

Dr. Robert Jay Rowen's
SECOND OPINION – June 2011

The Most Controversial Stance I've Ever Taken Could Save Your Life

As you may know, medicine is every bit an art as it is a science. Doctors do their best to help their patients and “cause no harm” in the process. But doctors can be wrong. Even alternative doctors can be wrong. And, yes, even I can be wrong.

I've admitted my wrongs openly in these pages. Several months ago, in fact, I admitted that my long held disgust of the PSA test for prostate cancer was misguided.

I said for years that men didn't need to have a PSA test because they're worthless. Then I learned there was a legitimate use as an inflammation marker for the test.

Well, this month, I'm going to share another about face I've made in recent months. This one may shock you, as it's goes against all of the medical dogma you've heard. In fact, this dogma is so ingrained in medicine that alternative and conventional doctors alike accept it.

Yes, I'm going against what many of my alternative minded colleagues (including me) have believed for years.

So what is this major change that I'm suggesting? It's the belief that fish oils are the best source of omega-3 fatty acids for your body. After you read the evidence, you may even question whether you should be taking fish oils at all.

Supplement sellers actively push fish, marine, and krill (a type of shrimp) oil. So, when I suggest that we need another fresh look, I can understand the hesitation people have in easing up on fish oil. With this report, I won't bring you my beliefs. I'll bring you the unprecedented findings from an ongoing study conducted by Prof. Brian Peskin. He is a leading physiologic EFA expert using plant-based, unheated, chemically unprocessed, and unoxidized fatty acids. These are fully physiologically functional parent essential oils, which he terms “PEOs” (short for “Parent Essential Oils”).

Prof. Peskin's research started in the cancer field, based on the groundbreaking discoveries of Nobel Prizewinner Otto Warburg, MD, PhD, which I've written about in past issues (see my website for details).

Prof. Peskin has advanced Warburg's work. He's discovered that amazingly, there is a fundamental cancer/ heart disease connection. I'll show you this new science and share the discovery that can help prevent America's #1 cause of death — cardiovascular disease.

Prof. Peskin graduated from MIT, one of the world's leading institutes of science. He was not trained in the medical field. But sometimes, it takes a gifted person

from outside the box to uncover what those within the box just can't see.

In the most exciting development to date, Prof. Peskin's theoretical conclusions were completely validated in a physiological experiment using a precise instrument capable of measuring arterial flexibility. This experiment (the IOWA study) provided the first conclusive clinical proof of Prof. Peskin's theory.

The IOWA study has proven that fish oil is no longer the "cat's meow" for your arteries. David Sim, MD is a renowned interventional cardiologist. Together with Prof. Peskin, he has been conducting this long-term study on the impact of plant-based parent essential fatty acids on arterial aging processes. The key of the study is the medical device digital pulse analyzer (DPA). I mentioned this device in a past issue. I like it enough that I now have one in my office.

This device is simple. You put your finger in a plastic clip. It emits a soft laser light into your fingernail, much like what is done to determine blood oxygen levels. But this machine is made to read the light bouncing off the small arteries in your finger. The waveform it reads is an incredibly accurate measure of the elasticity (or stiffness) of your small arteries, which is highly reflective of the condition of your big arteries. This information is irrefutable; even conventional medicine accepts its accuracy.

When we are born, our arteries are extremely flexible. When your heart pumps, blood rushes into your aorta and arteries. Your vessels expand, like a balloon. When your heart is at rest, the elastic contraction of flexible arteries pushes your blood along, just as the elastic skin of a balloon will push air back out after you blow into it.

With abnormal aging, your blood vessels become stiffer and more rigid. Hardening of the arteries is a major cause of heart attacks. This rigidity leads to the need for higher blood pressure to expand your vessels. Rigidity leads to far less expulsion of blood when your heart is at rest. The rigidity is a direct reflection of arterial damage and arteriosclerosis. Thanks in large part to

Prof. Peskin's work, we can now pinpoint the prime cause of circulation dysfunction. So, back to the DPA. The DPA measured the effects of parent essential oils on vascular elasticity in 35 subjects —13 males and 22 females, ages 35-75. The median age was 62. The researchers gave the volunteers plant-based essential fatty acids for 3-48 months. PEOs are so called because they are the 18 carbon chain fatty acids that are the only true "essential fatty acids." The longer chain fatty acids of marine oils, including EPA and DHA, are not "essential" fatty acids.

Your body makes these longer fatty acids automatically from the true parent essential oils – if you're getting enough of the PEOs. We've come to believe that somehow humans don't automatically make sufficient longer chain fatty acids (EPA and DHA) from the parent oils. We do!!! And this study proves that it's better to let your body make what it needs in its own wisdom, than to force-feed it what it might not want or need.

Now back to the study. The median duration of use was 24 months. Half of the participants took the PEOs for less than 24 months and half for more than 24 months. Twenty-five of the subjects improved their arterial flexibility. That's a stunning 73% effectiveness. The average improvement was a nine-year decrease in arterial age (stiffness).

Amazingly, 34 out of 35 subjects either tested better than their physical age would suggest or at least stayed at their physical age. Today, many people have premature heart attacks. This study proved the effectiveness of what will be a major tool in reversing this trend. This is an incredible result, since it confirms that using PEOs will *markedly decrease your risk of a heart attack regardless of age or existing physical condition.*

Now what's amazing is the NNT (number of persons needed to be treated to see an effect in just one person) was only 1.4. Pharma considers an NNT of less than 50 a good result for the effectiveness of their poisons. For example, for statins, the NNT to "prevent" one cardiovascular event is greater than 80. That means more than 80 people would need to take a statin for many years to see a positive outcome in just one person.

In contrast, just 1.4 people taking parent essential oils need to take it for there to be a positive outcome in one person. That is simply astounding.

Alex Kiss, PhD, is a statistician who has worked as a consultant to the National Institute of Health (NIH). He's co-authored numerous peer-reviewed medical papers that appeared in major medical journals, including *New England Journal of Medicine and Cancer*. He found that the statistical significance of the Peskin/Sim work is extremely high. This work delivered 99.85% confidence.

Most medical studies come in at only 95%. This study is 30 times more accurate than the average clinical study. That means the results can't be due just to chance or error. The mean "biologic" arterial age of the subjects dropped nearly nine years!!! In another highly statistically significant study, researchers analyzed 7 males and 9 females aged 46-84, taking PEOs over an average of just 2.5 months. The time was from one month to eight months of PEO usage.

In this very short period of time, seven of the 16 improved. That's an amazing 42% effectiveness in reversing arterial age in just a few short months. The average improvement was 7.2 years of arterial age.

Here, the NNT was a low 2.3, and the results came in only months (not years, like statins). But here's where it gets really interesting, in fact scary, considering the dogma (and use) out there about fish/marine/krill oil. Another study looked at 15 people (7 males and 8 females aged 46-74, average age was 60) who were taking fish oil. The researchers replaced the fish oil with PEOs for an average duration of use of only 3.5 months. Thirteen of the 15 improved. *That's an 87% effectiveness rate.* The NNT was only 1.2. But, improvement in arterial age was higher in this group that had been taking fish oil than the other subgroups. Their arterial age dropped 11.1 years, as measured by standard population samples!

One subject remained unchanged, and one subject worsened (by only a year). The statistical significance was 99.99%, which is extremely high! In fact, this is 500 times more reliable than the typical 95% threshold used in most pharmaceutical studies. In subjects with high cholesterol, simply replacing their fish oil with PEOs improved six subjects. In those with high cholesterol, the NNT to improve the vascular system was an incredible 1.2. (That means that if 12 people take the product, 10 will improve. That's simply stunning!) One subject with both diabetes and high cholesterol improved.

Again, statins would require more than 80 people treated (for years) to effect one less cardiovascular event. Compare that to the PEO treatment, which improved almost every single subject's arterial age. In two patients on statins, both improved their arterial flexibility by 20 years with the PEO formulation.

So why is this scary? DPA is a medically accepted, direct, physiological, real-time measure of your arterial age (flexibility). It makes blood measurements of cholesterol and other "surrogates" seem antiquated. Here, we have a group of people who were using fish oil, whose mean arterial biological age was 49. After using PEOs, it fell to 38 — that's an 11-year improvement! This is an unprecedented, landmark result!

The tragedy is that fish oil taken in the amounts that most physicians recommend can overdose you with 20-times too much DHA and 250-500 times too much EPA. Just think what would happen if you took 250 aspirin capsules — you'd be dead! Of course, fatty acids are not a drug like aspirin. But, anything can act like a drug in your body if you take it in pharmacological amounts. That's my concern about the unbridled rise of marine oil consumption. We just don't know what they will do in the long run.

Friend, this is just fantastic information. When it reaches the mainstream press (if they allow it to), it will shatter the fish oil myth. This science is easily 10-20 years in advance of anyone else, making it state-of-the art.

As a summary: Your body is really looking for 18 carbon-chain fatty acids, called "parent essential oils." Fish oil does NOT provide these fatty acids. These 18 carbon-chain fatty acids are the "heart and soul" of your cell membranes. The normal person doesn't naturally convert very many fatty acids into long-chain derivatives (EPA and DHA). Normally, at least *95% of EFAs stay in parent form in your cells*. Your body never converts more than a mere 5% (usually less than just 1%) of these EFA "parents" into derivatives (EPA and DHA), as your body sees fit in its own wisdom.

As you may know, oxidized (rusted/rancid) cholesterol is a major cause of vascular disease. It's quite possible that fish/krill/marine oils contribute to this oxidation process. Research confirms, absolutely, that "foods" containing oxidized (rusted/rancid) oils attached to the cholesterol are the direct cause of vascular disease. And most fish oils (though not all) are already rancid before you take them. If you take these oils, they will oxidize your cholesterol. This will wreak havoc, even if your cholesterol levels are "low". You have to correct the *cholesterol= structure*. The way to do it is to incorporate plenty of fully functional unoxidized PEOs.

When you ingest these unadulterated fatty acids, they will gradually replace the adulterated (rusted, deformed trans) fatty acids in your cells. This allows your body to repair the damage and reverse arterial age.

According to the findings of the state-of-the-art IOWA study, you may actually contribute to arterial aging when you take fish oil. PEOs, on the other hand, replace dangerous oxidized fatty acids with the ideal parent omega-6/-3 proper physiologic ratio of oils that your body requires. This is terrific news! This data strongly suggests that replacing your damaged fats with fresh undamaged parent essential oils may be the most effective method ever found to reverse vascular disease and prevent heart attacks.

I admit this is a major paradigm shift. I had to struggle with it myself. But the research and discoveries come from “rock solid” science. PEO oils are plant-based, so anyone can take them (including strict vegans).

Although the IOWA study is ongoing, all the results I discussed here are already highly significant statistically. And I will tell you about the ongoing results. In the meantime, if you have any hint of vascular disease, or don't want vascular disease, I now only recommend plant-based parent essential oils... If you (think) you got good results with fish oil, imagine the incredible results you'll get with plant-based PEOs.