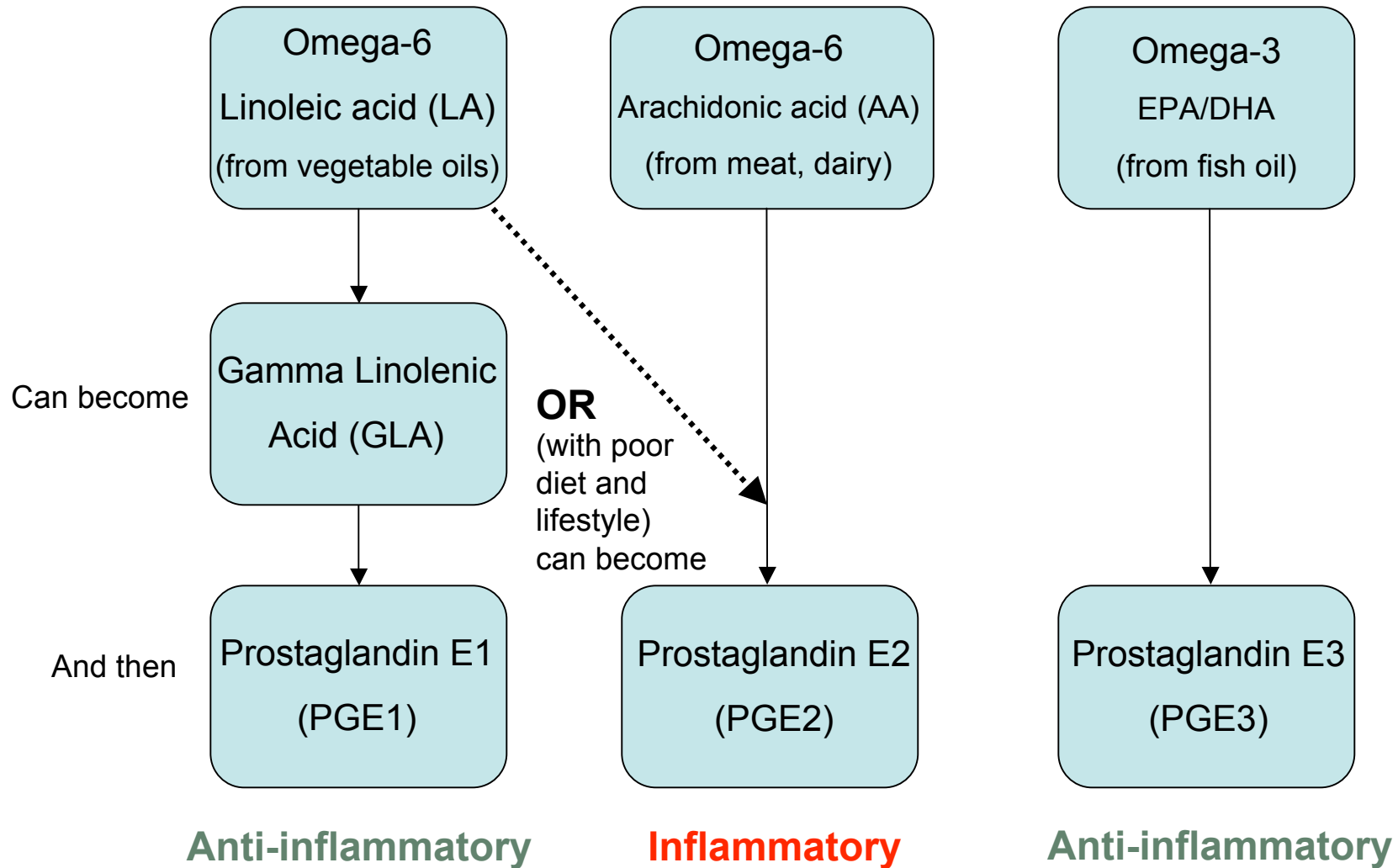
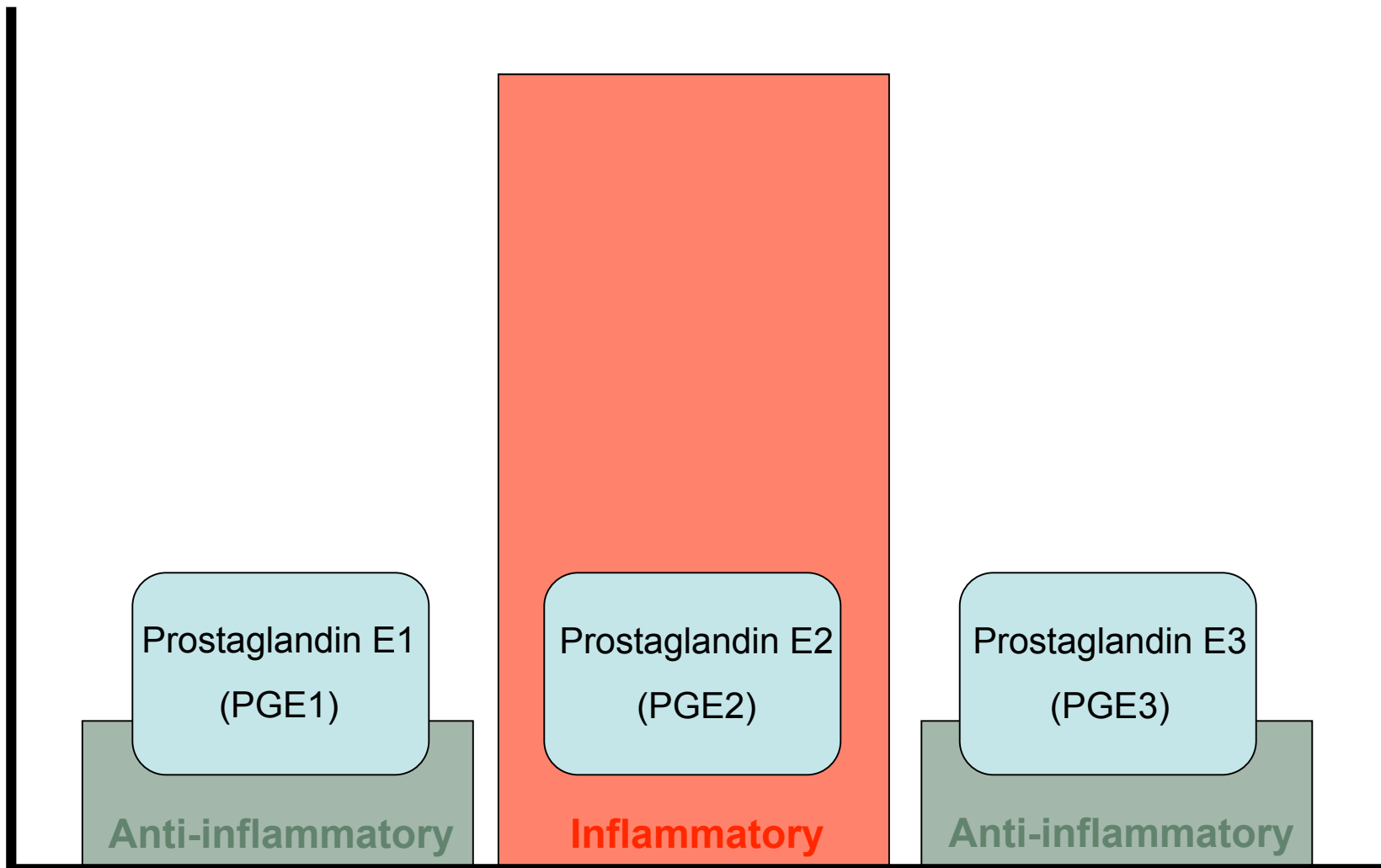


EFAs and PGEs

A (very) simplified picture



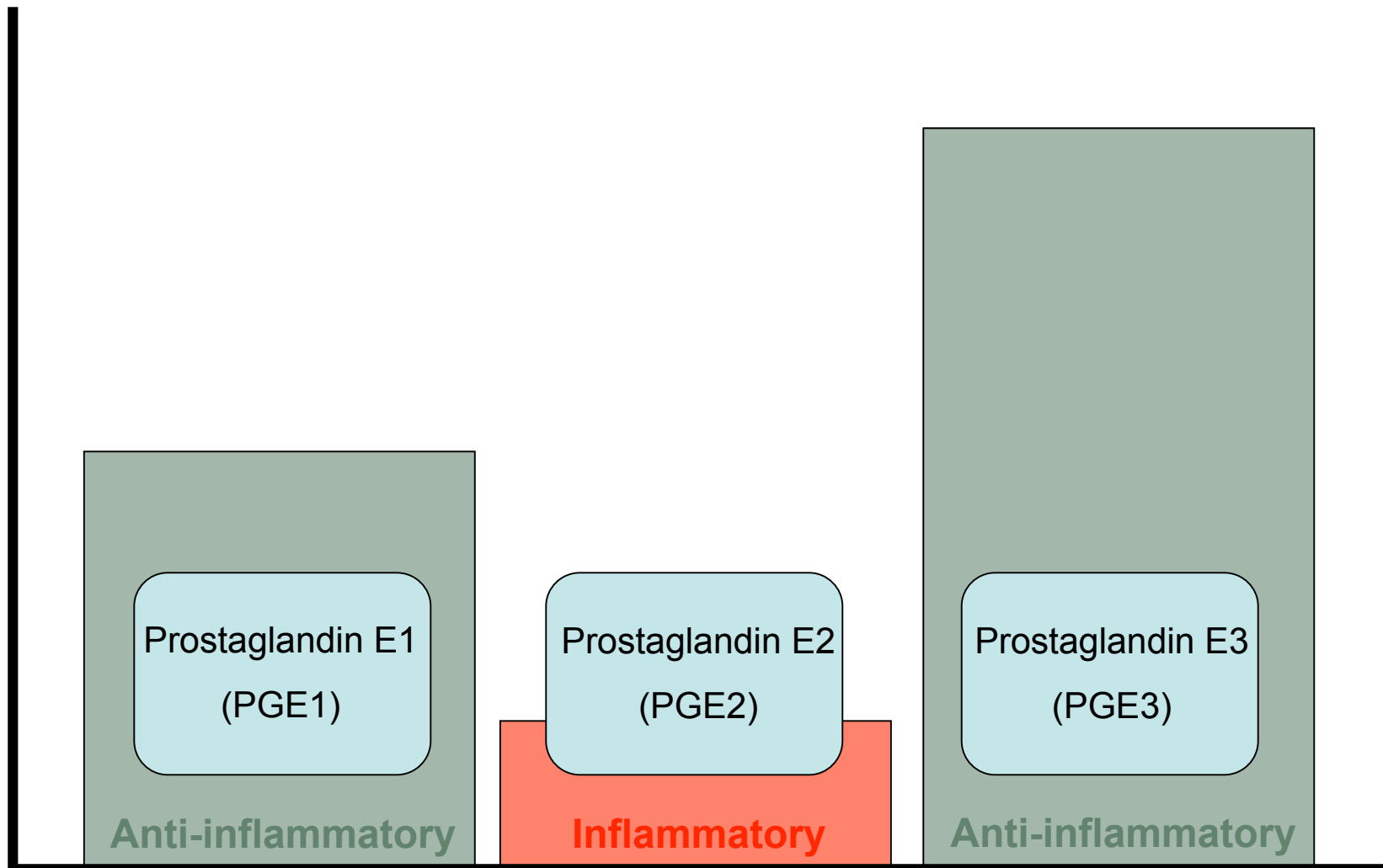
Most people in the US
have HIGH levels of PGE2
and LOW levels of PGE1 and PGE3



The Consequences?

- Cardiovascular disease
- Cancer
- Inflammatory conditions
- Autoimmune disorders
- And many, many more health problems

Better health is achieved by changing the ratio of omega-3 to omega-6 (and consuming the omega-6 GLA that becomes PGE1)



The Benefits?

- From the National Institutes of Health:
 - There is evidence from multiple studies supporting intake of recommended amounts of DHA and EPA in the form of dietary fish or fish oil supplements lowers triglycerides, reduces the risk of death, heart attack, dangerous abnormal heart rhythms, and strokes in people with known cardiovascular disease, slows the buildup of atherosclerotic plaques ("hardening of the arteries"), and lowers blood pressure slightly.

The Benefits?

- NIH also lists preliminary evidence with potential benefits for:
 - Rheumatoid arthritis
 - Angina
 - Asthma
 - Cancer prevention
 - Crohn's disease/ulcerative colitis
 - . . . With research continuing in other areas
 - More research is needed

The Simple Takeaway?

- Increase your consumption of omega-3s and GLA
- More wild-caught cold-water fish
- Grass-fed, free-range meats
- Wild game
- Dramatically reduce conventionally produced meat, all processed meats
- Dramatically reduce all processed foods
- Increase fresh vegetable and legume intake
- Take a GREAT essential fatty acid supplement