

CAN ADVERSE EFFECTS OF ALCOHOLISM DECREASED BY W-3 FATTY ACIDS AND DESIGNER FOODS.

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Research has shown that increased intake of alcohol more than 10 drinks per week may be associated with increased risk of heart attack, stroke, hypertension, diabetes mellitus and cancers as well as accidents. Greater the intake of alcohol, higher the risk of these chronic diseases and deaths due to these problems. However, moderate alcohol intake up to 10 drinks per week may have beneficial effects on the risk of all these problems. Moderate alcohol intake increases HDL-C, and decreases CRP, IL-6, TNF-alpha, Lp(a),

Plasminogen activator inhibitor-1, insulin resistance. These beneficial effects are enhanced by w-3 fatty acids whereas eating excess of w-6 fatty acids may decrease these beneficial effects of both the agents.

Excess of alcohol intake causes decrease in vitamin B1, B6 and B12 as well as in folic acid, antioxidants vitamins A, E, C and beta carotene, flavonoids, amino acids, CoQ10, carnitine, w-3 fatty acids as well as in minerals Mg, K, Ca, Cr, Zn, Se. Alcoholism also has a direct adverse effects on cell membrane, mitochondria and genes. Alcoholic cirrhosis, fatty liver, cardiomyopathy, hypertriglyceridemia, hyperuricemia, oxidative stress and inflammation are well known adverse effects of alcoholism. It also damages the brain causing dementia, depression and psychosis.

Western diet rich in w-6 fat (sun flower oil, corn oil, safflower oil, soyabean oil), trans fat, saturated fat and refined carbohydrates and low in w-3 fatty acids, vitamins, antioxidants and amino acids is known to cause all above diseases. Therefore, western diet in conjunction with alcoholism doubles the risk of deaths due to chronic diseases. If the diet is rich in all these nutrients, these chronic diseases can be decreased. However, it is not possible for general population to eat adequate fruits, vegetables, legumes and nuts (walnuts rich in w-3) and olive oil and rapeseed oil (w-3 rich) which are rich sources of above nutrients.

There is need to add w-3 fatty acids in the alcohol to decrease these complications and deaths because it seems to be central in the above mechanism. Alcohol drains some DHA (w-3 fat) from the cells of the brain, heart, arteries, liver, beta cells of pancreas, stomach, duodenum and ileum and breast in females, predisposing these organs to above chronic diseases.

TsimTsoum Vodka is a great idea. TsimTsoum Vodka which would be enriched with fish oil (rich source of w-3) can repair this deficiency. It is like a cleaning drink for the all the organs of the body. If standard Vodka is 40% alcohol, then we need +/- 1-g DHA per 500-ml bottle. Eating designer foods with low w-6/w-3 ratio of 1:1 may also decrease the adverse effects of alcoholism and may enhance the beneficial effects of moderate alcohol intake.