



Moving Beyond Fish Oil Introducing PEOs

We have all been told that fish oil, commonly called Omega-3, is good for your health. This has now been proven wrong. Fish oil consists only of an inferior and potentially harmful form of Omega-3s called “derivatives.” Omega-3 derivatives are NOT essential EFAs. There are two Essential Fatty Acids that must be ingested each day – Omega-6 and Omega-3. The *Parent* form of these EFAs can not be manufactured by your body.

Biological pathways clearly show that your body *makes derivatives from the Parent* as needed by the body. Popular literature on EFAs often overlooks this important and critical fact.

While fish oil has many advocates, clinical results prove that patients show *marked improvements* when they change their daily EFA supplementation from fish oil (Omega-3 derivatives) to a complete and biochemically correct blend of plant-based Parent Essential Oils (PEOs).

The proper blend of Parent Omega-6 and Parent Omega-3 is so far superior to fish oil and other EFA supplements, that it *completely replaces everything else*.

⇒ **See back for crucial information** ⇒

Reported in 2009: American College of Cardiology¹:

- Fish Oil DOES **NOT** STOP heart attacks.
- “We saw no beneficial effect [of fish oil].”

Reported in 2009: American Heart Association Champions Omega-6 PUFAs to Counter Popular Nutrition Advice²:

- “[O]mega-6 PUFAs [Parent Omega-6] also have powerful *anti-inflammatory* properties...’
- “[W]e’re telling people **not to stop eating their omega-6.**’
- “**To reduce omega-6 PUFA intakes from their current levels would be more likely to increase than to decrease risk for CHD.**”

Reported in 2008: The Importance of Parent Omega-3 is Highlighted: “Alpha-Linolenic Acid & Risk of Nonfatal Acute Myocardial Infarction”³:

- “Greater alpha-linolenic acid [parent omega-3] ... was associated with lower risk of myocardial infarction [*fewer heart attacks*].
- “*Fish intake was similar in cases and controls, ...* [Note: Fish consumption *didn’t stop* heart attacks.]

Reported in 2008/2005 : EFA Derivatives Made “As Needed”⁴:

- “**Conclusions:** The consumption of ALA-enriched supplements... *shows the effectiveness of ALA [parent omega-3] conversion....*”

Reported in 2008: Diabetics need to know...⁵:

- “*Diabetic patients have the highest risk of coronary artery disease,* Dr. Schindler pointed out. ‘We found that 80% of diabetics had abnormal vascular function...’”

Summary

- **Your body makes** EFA derivatives from Parents as needed
- The **American Heart Association** (♥) clearly states:
 - The **need for Anti-Inflammatory Parent Omega-6** in your diet
 - Parent Omega-3, **NOT** fish oil, **lowers risk of heart attack risk**
 - **Diabetics are at greater risk for Coronary Artery Disease**

References:

1 **March 30, 2009, Bloomberg News, Orlando, Florida Cardiology Convention.**

2 **Heartwire 2009, © 2009 Medscape, January 28, 2009 (Dallas, Texas), based on *Journal of the American Heart Association*, Ref.: *AHA Science Advisory*, Harris WS, Mozaffarian D, et al., “Omega-6 Fatty Acids and Risk for Cardiovascular Disease: A Science Advisory From the American Heart Association Nutrition Subcommittee of the Council on Nutrition, Physical Activity, and Metabolism; Council on Cardiovascular Nursing; and Council on Epidemiology and Prevention”; *Circulation*, February 17, 2009; 119(6): 902 - 907; and **American Academy of Anti-Aging Medicine** referenced February 2, 2009 at http://www.worldhealth.net/news/concern_about_omega-6_fatty_acids_lead.in.**

3 **Hannia Campos, PhD; Ana Baylin, MD, Dsc; Walter C. Willett, MD, DrPh, *Circulation*, 2008; 118:339-345.**

4 ***American Journal of Clinical Nutrition*, Vol. 88, No. 3, 801-809, September 2008 and Hussein, Nahed, et al., “Long-chain conversion of linoleic acid and alpha-linolenic acid in response to marked changes in their dietary intake in men,” *Journal of Lipid Research*, Volume 46, 2005, pages 269-280.**

5 **2008 meeting of the Society for Nuclear Medicine—Advancing Molecular Imaging and Therapy** (reported New York (Reuters Health) June 23, 2008).