

# Articles of Health

Articles of Health are the writings of Robert O. Young D.Sc., Ph.D., based upon his theory that the human organism is alkaline by design and acidic by function. He suggests that there is only one sickness and one disease which is caused by an over acidification of the blood and then tissues due to an inverted way of living, eating and thinking. There is no way to have health and acidity -- health and alkalinity is the way!

**MONDAY, MARCH 22, 2010**

## Omega-3 Oil Reduces Dangerous Colon Polyps

A purified form of omega-3, the so-called "healthy alkalizing fat" found naturally in certain fish, seed and nut oils, reduced dangerous polyps among people prone to bowel cancer, says a British study published on Thursday by *Gut*, a journal of the British Medical Association.

Fifty patients were enrolled in the investigation, all with a genetic mutation that prompts the development of polyps — precancerous growths in the bowel that often develop into tumors requiring removal of large sections of intestine.

Twenty-eight were randomly assigned to a group that received a two-gram daily dose of a new, highly purified form of omega-3, while the other 27 were given a dummy lookalike, or placebo.

After six months, the number of polyps had risen by almost 10 percent among the placebo group but fell by 12 percent for those taking the omega-3 capsules, amounting to a difference of more than 22 percent.

In addition, polyp size increased by 17 percent among the placebo takers, whereas it decreased by 12.5 percent in the capsule group, a difference of just under 30 percent.

According to Dr. Robert O. Young, Director of Research at the pH Miracle Living Center, "Omega-3 oils work because they take-up on their unsaturation hydrogen ions or dietary/metabolic acids thus reducing acidity in the gut that causes the formation of polyps and then the formation of cancerous tumors."