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 Cardiology**[1]:

- **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 Advice**[2]:

- "'**[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_leadin.

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).