

FATS

Could you Clarify that Please?

(Part One)

by Ronald L. Myers, CNC

Moving right along with my continuing attempt to take the mystery out of *mystifying* subjects, I begin the promised series on FATS. This is probably "the Mother" of all *misunderstood* subjects in the healing arts and by the population in general. Much of the misunderstanding can be directly traced to a deliberate *disinformation* campaign by the retail vegetable oil industry. Billions of dollars in profits may be at stake. But, not to worry, they have the advertising and lobbying war chest to insure they can continue to mold both public and private opinion to their way of thinking. (See *Trust Us, We're Experts*, Rampton, R., Stauber, J., 2002, Penguin Putnam, Inc.)

CLINICAL INDICATIONS FOR VARIOUS ESSENTIAL FATS

I am beginning here because I have been asked this question many times; "how do I know when or in what condition to use a specific EFA?" I hope what follows will help you answer this question. I will get into the supporting research in upcoming issues.

BLACK CURRANT SEED OIL / EVENING PRIMROSE OIL

(GAMMA LINOLENIC ACID, OMEGA 6 SERIES)

Viotron now has both available from BRC. Both products supply 40 milligrams of GLA per capsule. Use GLA with PMS, Eczema (remove dairy from patient's diet), hypertension, lipidemia, depression, ADD/ADHD, rheumatoid arthritis and other inflammatory problems (and pain). Please recall that GLA becomes PG(e)1 independent of the action of Delta-6-Desaturase, which is inhibited by trans fatty acids from hydrogenated oils. This appears to be why it is so effective in treating inflammatory conditions. Dose: 6 – 9 capsules daily.

BIOMEGA 3 / FLAXSEED OIL

OMEGA 3 SERIES

Flaxseed Oil contains omega 3, 6 and 9 fatty acids, but is highest in the omega 3 series. ***Biomega 3** is entirely marine source omega 3's providing a natural source of EPA and DHA. Like GLA, EPA becomes PG(e)3 independent of the action of D-6-D. Use **Biomega 3** or **Flaxseed Oil** with aggressive/hostile behavior, Alzheimer's disease, pregnancy, depression, Cardio Vascular Disease (CVD), increased blood viscosity, systemic inflammatory conditions (rheumatoid arthritis, pain, etc). Dose: 6 – 9 capsules daily. *Free of heavy metal contamination.

MIXED EFA's
OMEGA 3, 6, AND 9

This product was researched and developed by Dr. Gary Lasneski. The group of doctors involved in the original clinical investigations of **Mixed EFA's** (Dr. Lasneski included), indicated the product to be effective with any problem involving cell membrane integrity, autism, ADD, hyperactivity, low platelet counts and chronic viral infections.

This product enhances cellular communication and neurotransmitter production. Consider **Mixed EFA's** in any chronic, degenerative Central Nervous System disorder. Investigators have found 2 tablespoons of **Mixed EFA's** b.i.d. to increase gamma globulin levels and decrease the viral load at the cellular level. The patient may begin to experience die-off symptoms in 36 to 48 hours, which we hope they would view as a good sign.

Mixed EFA's is supplied in liquid form (easy to use by elderly, young children). It contains NO fish oil, is pleasant tasting to most patients so dosage compliance is usually not an issue.

Phosphatidylcholine, Phosphatidylserine and CLA will be discussed in a future issue of e-Bytes.

SUMMARY

As health care providers, we tend to take a clinical view of things. Patients come into our offices with various symptoms, conditions, problems and diagnosis. They have not received the help they are looking for elsewhere or they would not be in our office. I am convinced that nutritional therapy, metabolic therapy, Balancing Body Chemistry or whatever we choose to call it is the best treatment for most people today presenting with non-pathological conditions. Drugs are NOT the answer to these imbalances in body chemistry.

Consider this. Nutritional therapy is different from any other health care! It is *the answer* to the patients problem. It gives us the ability to develop the "nutritional fingerprint" of the patient. Following this program as maintenance should help them maintain their health for the rest of their life!

In this issue, I have considered therapeutic uses of the essential fatty acids. What I want to communicate to you is they are more than *therapeutic*; they are as their name implies, **essential** to life *every day*. For the most part, these essential nutrients have been removed from the average American diet. We need to educate our patients on how to restore these to their diet through beneficial dietary changes and routine supplementation to insure they are getting adequate amounts.

Available from Viotron International, Ltd
(800) 437-1298