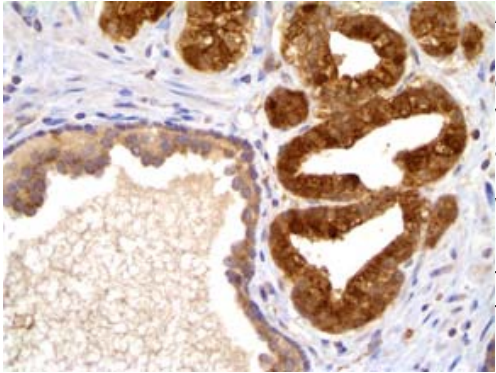


Omega 6 and Vitamin D

Omega-6 Fats Promote Prostate Cancer Growth



Another reason men, and women, need to properly balance the levels of Omega-3 and Omega-6 Essential Fatty Acids in their diets. The Omega-6 fats contained in corn oil and other vegetable oils may promote the growth of prostate cancer, according to a new study.

Working with human prostate cancer cells in tissue cultures, researchers found Omega-6 fatty acids, added to the mix, spur the production of cPLA2, which then causes the production of the enzyme COX2. The introduction of COX2 stimulates the release of PGE2, a hormone-like molecule that promotes cell growth. Simply put, if you're eating a diet that's high in Omega-6

fats, you could be vulnerable not only to prostate cancer, but colorectal and some breast cancers as well, scientists said.

Interestingly, the incidence of prostate cancer over the past 60 years has risen as dietary ratios of Omega-3 and 6 fats have changed. Back at the end of World War II, Omega-3 and Omega-6 ratios were lopsided (1:2) in favor of Omega-3s. Now, that ratio is 25:1 toward the Omega-6 side! This is not good!

The downside of the study is a recommendation that new and unnecessary drugs be concocted to ward off prostate cancer based on the effect of flurbiprofen, a non-steroidal anti-inflammatory drug commonly prescribed for arthritis, that blocked the production of cPLA2 and broke the chain leading to cell growth. As you know, you don't need a toxic drug at all to prevent prostate cancer. Among the natural tools at your disposal:

- Optimize your Vitamin D levels.
- Get more sun!
- Juice your vegetables.

I also recommend reviewing the advice of prostate cancer expert [Dr. Larry Clapp](#).

Reining In Health Care Costs By Emphasizing Wellness Programs



With the obesity epidemic escalating health care costs into the stratosphere – medical expenditures for morbidly obese adults in 2000 were 81 percent higher than those of normal weight – and insurance premiums soaring, companies are taking different approaches. And, some are helping employees take more

responsibility for their own health choices by investing in in-house programs that emphasize wellness.

A good example is the Alabama-based American Cast Pipe Co., where a fitness center is located next door to the machine shop where 5,000-pound pipes are made. And sitting across the street is a full-service primary care clinic. According to this awesome USA Today piece, American Cast Pipe employees brag about their weight-loss efforts and lower cholesterol levels, and not only for their continued good health: Those who maintain it receive a yearly bonus.

A solid reason for taking an interest in the health of employees and offering incentives in the form of bonuses: The Alabama company saves 20 percent in health costs on those who reach the top tiers of health alone, which has translated into \$2 million over nearly a decade. Overall, the company saves more than \$1 million annually, factoring in better productivity, reduced health care costs and the onset of chronic disease.

Here's another comparison worth your consideration: American Cast Pipe estimated one employee who is successfully fighting off obesity and diabetes costs the company \$1,600 in total health care expenditures last year. The average employee who did nothing to treat his ongoing diabetes could cost his company more nine times than amount annually.

One employee who took responsibility for his high cholesterol and eventually became an aerobics instructor at the company said it best: You can buy medicine, but not health.

USA Today, August 1, 2005

HealthStyles4URx offers the highest grade Omega 3. [CLICK HERE](#) for ordering information.