

New Research Shows Omega-3 Fatty Acids Protective Against Breast Cancer

Abbas et al. (2021) Epigenetic Reprogramming Mediated by Maternal Diet Rich in Omega-3 Fatty Acids Protects From Breast Cancer Development in F1 Offspring. *Frontiers in Cell and Developmental Biology* 2021; 9:682593.

QUOTE BOARD:

"Diets rich in omega-3 fatty acids (FA) have been associated with lowered risks of developing certain types of cancers."
"It is evident that omega-3 FA can reduce the risk of developing various complex diseases, including cancer."

"Remarkably, the transcriptomic changes involve the differential expression of approximately 3,500 genes, enriched in multiple molecular pathways associated with preventing/suppressing cancer incidence/growth. The unpredicted large number of genes affected suggest a nearly genome-wide impact of O-3 FA-rich maternal diet."

"This ability to respond rapidly due to epigenetic potentiation appeared to contribute to and promote protection against breast cancer after carcinogen exposure."

"More precisely, recent evidence has shown that parental diets can influence the outcome of breast cancer through transgenerational epigenetic inheritance."

What You Need to Know:

Cancer, like all chronic illnesses, is a gene expression illness NOT a gene possession illness.

The human genome has not changed in thousands of years but the rates of breast, colon, lung, prostate, and many other cancers have risen exponentially over the past 70 years as we have moved toward a processed food rich, pesticide and herbicide rich, petroleum fertilizer rich, antibiotic grain fed meat rich, essential nutrient deficient diet.

Research is clearly showing that it is unhealthy environment and lifestyle habits that is driving the chronic illness pandemic and this study is just one of thousands showing how deficient intake of essential nutrients such as omega-3 fatty acids leads to the genetic expression of cancer - and that sufficient intake prevents this expression.

Incredibly, but biologically predictably, poor parental diets can affect the genetic expression of offspring so that as we create less and less healthy environments and lifestyle habits we become sicker and sicker not just as adults but as families. We are getting sicker as a species!

What You Need to Do:

You need to ensure that you are getting sufficient intake of omega-3 fatty acids and the other commonly deficiently consumed essential nutrients such as Vitamin D, multivitamins and minerals, and probiotic bacteria by supplementing with the Innate Choice[®] Essential Nutrient System™.

For more information ask your practitioner or visit www.innatechoice.com.