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