non-healing diabetic ulcers, yet after four months of using high-dose fish oil, the wounds healed completely and the amputations were never done.

Dr. Sears says there are five reasons that fish oil hasn't really taken off in the medical world:

Traditional fish oils taste terrible.

We've never used enough fish oils to see dramatic benefits.

High-carbohydrate diets obliterate many of the benefits of fish oil.

The amount of impurities and toxins in standard fish oil was so great that no one would ever risk consuming the levels needed to see benefits.

Only recently has pharmaceutical-grade fish oil become available.

For daily maintenance he recommends a minimum of 2.4 grams of EPA and DHA per day - these are the long chain omega-3s in fish oil. That would be four capsules or approximately one teaspoon of the liquid OmegaRx.

"The only side effect is it makes you smarter," Dr. Sears says.

For overall good health, eat lots of fruits and vegetables and eat no more meat than you can hold in the palm of your hand.



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