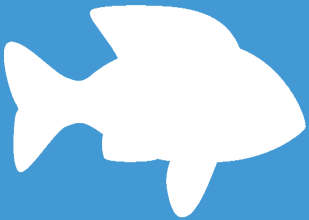


Fish Oil or Parent Oils?

Which Omega is Right for You?



Fish Oil Vs. Parent Oils

Fish oil has become one of the most well know and commonly used supplements in the world today. We know that our bodies need fat. Fat is vital for healthy eyes, heart, liver, kidneys, cells, hormones, immune system and more. Fats can come from various meats, poultry, fish, nuts and seeds. Often in our diet we aren't getting the healthy fats we need. Specifically, we often aren't getting enough omega 3 and omega 6. Many of our foods are processed and have had the fatty acids removed from them, so they can be shelf stable in our grocery stores. Also farming practices and how livestock are raised also lead to deficiency in Omega fatty acids. Because of this, supplementing Omega oil has become an important part of our modern lifestyle. The question then becomes, what fatty acids do our bodies need and how do we get them if we can't get them from food? Fish oil has been the answer, but is it really the best solution? Let's take a look.

So, what is a fatty acid? Fatty acids are simply a type of fat that your body needs. There are two types of fatty acids that are considered essential, meaning the body can't make them and they must come from food. The two essential fatty acids (EFAs) are called Omega 3 and Omega 6. There are also Omega 7 and 9, but your body can make them and they are not considered essential.

Parent Omega 3 and parent Omega 6 are technically Alpha Linoleic Acid (ALA) and Linoleic Acid (LA). These are the most basic forms of the omega series fats. Your body can take these fats and break them down into related substances, called derivatives. It's important to note that your body can not use a derivative fat to create the parent fat. Once it's broken down into a derivative, it can't go back. Your body needs around 95% parent fats and it uses about 5% as derivatives.

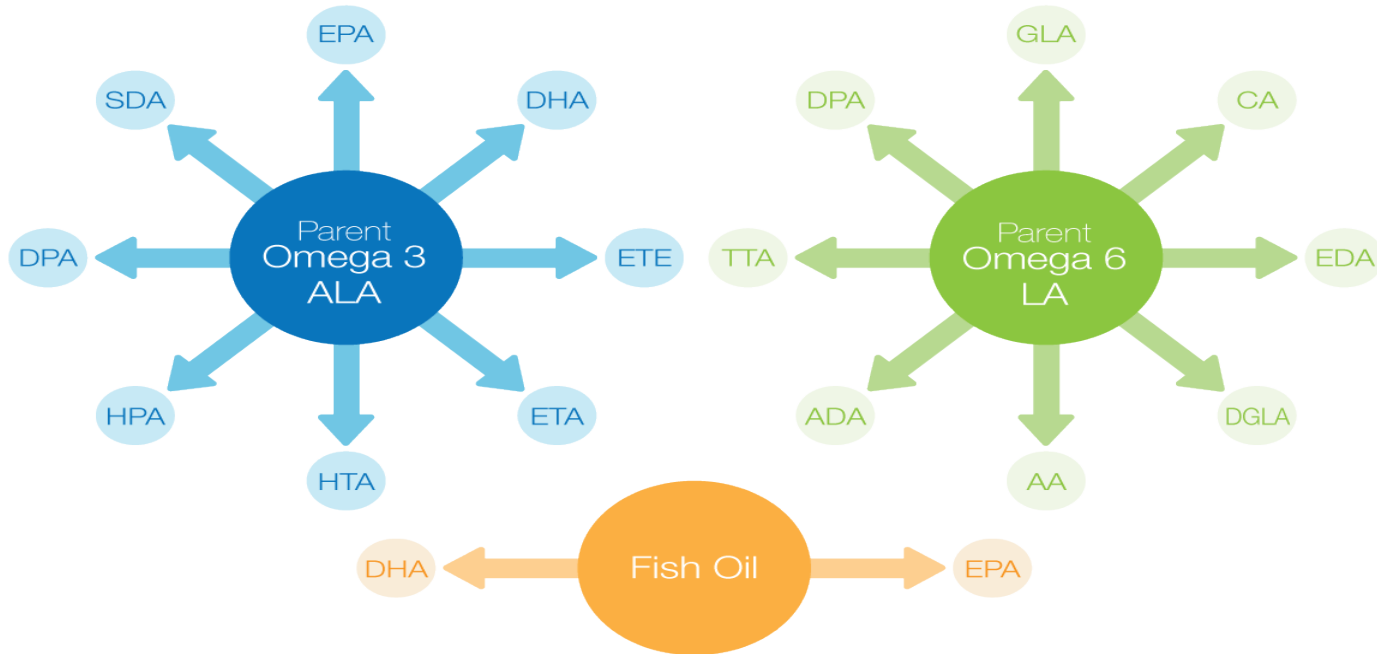
Fish Oil is Incomplete

Fish oil only contains Omega-3 fatty acids. Specifically, fish oil contains EPA and DHA derivatives of Omega-3. There is no parent Omega 6 or parent Omega 3 in fish oil. This is the first major problem with using a fish oil supplement, fish oil doesn't contain any parent oils. Remember your body needs approximately 95% parent Omegas, and it needs more Omega 6 than three. Fish oil is incomplete, it doesn't have any parent oils and doesn't have any Omega 6, which your body needs 6 times more of over Omega 3! It doesn't make sense to focus on supplementing a derivative oil, like EPA and DHA, as the primary supplement. The way to tell if your supplement has parents or is mainly derivatives is to simply read the ingredient list. If the main ingredients are fish oil, then the supplement is primarily derivatives.



There are many derivatives of Omega fats as shown in the chart. As you can see, with parent Omegas your body has access to the full range of fatty acids it needs as compared to fish oil.

Parent Omega Oils vs. Omega from Fish Oil



Are high quality fish used to make fish oil?

Another reason to avoid fish oil is quality. The best fish aren't ground up and pressed for supplement oil, they are sent to markets and restaurants to be sold for top dollar. Fish used for supplements are lower quality fish or farmed raised fish. Krill is also commonly used for supplement oil. When is the last time you can recall humans eating krill? The tiny little creatures are usually eaten by whales. Eating fish is great, when you get the oil from the fish you are getting in it a good proportion. Fish oil supplements are mega-dosing on the derivatives, giving you much more than you would get even eating fish three times per day.

Chemicals and heat are also used to extract the oil from fish. Heat is not good for fatty acids, as it cause them to oxidize and go rancid. Eating anything process with chemicals is never a good idea.

Plant based omega supplements are the best option and contain parent oils. When offered as organic, they are the most pure, quality oils available. Flax oil is the primary plant oil containing omega 3. Evening primrose, sunflower, safflower (Linoleic varieties), pumpkin and borage are the primary seeds that contain omega 6 fats. A few of these have omega 3 in them also, but it's minimal compared to the omega 6. The best supplements for omega oils will have between 2 to 1 and 3 to 1 for the ratio between omega 6 and 3. Your body needs much more omega 6 than three.



Do we really need to supplement Omega 6?

Some will say we get plenty of omega 6 from our diets. This is partially true. Most Americans consume Omega 6, but most of the time it is processed and ruined, often being turned into hydrogenated oils or trans-fats. Your body can't use that oil, so while people are technically consuming Omega 6 oils, they are not getting healthy raw unprocessed Omega 6 that the body needs. The reality is that omega 6 is vital to our bodies, and one of it's derivatives, GLA, is a powerful anti-inflammatory agent for your body. It's even more powerful than any omega 3 as an anti-inflammatory. Omega 6 also supports:

- Flexible arteries
- Blood flow
- Blood pressure
- Healthy skin
- Healthy hair and nails
- Appetite fulfillment
- Lower Blood Sugar
- Anti- Inflammatory
- More Energy and Endurance
- Brain clarity and focus
- Better memory
- Used to make hormones

In 2009, the American Heart Association recognized the importance of Omega 6 for its powerful anti-inflammatory properties and the correlation between a lack of Omega 6 and the increased risk for heart disease. They even warned against the use of omega 3 without omega 6.

Can your body really produce DHA and EPA from parent Omegas?

Yes! There is some confusion about your body being able to convert parent Omegas into derivatives. Some circles will suggest that because there is only around 5% derivative in your body that your body is unable to convert enough derivatives that it needs. However, new research in human physiology has shown that the body only uses about 5% derivative fatty acids, and therefore doesn't convert any more than that, because it doesn't need it.

Conclusion

Supplementing omega 3 and omega 6 is a necessary with our modern food system to insure you are getting the fats that your body requires. When comparing fish oil and parent oils from seeds, you can see that fish oil is lacking parent Omega 3 and parent Omega 6. Also considering the processing fish oil has to go through, it is easy to determine that using a quality seed oil blend will supply your body with the nutrition it is looking for and is often missing from our foods. Organic seed oils are also the most pure oils to use. Look for a supplement with more Omega 6 than 3, using a variety of seed oils.



Landmarks in Omega History

2009: American College of Cardiology¹:

- Fish oil does NOT stop heart attacks.
- “We saw no beneficial effect [of fish oil].”

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

- “Omega-6 PUFAs [Parent Omega-6] also have powerful anti-inflammatory properties...’
- “We’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 [coronary heart disease].”

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.]

2008/2005 Major Newsflash: CONFIRMED: EFA Derivatives Made “As Needed”⁴:

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

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

- AHA clearly states need for Parent Omega-6
- AHA says Parent Omega-3 lowers risk of heart attack
- Fish oil alone is not enough
- The body makes EFA derivatives from Parents as needed
- 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).



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"Scientific studies continue to show that following the Healthy for Life nutritional principles will help reduce cardiovascular risk." - **David Sim, M.D., Cardiologist**

"Thank you so much for providing me with the help I need to get my life and health back on track. Your products have made all the difference." - **JoAnn**

"Healthy for Life helped me lose weight and have more energy. I've also been able to get off cholesterol medication!" - **Delroy**

"I have so much more energy and feel better after one month on the Healthy for Life program." - **Jackie**

"In the first 30 days I lost 11 pounds and the arthritis in my fingers has disappeared. I feel I am getting younger by the day. My skin and nails have improved already. My appetite has finally come under control!" - **Judith**