

**OptimalHealthSecrets.Com**  
**LIA Lifestyle Instruction Aid**

**a27. Question on fish oils and immune health**

By Dr. Victor Jean Ouellette

Modified March 6, 2008

**E-Mail question from a reader.**

I wanted to find out about mixing primrose oil tablets and salmon oil 1000 mg tablets. What is the ratio? I have read your book cover to cover and very impressed. What do you suggest for achieving good health, as I want to improve my immune system and anti cancer etc.

**Answer**

Thank you very much for the nice complement. Your question is a very large question with many books written on the subject. Rather than attempting to be thorough with this question, I will instead try to be brief but pertinent. In a tiny nutshell, here it is.

Keep your meals low in total Calories, exercise regularly and take a multi vitamin and mineral supplement along with a few other supplements. Avoiding all the PRD-Poison foods should reduce the immune onslaught caused by foods, although I do not have any research papers to quote about that right now.

My Internet site, [OptimalHealthSecrets.com](http://OptimalHealthSecrets.com), teaches that five things are important for the [etc.] part of your question. (Optimal Health & Wellness)

1. Spinal Health,
2. Nutrition,
3. Exercise,
4. Rest & Relaxation,
- 5 Attitude & Perspective.

At the front of my book, Dr. Ouellette's Pain Relief Diet Manual, on pages xxi and xxii, I give a Wellness approach that deals both with pain and with lifestyles. As you have the book, read those pages again and see if there are a few things you can change in your lifestyle to improve things.

From the nutritional supplement point of view some of the things that are well known to boost the immune system are the following. Standards for dosages have not been set but, there are some rough guidelines.

Evening Primrose oil has GLA oil (Gamma-Linolenic Acid) in it among other oils. It is turned into Prostaglandin E1 which is a good anti inflammatory hormone. The fish oils are several.

Usually the salmon oil product contains several different fish oils which get turned into Prostaglandin E3.

There are products on the market now called 3,6,9, Essential Oils which supply all of the oils. I supply a product to my patients from a company called Neutral Therapeutics. The product is called Nature's Essential Oils. It has all the essential oils in the proper ratios. It costs about \$31 for a bottle of 90 capsules and you can get it in my clinic. These types of Essential Oil products are very helpful for reducing pain as well as they increase the ratio of the Omega 3 oils in the diet and thus provide more Prostaglandin E3 hormones.

### **Immune boosters**

Herbs

Canadian Ginseng (Some great new research just published showing large reduction in colds.)

Astragalus (Very old Chinese herb.)

Reishi Mushroom Extract containing 10% polysaccharides and 10% triterpenes (Also Chinese and quite old.)

### **Vitamins**

Vitamin A

Vitamin C

Vitamin E

Vitamin B Compound

### **Minerals**

Zinc

Copyright April 2004, Dr. Victor Jean Ouellette, All Rights Reserved