

You could read my books. You could read my articles. You could read my reports. You could attend my lectures. You could listen to my CDs. At the end of the day all that really matters are the results you get from following my recommendations. Please take a moment and look at my 64 slice MDCT results. The scan shows 0% plaque in a 52 year-old male that eats plenty of red meat, saturated fats, and exercises very little. The only plausible explanation is that my recommendations work! I encourage everyone to delve as deeply as you care to into the science that I provide for your review. For those that don't have the time or inclination, rest assured that I did the job for you. At the risk of repeating myself, I implore you to follow my recommendations so you can lead the full, healthy life you deserve!

Please go to <http://brianpeskin.com/peskinMDCTscan.pdf> to see my scan results and read on for important Parent Essential Oil information.

Parent Essential Oils (PEOs): The DIFFERENCE

I am often asked how my EFA-based recommendations differ from others. The answer is simple but very significant. The term "Essential Fatty Acids" is being misused so frequently that I was compelled to coin a new phrase, *Parent Essential Oils* (PEOs).

This term "Parent Essential Oils" refers to **the only two true essential fatty acids**: parent omega-6 (LA) and parent omega-3 (ALA). The term "parent" is used because these are the whole, unadulterated form of the only two essential fats your body demands, as they occur in nature. Once PEOs are consumed your body changes a small percentage of them—about 5%—into other biochemicals called "derivatives," while leaving the remaining 95% in parent form.

This is crucial to understand. There are a host of omega-6 and omega-3 oils being sold as EFAs that are *not* EFAs, but rather nonessential derivatives such as EPA, DHA, and GLA. Fish oils are made up almost exclusively of omega-3 *derivatives*. Scientifically and biochemically, calling derivatives such as EPA, DHA and GLA by the term "EFA" is wrong. **Derivatives are not EFAs because they are not essential**—your body has the ability to make them *as needed*. My research has shown that supplementing with the derivatives so commonly found in the marketplace and mislabeled as "EFAs" can easily be harmful to your health.

Why are the parent forms—PEOs—so important? Many of the EFAs sold in the stores consist of manufactured EFA derivatives. Your body doesn't need or want these derivatives, because it makes its own derivatives out of the Parent Essential Oils (PEOs) you consume as it needs them. Taking fish oil and other health-food-store "EFAs" often overdoses you with derivatives, which can be very harmful.

Don't make the common "EFA mistake" by unknowingly substituting derivatives for parents! **Since the term has become so confused by so many it is time to focus on**

the essence of what they are and why they are so vital to our health and well-being.

From this point forward it is Parent Essential Oils (PEOs) that get center stage.

Physicians and health professionals around the world rely on my scrupulously detailed research. Understanding how PEOs work is essential to your daily nutritional regimen. I recommend that everyone always demand to see solid science before taking any supplements or medications so you can avoid future problems.

Importance of Special Fats Called PEOs

Our bodies require special fats that make it possible, among other important functions, for sufficient oxygen to reach the cells. These special fats are highly oxygen-absorbing, and are called EFAs. However, the PEOs (Parent Essential Oils)—*not* the commonly termed EFAs—are what’s important. PEOs consist of parent omega-6 and parent omega-3. “Parent” means they are the *whole* form of the essential oil as it occurs in nature before it’s broken down or built up into other biochemical substances, which are called “derivatives.”

Why are the parent forms—PEOs—so important? Many of the EFAs sold in the stores consist of manufactured EFA derivatives. Your body doesn’t need or want these derivatives, because it makes its own derivatives out of the Parent Essential Oils (PEOs) you consume *as it needs them*. Taking fish oil and other health-food-store “EFAs” often overdoses you with derivatives, which can be very harmful. However, PEOs *are* essential and *must* be supplied from outside the body every day, from foods and certain oils. Your body can’t manufacture PEOs (commonly termed EFAs) on its own—**they MUST be consumed daily.**

Every one of your 100 trillion cells is surrounded by a membrane (a thin enclosure). The cell membrane is half fat—it contains virtually no structural carbohydrate. A portion of the fat making up the membrane is saturated. “Saturated” means chemically nonreactive—in other words, it doesn’t easily react with, or absorb, the oxygen that comes into contact with it. The other portion of the fat in the membrane is, however, “unsaturated”—it DOES easily absorb oxygen. One of the major functions of unsaturated (also called “polyunsaturated”) fats in the cell membrane is to help the inside of the cell absorb oxygen. The saturated fats in the membrane function as a barrier to help protect the delicate, highly reactive, **oxygen-absorbing, energizing**, unsaturated fats in the membrane.