

The Sago Mine Survivor Miracle, 'Brain Food' Key to Miner's Amazing Recovery

CBN.com – In what most people are describing as a medical miracle, Randall McCloy Jr., the only surviving miner of the West Virginia Sago Mine disaster, has returned home. McCloy endured more than 40 hours trapped underground in a collapsed mine exposed to carbon monoxide before being liberated.



Randall McCloy Jr.

When rescued from the Sago mine nearly four months ago, **he had brain failure, heart failure, kidney failure, and liver failure.** Needless to say, his outlook appeared very bleak. He was immediately transferred to one of the 30 brain trauma centers in the United States located at the West Virginia School of Medicine and was to be under the care of Dr. Julian Bailes.

Dr. Bailes called upon Dr. Barry Sears, one of the leading authorities in high-dose fish oil in the United States, to see if there was anything Dr. Sears might suggest.

"Barry's our hero," Bailes said recently. "For me, Barry is one of the main reasons why I got interested in the whole essential fatty acid area. I've read everything he's written, and he convinced me that DHA could play a role in Mr. McCloy's recovery. He sent me his product, which was the main source in his treatments."

Dr. Sears suggested administering 30 grams per day of the fish oil concentrate he developed, OmegaRx, that would provide **18 grams of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) via tube feeding.** The oil was an integral daily part of Randall McCloy's treatment for the next several months.

Because this was a very high dose of EPA and DHA, McCloy's blood levels were constantly monitored to ensure that the levels of these fatty acids (EPA and DHA) fell within a certain therapeutic range. Bailes said the blood test numbers were "right on the money." The EPA was needed to reduce the inflammation caused by the lack of oxygen within the organs, and the DHA was required to rebuild the brain, Dr. Sears said.

Today the damage to his heart, kidneys, and liver has been reversed, and he is home with his family. A miracle it is, but a miracle that Dr. Bailes believes was considerably helped by high-dose fish oil. "I certainly think it played a big role," Bailes said. "How can he rebuild his brain if he doesn't have the substrate to do it?"

THE QUESTIONS REMAINS: HOW DOES OMEGA RX WORK?

Dr. Sears points out that both EPA and DHA are required to rescue the brain (not to mention the other extensive organ damage that Randall had) from lack of oxygen. EPA is necessary to reduce the inflammation that comes from oxygen deprivation, whereas DHA is required to provide the building blocks to support new neural growth. Either one by itself would have been insufficient. Furthermore, one needs high concentrations of both in such trauma situations.

The amount of OmegaRx that Randall was receiving (and continues to take) contained 15 grams per day of EPA and DHA. Although a seemingly extraordinarily high dose, Randall's blood levels of these fatty acids were constantly monitored to maintain them within a therapeutic zone that Dr. Sears has found to maximize the reduction of systemic inflammation without compromising the body's ability to fight infection.

The implications of Randall McCloy's remarkable recovery have widespread medical importance, not only for brain trauma patients, but also for any patient with neurological disorders. Harvard Medical School has shown that high-dose fish oil has significant benefits in treating bipolar depression, and Dr. Sears has completed a recent study showing that the same levels of fish oil used by Dr. Bailes in treating Randall McCloy also significantly improve children with ADHD. Maybe this is why your grandmother called fish oil "brain food". I guess you could call OmegaRx "super brain food".

Dr. Sears said he plans to continue to do studies with Dr. Bailes through his nonprofit Inflammation Research Foundation on the impact of high-dose fish oil on brain trauma patients.

For more information about Dr. Barry Sears, his incredible fish oil supplements, or the popular Zone Diet, please visit www.zoneliving.com.

Dr. Barry Sears is a leader in the field of dietary control of hormonal response. A former research scientist at the Boston University School of Medicine and the Massachusetts Institute of Technology, Dr. Sears has dedicated his efforts over the past 25 years to the study of lipids and their inflammatory role in the development of chronic disease. He holds 13 U.S. patents in the areas of intravenous drug delivery systems and hormonal regulation for the treatment of cardiovascular disease.