

Success Forum



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Yes, you still need Fish Oil

The last time I did a newsletter on fish oil was almost 10 years ago. Guess what. You still need fish oil. If anything, you probably need it more than ever.

If you did not receive (or keep) the newsletter I did on so-called Vegetable Oils, please send me an email and ask for one. Technically, they are industrial seed oils and they are rancid. Check your labels and your pantry. AVOID canola oil, corn oil, cottonseed, grapeseed, ricebran, safflower, soy and sunflower oil at all costs. These are unnatural oils that literally gum up the works in your body. They can cause the electron transport chain in your mitochondria to malfunction. Why is that important? Because that's where you make cellular energy! How many times have I heard, "I don't have enough energy" or "I'm so tired"?? It might be your own fault.

And just what does that have to do with fish oil? The industrial seed oils are omega-6 fatty acids. They are very inflammatory in our bodies. Inflammation is the base of all chronic disease.

The omega-3 EPA and DHA fatty acids either from good quality fish or good quality fish oil supplements are omega-3 fatty acids. They are ANTI-inflammatory. Do you have aches and pains? It could be the French fries that you ate - 7 years ago!! Yes, it can take up to seven years for your body to remove these rancid fats from your tissues. As with all things, it's all about balance. Later in this newsletter, I will recount an amazing story about how one particular oil totally destroyed one lady's life in just three short days.

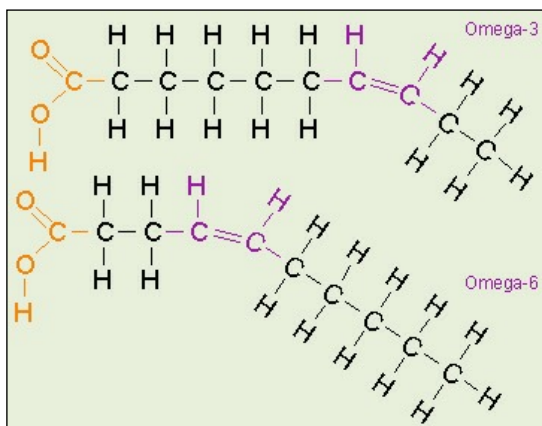
In the graphic from Dr Axe, the second point says Cancer Prevention. I personally believe that the current, soaring cancer rates are being fueled by several things, not the least of which is the nasty jab so many received and the effects of cell phones and cell tower radiation, but the sheer quantity of rancid fats and the paltry amount of good quality omega-3 fats people take in. Have challenges with depression? Mental health issues are not caused by a Prozac deficiency. Prozac, Celexa, Zoloft, etc., are selective serotonin reuptake inhibitors (SSRI). SSRI's can actually make things worse. Maybe you have an omega-3 deficiency.

I will admit that there are respectable people out there who think fish oil is a waste of money, with others saying it's downright dangerous. On the other hand, I have a number of headlines I will share with you that says the opposite. And I know this. I just celebrated my 70th birthday. Everyone says, I can't believe you're 70! Me either, but I also know that I have been taking Herbalife fish oil for the last 29 of those 70 years. Apparently, it has made a difference.



What IS fish oil anyway??

Let's start with some basics. Fish oil is composed primarily of two different types of omega-3 fatty acids. These good fats are called omega-3 fats because of the location of the first double carbon bond on their molecules. Count the c's from the right to left on the top molecule. The short-hand names for this type of omega fats are EPA and DHA. Both of these fatty acids are very important for human health and are considered "essential" fatty acids because we cannot make them from other molecules. We have to eat them. They are primarily found in cold water fish or supplements. There is another omega-3 called ALA found in walnuts, flax and other vegetable sources, but most humans, especially men, do not possess the ability to convert the ALA into the EPA and DHA fatty acids that we need.



When EPA and DHA are metabolized by the body, it results in other molecules that exert an ANTI-inflammatory effect. Inflammation is the root cause of all modern disease; cardiovascular disease, diabetes, Alzheimer's, arthritis, cancer, mood disorders, skin issues, auto-immune diseases, and the list goes on. Mark Hyman, MD states, "approximately 99 percent of Americans are deficient in these critical fats" (drhyman.com/blog/2011/09/09/dr-hymans-omega-3-levels).

Can I really have an Omega-3 deficiency??

Absolutely! Not only can you have an outright deficiency, but the imbalance created between omega-3 and omega-6 fatty acids when you're deficient is where you get into trouble. The bottom structure in the diagram is an omega-6 fat. In the human body, these fats end up being very

PRO-inflammatory! These omega-6 fats are prolific in the standard American diet, primarily from oils, nuts and seeds. David Brownstein, MD wrote a book called *The Skinny on Fats* (Medical Alternatives Press, 2012). This chart is adapted from data found on pages 69 and 73.

Ratio of OM fats 3:6			
Canola oil	1:22	Almonds/butter	1:28
Corn oil	1:83	Cashews/butter	1:44
Cottonseed oil	1:256	Chia seeds	1:3
Flaxseed oil	1:4	Peanuts/butter	1:176
Grapeseed oil	1:690	Pecans	1:21
Peanut oil	No OM 3	Pine nuts	1:300
Safflower oil	1:186	Pistachios	1:52
Sesame oil	1:138	Pumpkin seeds	1:119
Soybean oil	1:8	Sesame seeds	1:96
Sunflower oil	No OM 3	Sunflwr seeds/butter	1:503
Walnut oil	1:4	Walnuts	1:4

Note the ratios on very common things such as peanuts and peanut butter. Sunflower butter is said to be a good alternative for peanut butter. Certainly not from an omega-6 content perspective!!

In a book, again by Dr Hyman, he gave us a checklist: *Adapted from: Mark Hyman, MD The UltraMind Solution Companion Guide*

Do you have an omega-3 deficiency??

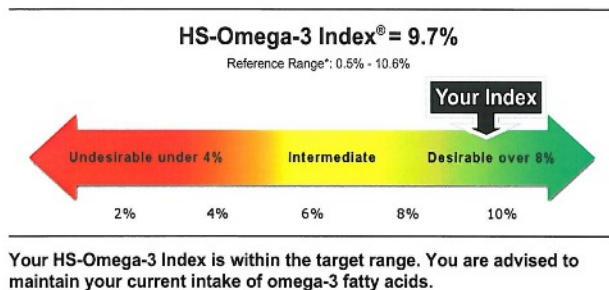
How many of these apply to you?

- ☐ I have soft, cracked, or brittle nails
- ☐ I have dry, itchy, scaling, or flaking skin
- ☐ I have hard earwax.
- ☐ I have dandruff.
- ☐ I feel aching or stiffness in my joints.
- ☐ I am thirsty most of the time.
- ☐ I am constipated (have fewer than two bowel movements a day).
- ☐ I have light-colored, hard, or foul-smelling stools.
- ☐ I have depression, ADHD, and/or memory loss.
- ☐ I have high blood pressure.
- ☐ I have fibrocystic breasts.
- ☐ I have premenstrual syndrome.
- ☐ I have high LDL cholesterol, low HDL levels, and high triglycerides.
- ☐ I have chicken skin also known as keratosis pilaris, or tiny bumps on the backs of arms

How did you do?? If you checked even a couple of these, it would be in your best interest ditch the omega-6's and focus on fish or take fish oil!

Testing, Testing

There are a couple of ways to test your blood for omega-3 levels. You can ask your primary care practitioner to order the levels. I suspect they would look at you as if a horn just grew out of your head. Or you can go online to your favorite Internet browser and type “omega 3 home test kit.” A bunch of options will come up. The one from Omega Quant was the least expensive and the one Dr Hyman used for these results:



You want your level to be at least 8%. As you can see, his was almost 10%! On page 5, you’ll see labs that I had done.

Okay, let’s take a look at some of the articles that have been sitting on my desk. This first one is from 2009, but to be honest, studies on natural substances are few and far between. You can’t make big money on something you cannot patent.

CNS Neuroscience and Therapeutics: Omega-3 fatty acids in depression: a review of three studies. They looked at depression in children aged 6 to 12 and in adults. The studies showed “highly significant benefits” in adults and highly significant effects” in children, and all with no side effects reported.

The Importance of Omega-3 for Cell Membrane Functionality, Joseph Mercola MD, June 29, 2023. In this article, he talks about how the bad fats incorporate themselves into our cell membranes and cause a disruption of integrity. In other words, the membranes no longer work correctly.

The American Journal of Clinical Nutrition: 117, 2023, pp 213-215. Bioactive omega-3 fatty acids associated with reduced risk and severity of SARS-CoV-2 infection. They talked about the “mean omega-3 index” as described above. Summary: “These findings suggest that consuming more long-chain omega-3 fatty acids (EPA and DHA) should be encouraged as a strategy to reduce the impact of the ongoing SARS-CoV-2 pandemic and

of future respiratory virus infection outbreaks.”

Omega-3 May Lower Alzheimer’s Risk in High-Risk Individuals, June 11, 2023. Dr Mercola interviewed James DiNicolantonio, PharmD. “People with the highest omega-3 blood levels are 18% to 21% more likely to live longer,” and with fewer incidences of dementia.

Omega-3 Fat EPA Significantly Lowers Heart Disease Risk, again Dr Mercola, August 12, 2023. That dovetailed with an article published in Current Problematic Cardiology Feb, 2024 49(2):102245. This study looked at a total of 40,991 patients who received omega-3 fatty acids with a cholesterol lowering medication (statins). The group with omega-3’s had better outcomes overall than the group with statins only.

And here is an interesting title: Did Lou Gehrig Die Because of Low Omega-3? Dr Mercola reports on a study done at Harvard, looking at outcomes of patients with Lou Gehrig’s disease, which is ALS or amyotrophic lateral sclerosis. Nasty disease. The ALS patients who had higher omega-3 levels “lead to longer survival and slower functional decline.”

And here is Anna’s story about choosing bad fats. “I had picked up a couple of different oils from the health food store to use for cooking and in my shakes. When I started to use one recently, I had used it for my morning and afternoon shake for three days, when I started to notice I was not feeling well, and my foot was starting to hurt more than usual, to the point where I thought I would have to take pain pills again. I was beginning to have discouraging thoughts about my condition for the years ahead. How could I bear this another 20-30 years? When I went to bed that third day, I could not get to sleep. I never worry about stuff. I can sleep at the drop of a hat, usually, but I found I was hanging on to one thing after another. I would start worrying about one thing until it got overwhelming. All my thoughts would end up in an explosion of splinters. I feared I was losing my mind!

“When I got up, I somehow decided to check my oil. I was using grapeseed oil, with an Omega 3: Omega 6 ratio of 1:690! Needless to say, you can’t trust that the health food stores sell healthy foods. I stopped that immediately. Right away I felt better; I drop off to sleep, my mood is better and the pain in my foot has gone back down.”

Horrifying stuff, all just from using bad fats.

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Testing, testing ... How good is your fish oil??

1. Bloodwork

We've already talked about this. It is the best indicator that your fish oil is working for you.

2. Physical Reactions

Are you getting fish burps? It's likely that your product is rancid. I have run into a couple of folks who swear that they burp with the Herbalife product, but once we get their gut straightened out, that resolves.

Does your fish oil stink?? Put your nose in that bottle. If it stinks, throw it out! It's rancid.

Do you have aches and pains that began shortly after you started taking your fish oil?? Then it's definitely rancid!! Throw it out!!

3. The Freezer Test

Good quality fish oil does not have any water in it, therefore, will not freeze. Throw your capsules in the freezer. If ice crystals form, the oil is not pure. Throw it out.

3. The Styrofoam Cup Test

This test is controversial, but seems to work every time. There is a website that promotes using bottled fish oil rather than capsules. I disagree. The minute you open that bottle, oxygen rushes in and oxidation begins. It doesn't take long for that whole bottle to go rancid, even if stored properly. With modern capsule technology, and the essential oils that go into our capsules, I believe capsules are still best. Nevertheless, this is a statement from Dr Lam's website (www.drlam.com/blog/allergies)

"Fish oil should also be dispensed in silverware, and not onto plastic or Styrofoam utensils. Because pure fish oil may melt Styrofoam and plastic, fish oil should be stored in a glass container only."

Pure fish oil will melt Styrofoam. Hence, the test. First a bit of chemistry. Heat will catalyze a reaction, or, make it go faster, so that you don't have to wait to see what happens. Put about 4 ounces very hot water into a Styrofoam cup. Drop in your fish oil capsule. Wait and watch.



When I teach the section on Good Fats / Bad Fats in our Nutrition Workshop, I ask people to bring in their fish oil capsules. In a way, I hate that class because it makes the club stink! All that rancid fish oil in hot water! But nothing ever happens in those the cups.

Note the cup by the Herbalifeline. Dr Lam says that "pure fish oil may melt Styrofoam." It happens every time. The Herbalifeline cup begins to melt within 15 to 20 seconds. The other fish oils just sit there and stink, or do nothing at all.

One issue we did run into. At the club, we put all the cups into a bowl. Once the Herbalifeline melts through its cup, the water containing the fish oil will go and attack the other cups.

But why do I want to put something into my body that will melt Styrofoam?? That's the question. YOU are not made of Styrofoam. This is only a test that will show you if your fish oil is fresh and active ... or not.

Please note that this test is only valid on fish oil products. If the label says "Omega-3, 6, 9" or "Omega-3 plus vitamin D" or some other crazy thing, it won't work. It does not work on krill oil.



FLOOD YOUR BODY WITH GOOD FATS! Eat grass-fed Butter like Kerry Gold. Put it on everything!! Add MCT oil, coconut oil or heavy cream to your coffee, tea, shake, anything. Take more Herbalifeline fish oil! The best way to hit back at omega-6 fats is with good quality omega-3's! Get tested and find out where you are. These are my results from awhile back. This is one place where reference ranges are useless. The ideal percentage for omega-3 fat levels is between **8 and 12%**. Yea! I'm at 10%, with the omega-6 (arachidonic acid) flagging low at 4.9%. Good job, Cheryl! This was done at a

Quest

Diagnostics lab.

If you want to get your levels tested via a traditional blood draw, shoot me an email and I can show you how to order your own blood work.

Test Name	In Range	Out of Range
OMEGA 3 AND 6 FATTY ACIDS, PLASMA		
OMEGA 3 (EPA+DHA) INDEX		10.0 H
OMEGA 6/OMEGA 3 RATIO		2.3 L
EPA/ARACHIDONIC ACID RATIO		0.8 H
ARACHIDONIC ACID		4.9 L
EPA		3.8 H
DHA		6.2 H

Recognition of our incredible Downline Team!!!



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Ashtan Wapelhorst

Congratulations!!!



Many Thanks to EVERYONE for all Your Hard Work! You are changing lives every day with these products and this business opportunity!!!



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