

## OMEGA 6:3 RATIOS AND EPA/DHA

Omega 3 fatty acid (ALA-Alpha Linolenic Acid) is essential for life and must be obtained from food. EPA and DHA are derivatives (made from) from Omega 3 and are NOT essential for life. Except for our brain and nervous system, our body has little use for EPA and DHA because our body makes them as needed.

Omega 6 fatty acid (LA-Linoleic Acid) is also essential for life and must be obtained from food. Your body requires approximately 11 times more Omega 6 than Omega 3.

Omega 6 and 3 are called Parent Essential Oils (**PEO**) because all other fat derivatives can be made within our body if we have the correct ratios of pure (cis) Omega 6 and Omega 3. PEO's are hormone transporters, anti oxidants, anti-inflammatories, normalize blood sugars, are oxygen transporters and kick the undesirables out of our cells such as viruses, bacteria, pathogens and heavy metals.

Our cells compete for the proper ratios of healthy fats...if we get too much inflammatory or "bad" fats and there's not enough healthy Omega 6 and 3, then our body is forced to use whatever is available...which leads to inflammation/diabetes/high blood pressure/cholesterol/cancer/dementia etc.

As we age, because of health issues, epigenetic and environmental factors, we can no longer effectively convert omega 6 into the anti-inflammatory prostaglandins needed. That's where Efamol comes into play as a pure Omega 6 from the Rigel Seed producing Evening Primrose. (Borage Oil is a different strain of evening primrose that metabolizes into inflammatory markers....think of a car vs an airplane...both are modes of transportation but with very different results).

There are two kinds of omega 6.....one is from processed/adulterated foods (Mazola, canola, corn oils etc, Becel, Earth Balance and other margarine's, restaurant and packaged foods). The processes of heating and hydrogenation change the omega 6 to adulterated fats which turn rancid very quickly releasing toxins and free radicals throughout the body causing inflammation and ill health.

The other omega 6 is unadulterated cis Omega 6 prevalent in all natural, unprocessed foods....meats, eggs, vegetables, dairy, grains, fruit..... fish and flax are the only foods that dominate in Omega 3. Main stream media, most doctors and advertising tell us Omega 6 is bad for us. And it is....but only when it's in the adulterated/processed forms. They haven't looked at the updated medical journals to see how the original studies showing benefits for fish oil were flawed and many were later retracted. Research shows the average person gets up to 15-30 times the omega 6 daily that we need...and most probably do..... by eating processed/adulterated "bad" omega, as well as pharmacologically overdosing on EPA and DHA thereby pushing out the healthy Omega 3 and 6 from our cells. Most commercial fish oils generally contain up to 500 times the amount of EPA and up to 120 times DHA than what your body would naturally produce on its own.

The massive fish oil deception came about decades ago after fish meat was processed leaving manufacturers with many vats of fish waste (head, tail, skin, organs) which was costly to dispose of. So they chemically separated the EPA from DHA, and re-esterified them together into the desired ratios and marketed it as an anti inflammatory based on flawed and biased data. It's all about the money and the revolving "sick care" we have today. The more sick you are, the more money they make.

Ask yourself.....Why are farmers and people that solely live off the land (without any processed "food") so strong and healthy until a very old age?

Efamol (Omega 6) is the primary PEO (parent essential oil) which manifests the following attributes if taken consistently:

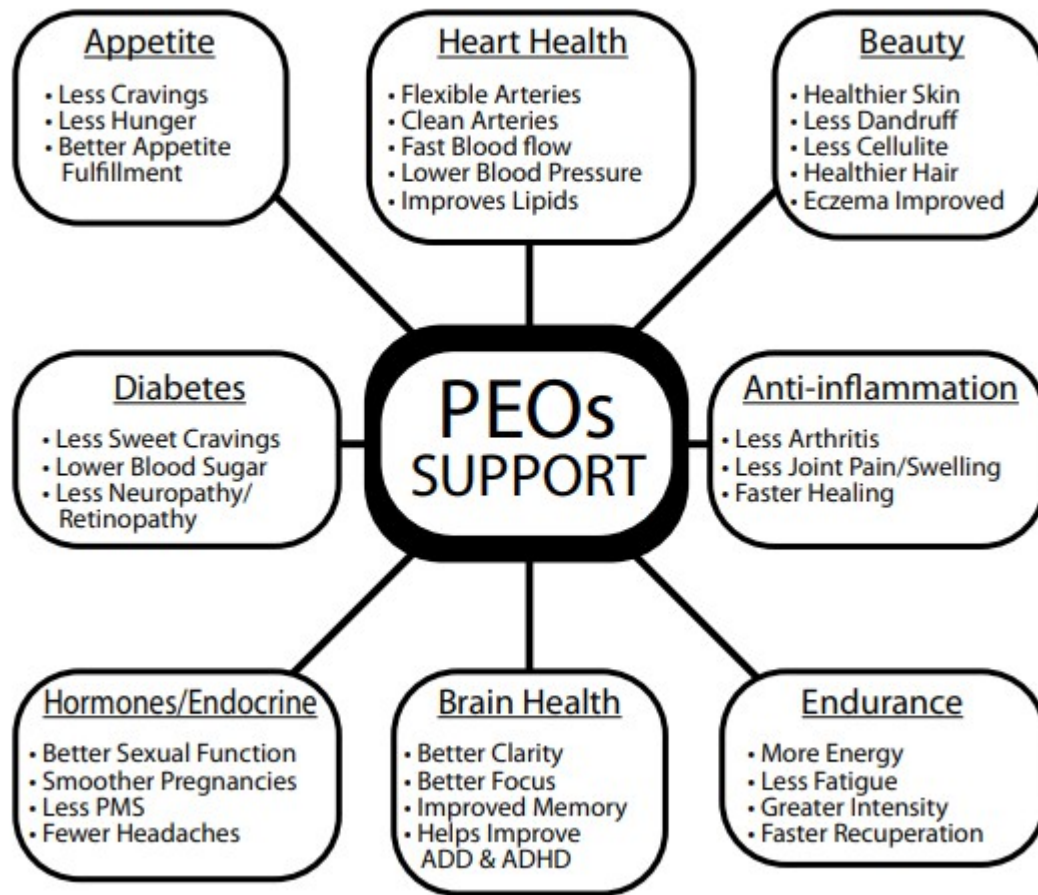


Chart Reference: **PEO Solution- Conquering Cancer Diabetes and Heart Disease with Parent Essential Oils** by Brian Scott Peskin and Dr. Robert Jay Rowen

References and **MORE LINKS FOR YOUR RESEARCH**

<https://drrowendrsu.com/featured-article/fish-and-marine-oil-toxicity/Prostaglandins, Leukotrienes and Essential Fatty Acids medical journal.>  
(type Omega 6 in the search line)

<https://www.plefa.com/action/doSearch?text1=omega+6&field1=AllField>

<https://brianpeskin.com/>

<https://www.sciencedirect.com/search?q=efamol>

file:///C:/Users/Owner/Desktop/CLIENTS%20BUSINESS/FOR%20WEBSITE/PeskinPrimer.pdf

**PEO Solution** (book)- Conquering Cancer Diabetes and Heart Disease with Parent Essential Oils by Brian Scott Peskin and Dr. Robert Jay Rowen