

EFA Mystery Solved and Questions Answered:

Clinician's Preference Ultimate EFAs® are organically produced and cold-pressed seed oils containing Parent Omega-6 and Parent Omega-3. Clinician's Preference EFAs are far better than fish oil supplements. Fish oils are not as pure or as effective as organic seed oils and can even be harmful. We developed our EFAs to achieve specific, calculated results and they really work.

The Problem

Parent Essential Oils start out in food, but by the time the food processors finish, these precious nutrients are damaged, removed, or deactivated. Chemical processing and high heat transform PEOs and other unsaturated oils into trans-fats and hydrogenated oils. You may recently have heard about the dangers of these unhealthy fats.

Many of us are overdosing on harmful trans-fats and not getting enough of the unprocessed Parent Essential Oils. Food processing presents a nearly insurmountable problem, though it can be minimized by supplementation.

Your appetite can be directly affected by a Parent Essential Oil deficiency. This manifests itself as constant hunger because your body is constantly asking for these precious, essential oils.

There is a misconception among nutritionists that we already get plenty of omega-6 in our diets. But actually we get very little pure, unadulterated "parent" omega 6 oils for the reasons stated above. Furthermore, and of extreme importance is the fact that you can easily "overdose" on excess omega 3, which can cause serious health problems. More than 97% of your body needs at least a 4:1 ratio in favor of unadulterated Parent Omega-6 over Parent Omega-3 because that is what your tissues and organs are made of.

Fish oil has become the latest "must have" supplement. Here are some facts about fish oil you need to know. Fish have no oil glands so creating fish oil supplements basically means you get "juiced" fish. "Juiced" fish is the worst way to get your EFAs. This is one of the reasons there are no fish oils contained in our Ultimate EFAs®. Another reason is contaminated water supplies. Toxins, including mercury, may reach dangerous thresholds when taking concentrated fish oils regularly. Even if fish oil supplements claim to have removed harmful toxins, the processing needed may also alter the natural oils. It is also interesting to note, that while fish oil and krill oil are animal-derived and contain cholesterol (which may very well have a damaged structure due to processing), cold-pressed, plant-derived EFA oils contain no cholesterol at all. Furthermore, fish is high in derivative omega 3—not the required Parent Essential Oils nature intended us to get.

Vital to maintaining optimum health is distinguishing the parent from derivative form of EFAs. It is common with supplement manufacturers to throw all EFAs into the same pot. They obviously do not have a clear understanding of how the body processes EFAs. YES™ has spent years developing our blend of Parent EFAs because there is a tremendous difference in how the body treats these different forms. It is essential to understand that the body makes derivatives from the Parents as needed. When you see GLA, EPA or DHA, these are derivatives, not parent and your body uses more Parent EFAs than derivatives.

The Parent EFAs are as follows:

Parent Omega-6 = LA: Linoleic Acid (polyunsaturated) – sunflower, evening primrose. Your body will utilize mostly the parent form and make the derivatives as needed.

Derivatives are: GLA, DGLA, AA.

Parent Omega-3 = ALA: Alpha Linolenic Acid (super-unsaturated) – flax, hemp.

Derivatives are: SDA, EPA, DHA. (Fish oil is naturally almost 100% derivative omega-3, therefore it is not the ideal form for long-term supplementation).

The proper Parent Essential Oil ratio is: Parent Omega-6 to Parent Omega-3 = 1:1 to 4:1. YES™ Ultimate EFAs® are about 2:1 in favor of Parent Omega-6.

The Solution

Clinician's Preference Ultimate EFAs® contain organic sunflower oil, and a small amount of organic Evening Primrose oil, all excellent sources of "parent" omega 6, along with organic flax oil for "parent" omega 3, to obtain what we consider the ideal science-based "parent" omega 6/3 combination. This blend is plant based so Vegetarians need not worry. I do recommend the Ultimate EFA liquid oils to Vegetarians, because the capsules used for our EFA caps are gelatin-based. Vegetable-based capsules are oxygen permeable, so the gelatin is necessary for the oils in capsule form. The unique Ultimate EFA® formulation takes into consideration the good unadulterated "parent" omega-6 you may already be getting in your diet, as well as carefully balancing it with the proper ratio of "parent" omega-3. Unlike most commercial oil supplements, YES™ Ultimate EFAs® are produced in small, carefully monitored quantities. The oils have no pesticides and have organic certification. After low temperature pressing, the oil blend is placed in special capsules with low oxygen permeability to protect the precious oils so no refrigeration is required. And you can rest assured that you receive "parent" oils, not the harmful overdoses of "derivatives," as found in so many commercial products.