

What Are Essential Fatty Acids?

They are chains of carbon atoms, surrounded by hydrogen and some oxygen. They have three or more openings on the 18-carbon chain, making them polyunsaturated. They are liquid at room temperature and are made up of triglycerides.

A triglyceride is formed from three fatty acids attached to a glycerol molecule. They are found in the highest concentrations in seeds and nuts and also occur in the fats of animals fed grass as a staple in the diet. Why are they called essential fatty acids? Because they cannot be made in the body, therefore they must be included in the diet on a regular basis. The EFA's are linoleic acid aka omega 6 and alpha-linolenic acid aka omega 3. Additionally there are several other conditionally essential fatty acids.

The conditionally essential fatty acids are gamma-linolenic acid (GLA), arachidonic acid (AA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Cells in the body can make all four of these fatty acids, but there are a number of interfering factors. Excess amounts of Omega 9 fats in the diet, like Olive oil, Trans fats; and Genetic defects can cause a diminished production of these conditional EFA's; Illness, heavy metals, or other toxins can cause genetic damage that limits the production of these conditionals EFA's. ¹

Essential Fatty Acids, How Important Are They?

In a 1992 study on cell cultures, it was shown that EPA and DHA inhibited cancer caused by radiation when given two weeks prior, during and two weeks after radiation treatment, by 65% to 93%. ²

In 1939 the American Journal of Cancer stated that processed cottonseed oil was associated with increased risk of skin cancer.

In 1975 the medical journal "Cancer Research" implicated distorted trans fats linked to cancer.

Fatty acids alone can affect numerous cellular signaling and metabolic pathways, in addition to playing important roles in immune responses and inflammatory processes.³

Shorter Telomeres Are Associated With Bad Diet, Diseases and Early Death: Telomeres, are the caps found at the ends of chromosomes, they are essential for chromosomal stability and replication; the enzyme telomerase is important for telomere formation, maintenance, and restoration. Studies link

¹ Know Your Fats, by Mary Eni Ph.D.

² The Hidden Story of Cancer

³ <http://www.ncbi.nlm.nih.gov/pubmed/23441831>

shorter telomeres with, age related diseases, and earlier death. Telomeres can be maintained or lengthened by telomerase, an intra-cellular enzyme that adds telomeric DNA to shortened telomeres. Telomere length is also linked to, and likely regulated by, exposure to proinflammatory cytokines and oxidative stress. Inflammation triggers causing T-cell proliferation is one known cause of telomere shortening. Oxidative stress promotes telomere erosion during cellular replication *in vitro* and also stimulates the synthesis of proinflammatory cytokines.

In our recent randomized controlled trial, omega-3 polyunsaturated fatty acid supplementation lowered the concentration of serum proinflammatory cytokines. This study assessed whether *omega-3* supplementation also affected white blood cell telomere length, telomerase, and oxidative stress. In addition to testing for group differences, changes in the continuous *omega-6* to *omega-3* ratio were assessed to account for individual differences in adherence, absorption, and metabolism.

The double blind 4-month study included 106 healthy sedentary overweight middle-aged and older adults who received 2.5-g/day omega-3 in the first group, 1.25-g/day omega-3 in the second group, or placebo capsules for the third group, that mirrored the proportions of fatty acids in the typical American diet. Supplementation significantly lowered oxidative stress in the two supplemented groups by 15% compared to the placebo group. Changes in the *omega-6* to *omega-3* plasma ratios helped clarify that the telomere length increased with decreasing omega-6 to omega-3 ratios. The data suggest that lower *omega-6 to omega-3* ratios can impact cell aging. The triad of inflammation, oxidative stress, and immune cell aging represents important pre-disease mechanisms that may be alleviated through correct oil supplementation.

This four-month study showed that the group of people that received the higher dosage of EPA and DHA had their telomeres as measured in their white blood cells increase in length by 50 base pairs. The low dose group had an increase of 21 base pairs; the group that got the placebo had a decrease of 43 base pairs. ⁴

Flaxseed Oil has been proven to lower inflammation over time.⁵ Flax seed naturally contains alpha-Linolenic acid (omega-3) & linoleic acid (omega-6). Most of Flaxseed oils benefits are a function of its alpha Linolenic acid (ALA), and the fact that ALA can be converted by the body into EPA—the same omega-3 found in fish oil. As a matter of fact research has found that supplementation with Flax seed oil can effectively increase EPA concentrations in tissues. Studies involving Flax seed have been conducted on its anti-inflammatory properties, its phytoestrogenic/anti-cancer properties, its anti-lupus properties, its cardiovascular enhancing properties, and its prostate supporting properties.⁶

⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3545053/>

⁵ <http://www.sciencedirect.com/science/article/pii/S0271531712001777>

⁶ <http://www.naturalhealthresearch.org/flax-seed/>

The proinflammatory eicosanoids prostaglandin Eicosanoid (2) Prostaglandin E₂ and leukotriene B (4) are derived from the omega-6 fatty acid, arachidonic acid (AA), which is maintained at high cellular concentrations by the high omega-6 and low omega-3 polyunsaturated fatty acid content of the modern Western diet. Flaxseed oil contains the 18-carbon omega-3 fatty acid alpha-linolenic acid, which can be converted after ingestion to the 20-carbon omega-3 fatty acid aka eicosapentaenoic acid (EPA). Fish oils contain both 20- and 22-carbon omega-3 fatty acids, EPA and docosahexaenoic acid (DHA). EPA can act as a competitive inhibitor of AA conversion to PGE (2) and Leukotriene B (4), and decreased synthesis of one or both of these eicosanoids has been observed after inclusion of flaxseed oil or fish oil in the diet. Analogous to the effect of omega-3 fatty acids, inclusion of the 20-carbon omega-9 fatty acid eicosatrienoic acid in the diet also results in decreased synthesis of leukotriene B (4). Regarding the proinflammatory cytokines, tumor necrosis factor alpha and interleukin 1-beta, studies of healthy volunteers and rheumatoid arthritis patients have shown up to a 90% inhibition of cytokine production after dietary supplementation with fish oil. Use of flaxseed oil also reduced production of these cytokines.⁷

It should be clear with the above information that unoxidized, undamaged **Flaxseed Oil** is insurance against inflammation and that your cells can literally become and stay younger. Both high quality fish oil (**Rosita Brand Cod Liver Oil**) and Unoxidized, Undamaged omega 3 seed oils (Andreas Seed Oils) can lengthen telomeres within your cells. The healing, regeneration, life extension and improvement in quality of life that these oils may confer are immense.

Black Cumin Seed Oil almost completely abolished the expression of the cytokines associated with Pancreatic Ductal Adenocarcinoma. Thymoquinone the major constituent of *Black Cumin Seed Oil* induced apoptosis (cell death) and inhibited proliferation in Pancreatic Ductal Adenocarcinoma cells.

This study shows previously undescribed anti-inflammatory activities of Black Cumin Seed Oil. Thymoquinone is a new inhibitor of proinflammatory pathways and provides a promising strategy that combines anti-inflammatory and tumor cell killing powers.⁸

Pumpkinseed Oil: is rich with antioxidant ingredients, which when given to rats with arthritis, has an effect comparable to indomethacin, as a classical anti-inflammatory agent. Two experimental patterns were studied, an acute phase that was applied only with PSO and a chronic phase applied for both PSO and indomethacin. Compared to normal untreated rats, it was shown that the induction of arthritis caused a decrease in serum sulfhydryl groups, with an increase in serum ceruloplasmin in both phases. Blood glutathione was first elevated in the acute phase, and then its level was reduced in the chronic phase.

⁷ <https://www.ncbi.nlm.nih.gov/pubmed/10617994>

⁸ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2742606/>

Serum N-acetyl-beta-D-glucosaminidase activity was elevated only at the acute phase, while plasma total proteins and albumin were reduced at the chronic phase. Liver glucose-6-phosphate dehydrogenase activity was markedly increased, while no changes were observed in the levels of liver lipid peroxides and glutathione. These changes in the studied parameters were attributed to the superoxides and free radicals during arthritic inflammation. Administration of Pumpkinseed Oil succeeded in modulating most of the altered parameters affected during arthritis, especially at the chronic phase. Also, there was a remarkable inhibition of the edema in the paw of rodents, inflicted with inflammation. A similar pattern was obtained upon treatment with indomethacin except that indomethacin markedly elevated liver lipid peroxides levels.⁹

Hempseed Oil: The consumption of hemp seed oil, in conjunction with the intake of evening primrose oils and a restricted diet high in spicy foods (such as pepper) and low in saturated fats and sugars, is associated with “significant improvement” in symptom management and immunological characteristics in subjects with multiple sclerosis.¹⁰

Black Sesame Seed Oil: Sesame oil showed a potent therapeutic effect against a toxin induced inflammatory response in rats. Furthermore, sesame oil may have the potential in treating patients with gouty arthritis.¹¹

Coriander Seed Oil: Pain: Studies in small animals have demonstrated that Coriander *seed* possesses an analgesic effect, probably mediated through inhibition of central pain receptors.

Anti-inflammatory, Rheumatoid Arthritis (RA): Research in small animals has demonstrated that Coriander *seed* has anti-inflammatory activity. Clinical research on a polyherbal formula from Sri Lanka called Maharasnadhi Quather (MRQ), which contains Coriander *seed* as one of its principle components, looks very promising. Patients with Rheumatoid Arthritis (RA) treated with MRQ for 3 months demonstrated reduced pain and inflammation and increased mobility. There were no adverse effects on liver function or gastro-intestinal function (such side-effects are common with the drugs commonly used to treat RA) Research in small animals has demonstrated that the anti-arthritic activity of Coriander *seed* is in all likelihood attributable to the specific modulation of pro-inflammatory cytokines in the synovium.¹²

Do Genes Really Cause Cancer? Modern Medicine blames genes for the cause of cancer. Yet, Otto Warburg was able to prove the cause of cancer back in 1933. The cause of cancer is a lowered oxygen levels or damaging the cell membrane from chronic inflammation, making it so that the cell cannot absorb

⁹ <https://www.ncbi.nlm.nih.gov/pubmed/7784309>

¹⁰ <https://overcomingms.org/forum/viewtopic.php?f=3&t=4039>

¹¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3866373/>

¹² <https://healingherbalsnewzealand.com/coriander/>

oxygen. It is the cells inability to absorb oxygen that causes it to become a tumor cell. Tumor cells are cells that make energy via glycolysis. That is energy in the absence of oxygen.

“It does not make any difference how smart you are, who made the guess or what his name is, if it disagrees with real-life results, it is wrong. That is all there is to it.” Richard Feynman Nobel Prize winning physicist.

“We have replaced what works by what ‘sounds good’, but doesn’t work.”

One of the **most important and far reaching health discoveries of the Twentieth Century** is that made by Dr. Johanna Budwig, a German biochemist who was a leading European authority on fats and nutrition. Dr. Budwig has been **nominated for the Nobel Prize seven times**. She used her methods to successfully heal terminal cancer patients, people with heart diseases, arthritis and other ailments after the conventional medical practitioners had given them up as hopeless. Her methods were so simple that any housewife could use her techniques with no special training and with good results. In fact, this is exactly what happened in many cases, people with serious diseases were curing themselves to the astonishment of the conventional medical practitioners.

In the course of her treatment of ill people, she studied blood samples to see if there is any correlation between the blood quality of ill people and healthy people. After studying thousands of blood samples, she discovered that the difference was that healthy people had a higher content of Omega3 oils in their blood than those who are ill.

Omega 3 is one of the essential fatty acids, or EFAs, which is necessary for the proper functioning of the body. She experimented on finding the best ways to get the Omega 3 oils properly absorbed into a person's system and ultimately found that the richest source of Omega3 oil is flax seeds.

However, only oil that has been protected from heat and oxidation, caused by oxygen and light, is sufficiently pure enough to be of benefit to human health. Oils not prepared this way quickly become rancid and are detrimental to human health. In fact, Dr. Budwig, with further research, came to the conclusion that the vast majority of chronic illnesses today are caused by the improper mass processing of foods and oils, plus poor nutrition as well as the worldwide use of dangerous pesticides, which contaminate the food.

Dr. Budwig began treating her patients by giving them a combination of high quality flax seed oil, which is rich in Omega 3 oil, and quark, which is fermented and heated milk, a kind of cottage cheese.

The reason for the mixture of the oil with a high quality cottage protein is that by combining the protein with the oil, the oil becomes water soluble in the body and can be absorbed more readily. Therefore combining Flax oil with a low to non-

denatured protein such as Whey, will achieve the desired result. Additionally when you use One World Whey instead of cottage cheese, you will be getting the extra advantage of supporting an increase in Glutathione. Glutathione is a major player in your defense against cancer. It is your body's number one means of detoxifying itself and an essential component in liver health. A healthy liver is a number one priority to healing from cancer.

As these unoxidized fats are traveling through your blood vessels they contribute to the removal of plaque. As these fats become a part of your cell structures all organs and tissues will properly absorb oxygen, produce more energy and therefore function in a more youthful manner. Dr. Budwig worked with many patients who were terminally ill and some who had only hours to live. She gave them the combination of oil- and cottage cheese protein plus organic foods, plus exercise, fresh air and used the healing powers of the sun to cure these "hopeless" cases that sometimes started to show improvement within days. Following is a quote from one of her books:

"I often take very sick cancer patients away from hospital where they are said to have only a few days left to live, or perhaps only a few hours. This is mostly accompanied by very good results. The very first thing, which these patients and their families tell me, is that in the hospital, it was said that they could no longer urinate or produce bowel movements. They suffered from dry coughing without being able to bring up any mucous. Everything was blocked. It greatly encourages them when suddenly, in all these symptoms, the surface-active fats, with their wealth of electrons, start reactivating the vital functions and the patient immediately begins to feel better."

It is very interesting to ask how this sudden change is possible. It has to do with the electron charge of the unoxidized oils.

Dr. Budwig discovered, that by having the unoxidized seeds oils in the skin and cells of the body that the body will absorb the benefits of the sun's energy better.¹³ This appears to translate into the following; like a solar panel, the body apparently is able to absorb the electron power of the sun better when these oils are in the cells.

Fats And Metabolic Enzymes: Enzymes are proteins that make reactions happen in the body, they can either scissor or cut something apart or combine and zip things together. Some enzymes are on the inside of the cell membrane, some are on the outside, and some long enough to be like a pole going through the membrane and reaching into the inside and outside of the cell.

The way a metabolic enzyme functions is often related to the kinds of fatty acids, in the membrane. For example the active site of the enzyme might be hidden and unavailable if the membrane fatty acids

¹³ http://tesla3.com/forme/e_cancer_omega3.html

are of one type, but exposed and available if they are of another type. Just how flexible the membranes are is dependent on both the fatty acids of the membrane phospholipids and cholesterol molecules; together they make up the fatty acid portion of the membranes. The basis of all cell functioning, the production of antioxidants, that protect the cell from free radical damage, energy production, detoxification, and cell division are all functioning on metabolic enzymes. So, in order to have energy, to be able to detoxify and feel young you have to have well oiled cells; cells with an abundance of unoxidized omega 6 and 3 in the cell walls.

Who Was Dr. Otto Warburg: Otto Warburg, MD, PhD, has been referred to as the greatest biochemist of the twentieth century; the sheer number and magnitude of his discoveries qualify him as the most accomplished biochemist of all time. Despite the fact that the large research institutes have overlooked much of his groundbreaking work on cancer, no scientist or researcher has ever disproved the validity, correctness, or applicability of Warburg's important discoveries as they relate to the prevention and cure of cancer.¹⁴

Dr. Warburg discovered and stated that the prime cause of cancer is simply too little oxygen in the cell. Just by decreasing a cell's oxygen content by about 35% or more, cancer is automatically induced. It was not merely an oxygen deficiency but the ability of oxygen in the blood to be transferred to the cell.

Simply trying to increase the oxygen environment of the cells is not sufficient to protect them from becoming a tumor cell. Ingesting hydrogen peroxide, calcium supplements, getting hyperbaric oxygen or ozone won't solve the cells ability to utilize oxygen. This is why athletes who get plenty of oxygen while exercising still get cancer, because they are not transferring that oxygen to all cells in the body.

A prime example of this is the heart. Do you ever hear of heart cancer? No. Never, because it is the most oxygenated organ in the body, and the body in its infinite intelligence will give preference to the heart getting the EFA's into the cell membranes so that oxygen transfer can take place into the cell.

“The length and frequency of exposure of the different cell cultures to nitrogen were varied greatly at first, in order to determine the periods that would prove definitely injurious in greater or less degree, but from which most of the cultures recovered readily after return to aerobic (oxygenated) conditions were 15 minutes of nitrogen twice in 24 hour, or 3 successive days with an interval of 11 ¾ hours between successive exposures.

It was found that even after exposure to nitrogen for 1/2 hour, 3 times in every 24 hours, for 7 consecutive days, with an interval of 7 ½ hours between successive

¹⁴ <http://www.townsendletter.com/AugSept2007/efaoxy0807.htm>

exposures, recovery could still occur, although the injure was great; but recovery was slower and less certain after such long periods of anaerobiosis (oxygen deprivation); and some cultures did not recover”

They also noticed that once the cell damage is too great, then no amount of oxygen will return the cell’s respiration back to normal, it is forever doomed to being a tumor cell.

In Dr. Warburg’s “Prime Cause of and Prevention of Cancer lecture he states: “If one injects tetanus spores, which can only germinate at very low oxygen pressures, into the blood of healthy mice, the mice do not sicken with tetanus, because the spores find no place in the normal body where the oxygen pressure is sufficiently low. Likewise, pregnant mice do not sicken when injected with the tetanus spores, because also in the growing embryo no region exists where the oxygen pressure is sufficiently low to permit spore germination. However, if one injects tetanus spores into the blood of tumor-bearing mice, the mice sicken with tetanus, because the oxygen pressure in the tumors can be so low that the spores can germinate. These experiments demonstrate in a unique way the low oxygen state of cancer cells, the normal oxygen level of healthy cells, in particular the aerobic (oxygen rich) state of growing embryos.”

As stated before tumor cells make energy in the absence of oxygen, which is called glycolysis, which means running without oxygen. Cellular respiration means running with oxygen. Tumor cells require large amounts of sugar to stay alive. This is due to the inefficient conversion of glucose into energy. Normal cells can produce 38 units of ATP (energy) for every molecule of glucose. Tumor cells produce only 2 units of ATP for every molecule of glucose and a lot of lactic acid. Therefore tumor cells require higher amounts of sugar to stay alive. Hence more people today are living on a ketogenic diet in an attempt to starve cancer cells.

However there have been many exceptions to this. Many people have cured themselves of cancer with carrot juice as a mainstay in the diet. Johanna Brandt cured herself of cancer fasting for 12 hours every night then consuming purple grapes in abundance the next day. The cancer cells absorbed the resveratrol from the skin of the purple grape and this killed them. So apparently the type of sugar and other compounds naturally in foods can help to cure cancer.

The primary cause of cancer is that a cell is no longer able to use oxygen. All secondary causes of cancer cause impaired oxygen transfer and decrease of cellular respiration. Secondary causes of cancer include:

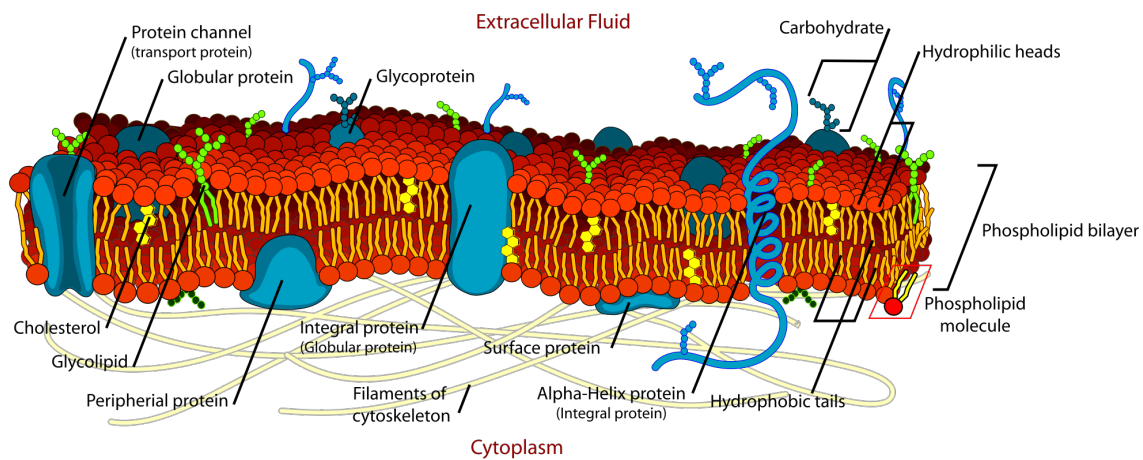
- Pesticides
- Preservatives
- Chemicals
- Poisons
- Steroids
- Heavy Metals
- Trans fats
- Radiation
- Carcinogens
- Other toxins

All cancer-causing agents impair oxygen transfer to the cell or damage the mitochondria so that proper ATP production is impaired. Oxygen transfer is inhibited (causing low oxygen levels). Which causes cells to convert over to making energy in the absence of oxygen, which is a Tumor cell. It does not matter the kind of cancer, the primary cause is always the same.

It is impossible to avoid all carcinogens, but by feeding your body the EFA's vitamins and minerals then it is possible to restore your cells ability to use oxygen and prevent cancer.

The Missing Nutrient in Cancer prevention is Unoxidized Omega 3 and 6 from seed oils.

A membrane surrounds every one of you 37 trillion cells. A portion of the membrane is protein and a portion is fat. A portion of the fat is saturated and is chemically non reactive. It does not easily react with oxygen or absorb it. See the art below showing the small amount of cholesterol in the cell compared to the amount of phospholipids in the outer and inner layers.



The outer and inner layers show the oxygen loving phospholipids. It is the Omega 6 and 3 seed oils incorporated into this phospholipid bilayer that gives the cell the ability to attract and absorb oxygen. If Olive oil or other Omega 9 oils are consumed in excess of the essential fatty acids omega 6 and 3, then the Omega 9 will displace the omega 6 and 3, thus reducing cell oxygen uptake.

The saturated fats in the membrane function as a protection to the reactive unsaturated fats in the membrane.

The reason why fish goes bad so quickly is due to the high amount of EFA's. EFA attract and absorb oxygen. Oxygen progressively spoils the fish. So too with seed oils they are stored in dark bottles and refrigerated to try to protect them from oxidation. But due to friction heat even cold pressed seed oils it is estimated are oxidized by 20 to 30% by the time you consume them. The most common kind of "health food" seed oils is expeller pressed.

Types of Seed Oil Pressing: An expeller press is a screw-type machine that presses oil seeds through a caged barrel-like cavity. Raw materials enter one side of the press and waste products exit the other side. The machine uses friction and continuous pressure from the screw drives to move and compress the seed material. The oil seeps through small openings that do not allow seed fiber solids to pass through. Afterward, the pressed seeds are formed into a hardened cake, which is removed from the machine. Pressure involved in expeller pressing creates heat in the range of 140–210 °F (60–99 °C). Some companies claim that they use a cooling apparatus to reduce this temperature to protect certain properties of the oils being extracted.¹⁵

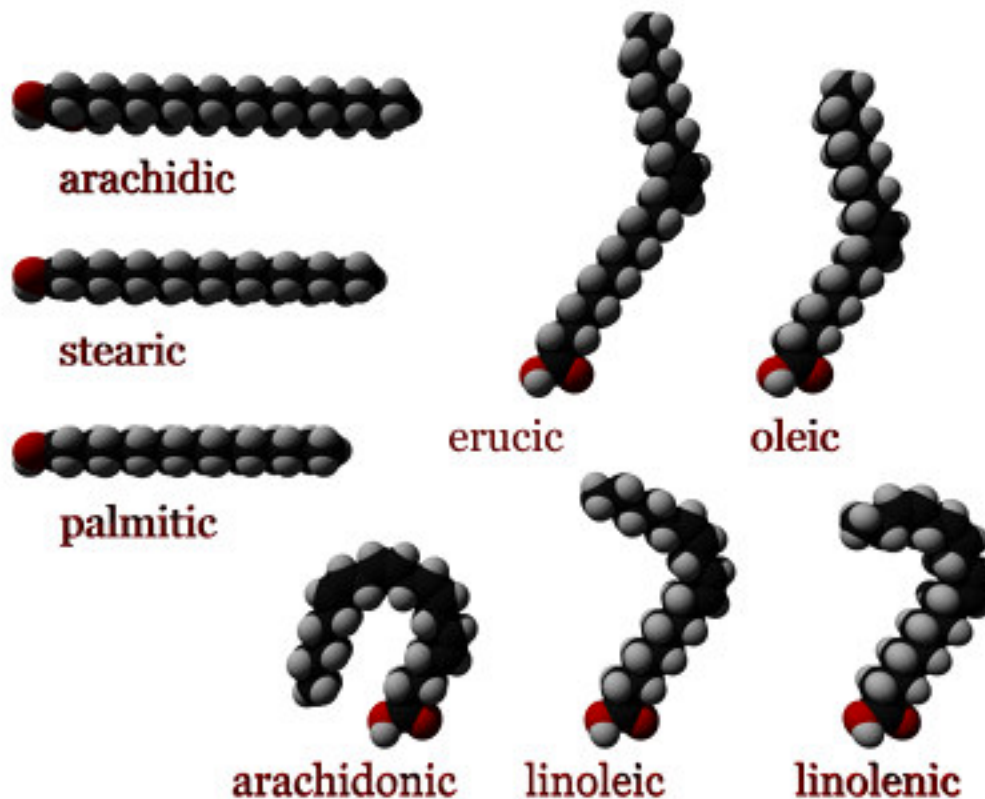
Most oil seeds that will be pressed require that the press be initially heated to a temperature of ~120 F. ¹⁶ Therefore “cold pressed” seed oils are still damaged by the grinding process and pushes oxygen into the oils.

Virtually all seed oils processed on the market today are ground at temperatures in excess of 110 degrees heat. Exposing the oils to heat for 3 to 5 seconds. This entire process damages and oxidizes the oils by approximately 10% at the time of being made. By the time you consume them it is estimated they are 20 to 30% oxidized. Now for the first time ever a way to press seed oils has been engineered so that the oils have virtually zero oxidation. The oils coming out of the press are as low as 90 degrees and are not filtered. They are immediately stored in miron glass. Miron glass protects the oil so well from light that even after two years at room temperature, the oils show virtually zero oxidation.

How Seed Oils Can Be Damaged: Essential Fatty Acids not only come in 3 to 24 chain lengths of Carbon and Hydrogen, they also come with a specific shape.

¹⁵ https://en.wikipedia.org/wiki/Expeller_pressing

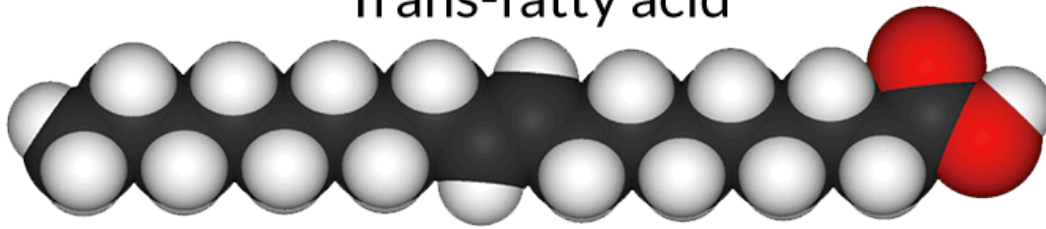
¹⁶ <http://www.uvm.edu/extension/cropsoil/wp-content/uploads/Oilseed-Presses.pdf>



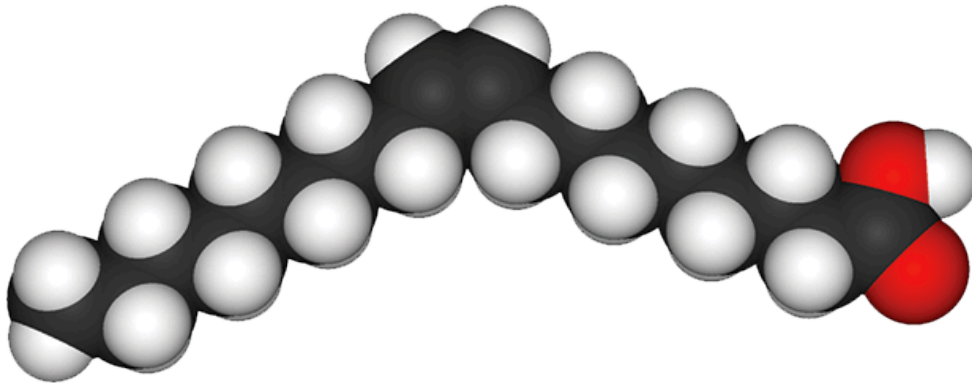
When oils are subjected to too much heat and pressure, they can change shape. For example when margarine is made, the process requires heat, ethylene gas, that reacts with hydrogen in the presence of a finely divided nickel **catalyst** at a temperature of about 150°C.¹⁷ This causes saturation of the fatty acids, into a hard margarine, this creates a structural change in the shape of the fatty acid into the picture below: It includes the manufacture of **margarine** from animal or vegetable fats and oils.

¹⁷ <http://www.chemguide.co.uk/organicprops/alkenes/hydrogenation.html>

Trans-fatty acid

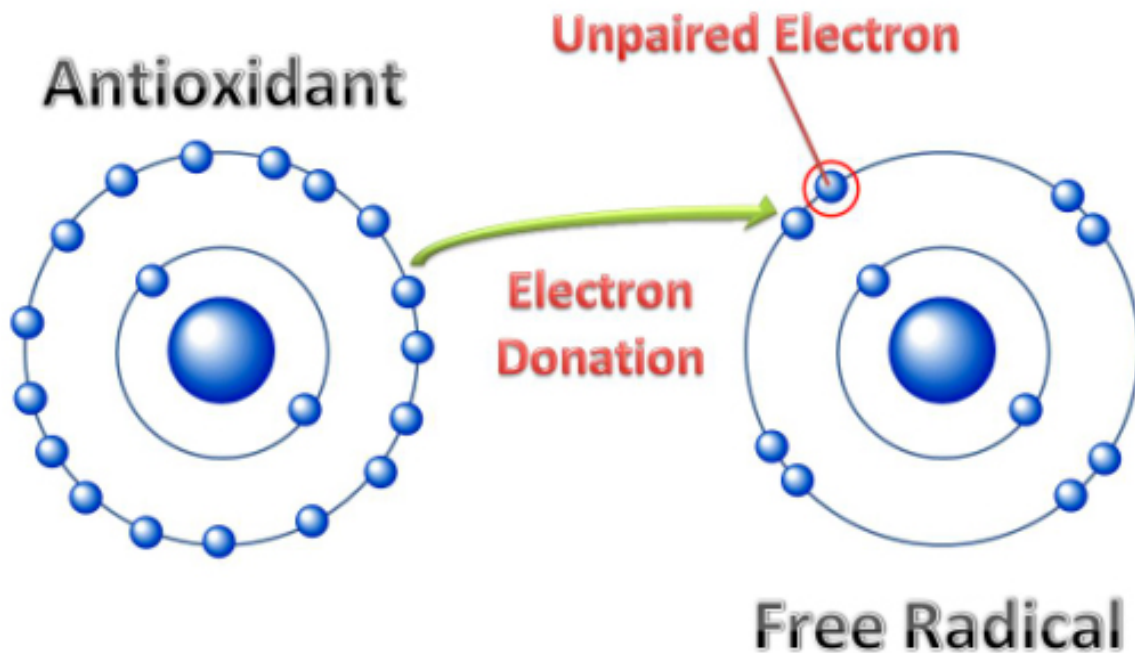


Cis fatty acid



The Transfats become a carcinogen in the body, from this shape change. While I have not found scientific proof, it appears that the mere process of grinding seeds with pressure, friction and heat which is the way all seed oils are pressed causes damage to the molecular structure of the fatty acid. The degree of damage is determined by the degree of heat, pressure and friction. I believe this is one reason why I and most everyone else report no changes in how they feel and function from taking regular cold pressed seed oils.

Consuming seed oils pressed at 120, 140 or 210 degrees will damage the oil and cause it to become oxidized. Oxidized oil causes free radical damage in the body.



Free radicals damage the lining of the arteries; damage the brain and other cell membranes. Massive levels of inflammation in the body can be caused from cooked polyunsaturated seed oils. If you want to avoid the pain of inflammation or dementia, then avoid free radical generating high heat pressed seed oils and oxidized fish oils. You must only use unoxidized or super low oxidation seed or fish oils.

The Queen of Fats For the Brain: Approximately 60 percent of the human brain is composed of fat, 25 percent of that material is DHA. Since the synthesis of DHA from Alpha Linolenic Acid in humans is much lower and more limited than previously assumed. The excessive consumption of omega-6 fatty acids in the modern Western diet further displaces DHA from membrane phospholipids. An emerging body of research is exploring a unique role for DHA in brain development and the prevention of neuropsychiatric and neurodegenerative disorders. DHA is increasingly being added back into the food supply as fish oil or algae derived oil supplementation.¹⁸

A study done on Japanese students during the high stress period of final exams showed that students supplemented with DHA were significantly less aggressive than students who were not supplemented with DHA. Over 1200 patients participated in an epidemiological study that showed that people with high DHA levels were 45 percent less likely to develop dementia than people with low DHA levels. This suggests that proper DHA intake may reduce the risk of developing Alzheimer's.

¹⁸ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257695/>

A 1997 study showed that schizophrenic patients were less likely to have been breastfed in infancy, and the lack of DHA during early brain development contributes to the development of schizophrenia. Studies show that symptoms of multiple sclerosis such as muscular weakness, loss of coordination, and speech and visual disturbances are linked to subnormal levels of omega 3 fatty acids such as DHA.¹⁹

Unoxidized Essential Fatty Acid's Are Oxygen Magnets: Think of EFA's as oxygen magnets. The EFA in our cell membranes act as oxygen magnet. No matter how much you breathe or exercise if you don't have enough EFA's within the membrane of the cells, your cells may not absorb enough oxygen from your blood and you will be that much more susceptible to cancer, viruses or fungus, which all grow in a low oxygen environment. Without a continuing new supply of these EFA's from the diet, cellular oxygen transfer can be significantly reduced.

Increasing your oxygen intake by exercising, deep breathing, drinking oxygenated water, breathing pure oxygen, or getting hyperbaric oxygen treatments does not improve the body's ability to use oxygen. When every cell of the body has high quality Unoxidized omega 3 and 6 from seed oils in the cell membrane then oxygen transfer can occur. This is a transfer of oxygen from blood to the inside of the cells. This then is a major key to solving the oxygen deficiency rampant in our culture today.

Essential Fatty Acid's come from both fish oils and seed oils. Seed oils are Linolenic (omega 3) and linoleic (omega 6) fatty acids. Linolenic can convert into EPA and DHA in the body. Linoleic can convert into GLA (Gamma-Linolenic acid) and CLA (conjugated linoleic acid). EPA and DHA can also be derived from Fish oils. Your body requires and utilizes both of these types of oils. 95% of the seed oils are used directly by the cells as Linolenic and linoleic and only 3-5% get converted or used as EPA and DHA. So taking supplemental cod liver oil is also important to insure brain and nerves are functioning properly. The best brand I have found for the cod liver oil is called [Rosita](#). It comes from Norway. The fishermen catch the fish today and begin to make the cod liver into oil tomorrow. They put a bubble of nitrogen into each capsule of oil and also into the bottle of liquid Cod liver oil. This protects it from oxidation. If you burp up your fish oil, this is mostly due being oxidized or rancid. Unoxidized cod liver oil is smooth to the taste and does not causes me to burp. [Rosita](#) Norwegian Cod Liver Oil is the most unoxidized cod liver oil on the market that I am aware of.

Now after having taken all other brands of seed oils on the market and now taking the Andreas Seed Oils, the difference is amazing. On all the other brands of Flax or Hemp or Seed Oil Blends, I felt nothing. When I got on these virtually zero oxidation seed oils I felt stronger the same day. I went and did arm curls with weights and did push ups. I normally do not feel like doing this. Then when I

¹⁹ <http://articles.mercola.com/sites/articles/archive/2008/01/02/dha-and-breast-milk.aspx>

got the Black Cumin seed oil a week later and I took 1 Tablespoon with 1 Tablespoon of pure flax oil at dinner one night, it gave me so much energy that I could not sleep all night. The next morning I took a 20-mile bike ride. I have not felt like doing this since my mid 30's, I'm 55 now. So these oils have very obviously improved my ability to utilize oxygen and produce more energy.

Trying to get your EFA needs met with Olive oil is a mistake. Olive oil is Omega 9 and does not contribute to cell membrane oxygen utilization. Studies done show that when insufficient omega 3 or 6 are in the diet and a proportionally larger amount of non-essential omega 9 is in the diet, then the omega 9 incorporates into the cell walls, displacing the omega 3 and 6. This reduces the rate at which the cells can use oxygen.

Potential Anti-Inflammatory Effects of EFA's: Supplementing with a combination of Flax Oil and Lipoic Acid increased plasma antioxidant defense capacities, as evaluated by the marked increase in the activities of Super Oxide Dismutase, Catalase and Glutathione Peroxidase as well as the level of Glutathione, and the significant reduction in lipid peroxidation. Simultaneous intake of Flax Oil and Lipoic Acid also reduced plasma Triglycerides, LDL-C contents and elevated the ratio of HDL/LDL. Flax Oil and Lipoic Acid combination, lowered plasma Interleukin-6 and C-reactive protein levels significantly.²⁰

Women and Omega Three Fatty Acids: Omega-3 fatty acids are part of the cell walls of every cell in the body and are precursors of locally produced hormones, eicosanoids, which are important in the prevention and treatment of various diseases, especially in women. One mechanism underlying dysmenorrhea is a disturbed balance between anti-inflammatory, vasodilator eicosanoids derived from omega-3 fatty acids and proinflammatory, vasoconstrictor eicosanoids derived from omega-6 fatty acids. Increased intake of omega-3 Fatty Acids can reverse the symptoms in this condition by decreasing the amount of omega-6 Fatty Acids in cell membranes. An increased prostacyclin/thromboxane ratio induced by omega-3 Fatty Acids can facilitate pregnancy in women with infertility problems by increasing uterine blood flow. Supplementation with omega-3 Fatty Acids during pregnancy lowers the risk of premature birth and can increase the length of pregnancy and birth weight by altering the balance of eicosanoids involved in labor and promotes fetal growth by improving placental blood flow. Intake of omega-3 Fatty Acids during pregnancy and breast-feeding may facilitate the child's brain development. There is also some evidence that supplementation with omega-3 Fatty Acids might help to prevent preeclampsia, postpartum depression, menopausal problems, postmenopausal osteoporosis, and breast cancer. Furthermore, because elevated triglyceride levels are associated with cardiovascular disease, especially in women; and because omega-3 Fatty Acids have powerful effects on triglycerides, women in particular gain from an increased intake of these fatty acids. This is especially important in

²⁰ <http://www.ncbi.nlm.nih.gov/pubmed/23113997>

women receiving hormone therapy, which can increase triglyceride levels. The quality of the omega-3 Fatty Acids preparation is important. It should have an appropriate antioxidant content not to induce lipid peroxidation, and its content of dioxin and polychlorinated biphenyls (PCBs) should be well below the established safe limit.²¹

Table of Omega 6:3 Ratios in Body Tissues

Tissue	% Of total body weight	Parent Omega 6	Parent Omega 3
Brain/Nervous System	3	1	1
Skin	4	1000	1
Organs and Other Tissues	9	4	1
Adipose Tissue (Body Fat)	15-35	22	1
Muscles	60	6.5	1 ²²

The majority of EFA's in the body are omega 6, with the skin having the highest concentration. As a side note Sunflower Seed Oil, which is high in omega 6 has a history of being very beneficial to the skin. This is because it is the exact same fatty acid the skin requires for its health. However it is recommended that the over all dietary intake ratio of omega 6 to 3 for the body should be any where from a 1:1 to a 2:1 ratio. That's one part omega 6 to one part omega 3 or two parts omega 6 to one parts omega 3.

Defective LDL Cholesterol Becomes a Poison Delivery System: LDL cholesterol acts as a shuttle to deliver Omega 3 and 6 fatty acids to the cells. If this is oxidized or damaged omega 3 or 6 then is contributes to plaque accumulation in the arteries. Hence eating cooked or oxidized seed oils can be a contributor to plaque accumulation. This is why it is not necessary to lower LDL Cholesterol as it is not the amount of LDL but whether or not the omega 3 and 6 in your diet are oxidized or not.

Brand New Seed Oil Pressing: Thanks to Andreas Weckers' engineering work, seed oils can now be pressed without damage, without filtration, stored in Miron Glass and stay fresh and free of oxidation for over a year a room temperature. That's why these brand new zero oxidation seed oils by Andreas Wecker are so impressive and valuable. Every cell of the body needs these in fresh supply on a daily basis. Why? Because the body cannot make them on its own, they are called essential for this reason. Just like essential amino acids. Consuming the EFA's as oils is the most effective way you can them.

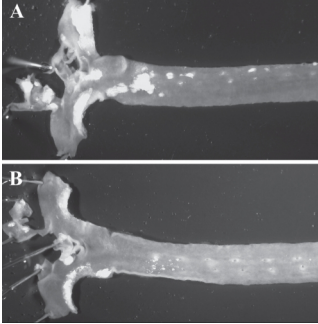
Since most seed oils are predominately omega 6 and little to no omega 3, it is essential to take the seed oils that gives you a balance of Omega 3 and 6. Pay

²¹ <http://www.ncbi.nlm.nih.gov/pubmed/15385858>

²² <http://www.townsendletter.com/AugSept2007/efaoxy0807.htm>

attention to the fatty acids ratios in these seed oils and use them to your advantage. The most popular oil below is called 5 Seed Blend, because it covers a combination of 5 seeds. Due to the great deficiency of omega 3 in the diet, it is recommended that you combine Flax Oil with 5 Seed as your foundation. Add other oils for their unique effects on top of these two as the foundation. This way you'll be more likely to get enough omegas 3 in your diet.

Premium Flax Seed is nature's most concentrated source of omega 3. Flaxseed oil is 20% omega 6 and 55% omega 3. Studies show that when included in the diet of rats that atherosclerotic plaque is significantly reduced.²³



Atherosclerotic plaque formation in representative aortas taken from low-density lipoprotein receptor-deficient mice fed for 24 weeks with a diet supplemented with 2% cholesterol represented by picture (A) or a diet supplemented with 2% cholesterol and 10% flaxseed represented by picture (B). Note the significantly reduced plaque formation in (B) group when flaxseed is included in the diet. Flaxseed has been shown in studies to protect the heart from tachy-arrhythmias. This antiarrhythmic action may explain the lower incidence of sudden death in subjects ingesting Alpha Linolenic Acid from flax seed oil.

Studies show that patients with cerebral infarction had lower levels of Alpha Linolenic Acid in subcutaneous adipose tissue than matched controls.²⁴

Black Cumin Seed is for people with any kind of health challenge. The crude oil and thymoquinone (TQ) extracted from its seeds and oil are effective against many diseases like cancer, cardiovascular complications, diabetes, asthma, kidney disease etc. It is effective against cancer in blood system, lung, kidney, liver, prostate, breast, and cervix and skin with much safety.²⁵

Black Cumin Seeds Useful for Helicobacter pylori Infection: In 2010, Saudi Arabian researchers indicated that a large number of diseases are ascribed to *Helicobacter pylori* (*H. pylori*), particularly chronic active gastritis, peptic ulcer disease and gastric cancer. Successful treatment of *H. pylori* infection with antimicrobial agents can lead to regression of *H. pylori*-associated disorders. *H. Pylori* resistance against antibiotics is increasing, and it is necessary to find new

²³ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2989356/>

²⁴ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2989356/>

²⁵ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3252704/>

effective agents. Nigella sativa seed (black cumin seeds), a commonly used herb, possesses anti-helicobacter activity.

The present study was undertaken to evaluate the efficacy of black cumin seeds for the eradication of H. pylori infection in 88 human non-ulcer dyspeptic patients. Patients were randomly assigned to four groups. The groups received various combinations of clarithromycin and/or amoxicillin (antibiotics), omeprazole (anti gastric reflex drug), and black cumin seed oil. **Researchers found that black seeds possess clinically useful anti-H. Pylori activity, comparable to the combined use of all three drugs that were tested.** ²⁶

Black Seeds and Honey Work Together – Folk Medicine is Correct Egyptian researchers studied the protective effect of bee honey and Nigella grains on the oxidative stress and the cancer that was created by exposing rats to a strong carcinogen. After the four groups of rats were exposed to the carcinogen, some groups were fed black seeds or honey, and one group was fed both black seeds and honey. The rats were evaluated after 6 months. The rats that ate black seeds received an 80% protection against oxidative stress and cancer formation. **Whereas the rats that ate a daily dose of both honey and black seeds were protected 100% against oxidative stress, inflammatory responses, and cancer formation.**²⁷

Testosterone Supporting Properties of Black Cumin Seed Oil: The Tunisian and Iranian varieties of Black Cumin Seed Oil have 44 to 54% of their sterol content being Beta-sitosterol.²⁸ Being a steroid, β -sitosterol is precursor of anabolic steroid [boldenone](#). Boldenone undecylenate is commonly used in veterinary medicine to induce growth in cattle but it is also one of the most commonly abused anabolic steroids in sports. This led to suspicion that some athletes testing positive on boldenone undecylenate didn't actually abuse the hormone itself but consumed food rich in β -sitosterol.²⁹ So by extrapolation, consuming unoxidized, undamaged Black Cumin Seed Oil, you are supporting the optimal production of testosterone. It is also commonly known that Beta-Sitosterol is very good for the prostate and is found in a number of Prostate support formulas.

Anti-Fungal Properties of Black Cumin Seed Extract: A 5-fold decrease in Candida in kidneys, 8-fold in liver and 11-fold in spleen was observed in the groups of animals post-treated with the Black Cumin seed extract.³⁰

²⁶ <https://healthimpactnews.com/2014/black-seed-oil-cures-many-cancers-according-to-numerous-studies/>

²⁷ <https://healthimpactnews.com/2014/black-seed-oil-cures-many-cancers-according-to-numerous-studies/>

²⁸ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3642442/>

²⁹ <https://en.wikipedia.org/wiki/Beta-Sitosterol>

³⁰ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3642442/>

Parasite Killing Power of Black Cumin Seed Oil: Schistosomiasis, also known as **snail fever**, is a disease caused by parasitic flatworms called schistosomes. The urinary tract or the intestines may be infected. Signs and symptoms may include abdominal pain, diarrhea, bloody stool, or blood in the urine. Those who have been infected a long time may experience liver damage, kidney failure, infertility, or bladder cancer (squamous cell carcinoma). In children, it may cause poor growth and learning difficulty. The disease is spread by contact with fresh water contaminated with the parasites. These parasites are released from infected freshwater snails. The disease is especially common among children in developing countries as they are more likely to play in contaminated water. Other high-risk groups include farmers, fishermen, and people using unclean water during daily living. It belongs to the group of helminth infections. Diagnosis is by finding eggs of the parasite in a person's urine or stool. It can also be confirmed by finding antibodies against the disease in the blood. Praziquantel is also the treatment recommended by the World Health Organization (WHO). Schistosomiasis affected almost 210 million people worldwide as of 2012. An estimated 12,000 to 200,000 people die from it each year. The disease is most commonly found in Africa, as well as Asia and South America. Around 700 million people, in more than 70 countries, live in areas where the disease is common. In tropical countries, schistosomiasis is second only to malaria among parasitic diseases with the greatest economic impact. Schistosomiasis is listed as a neglected tropical disease.³¹

When the Black Cumin Seed Oil was given alone, it reduced the number of *S. mansoni* worms in the liver and decreased the total number of ova deposited in both the liver and the intestine.³²

Anti-Viral Killing Powers of Black Cumin Seed Oil: On day 10 of an induced cytomegalo virus infection, the virus titer was undetectable in spleen and liver of Black Cumin Seed Oil treated mice, while it was detectable in control mice.³³ Cytomegalovirus is a herpes virus. This means that it is a very real possibility to use Black Cumin Seed oil to suppress and possibly eradicate the herpes family of viruses from the human body.

ANALYSIS OF VOLATILE OIL IN BLACK CUMIN SEEDS: The analysis of the volatile oil (essential oil) content in Black Cumin Seed Oil also known as blessed seed reveals the following:

- **Cymene:** Known to have been used for its local analgesic actions, in **rheumatic** conditions.
- **Pinene:** When taken internally has mild **expectorant** and colic properties and when used externally has similar actions to Cymene.

³¹ <https://en.wikipedia.org/wiki/Schistosomiasis>

³² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3642442/>

³³ <https://www.ncbi.nlm.nih.gov/pubmed/10884593>

- **Carbony:** Responsible for the **antiseptic** and **anti-microbial** properties of the seed. Extensive microbiological tests have confirmed its action against gram-positive as well as gram-negative bacteria.
- **Carvone:** Known for its anti-colic and flatulence properties.
- **Limonene** Can help to dissolve **gallstones**.
- **Nigellon semohiprepinon:** When inhaled, or rubbed on the chest, it enlarges and raises the temperature of the bronchi and dissolves cramps, which quickly alleviates symptoms due to **bronchial asthma** and **whooping cough**. Also inhibits the release of histamine.
- **Thymoquinone:** Inhibits infection, relieves pain, stimulates the gall bladder and works as an antioxidant.³⁴

Coriander Seed Contains linalool an active compound. Several animal studies provide evidence that coriander seeds can promote the liver antioxidant system. Feeding a 10% coriander seed diet to male rats for 12 weeks decreased the ability of the toxin, hexachlorocyclo-hexane, an organochlorine insecticide, to damage fats in the body. Coriander can also influence foreign compound metabolism. Feeding Swiss mice with 160-mg coriander seeds per gram diet resulted increased Glutathione production of 20% to 37%, depending on the tissue examined. In another study, it was observed that Glutathione activity doubled in Swiss albino mice that were provided with diets containing coriander seed oil (10 microliter of coriander oil daily for 2 weeks).³⁵ Coriander has also been used as a successful antibiotic in chickens.³⁶

Cancer: In vitro, Coriander *essential oil from the seed* has been demonstrated to moderately inhibit cell proliferation in breast cancer cells. Other studies have demonstrated that, in vitro, Coriander *leaf* and *seed* have anti-tumor and immunomodulation activities on the breast cancer cell line, and that Coriander *root* has anti-proliferative activity on the same lines. The authors conclude that these findings suggest that Coriander (in its various forms) has potential in cancer prevention and inhibition of metastasis.³⁷

Coriander Selective Kills Pathogenic Bacteria While Promoting Beneficial Bacteria in Chicken Intestines: Reduction in pathogenic bacteria in the digestive tract will improve the intestinal health and general well-being of the birds. It is concluded that coriander powder or extract may potentially be used as an antibiotic alternative in poultry production.³⁸

Researchers from the University of Beira Interior in Portugal tested coriander oil against 12 bacterial strains, including *E. coli*, *salmonella enterica*, *Bacillus cereus*

³⁴ <https://theblessedseed.com/actions-of-the-volatile-oil/>

³⁵ <http://www.ncbi.nlm.nih.gov/books/NBK92774/>

³⁶ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4295613/>

³⁷ <https://healingherbalsnewzealand.com/coriander/>

³⁸ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4295613/>

and methicillin-resistant *Staphylococcus aureus* (MRSA). Of the tested strains, all showed reduced growth, and most were killed, by solutions containing 1.6% oil or less. Dr. Domingues says; "Coriander oil could also become a natural alternative to common antibiotics. We envisage the use of coriander in clinical drugs in the form of lotions, mouth rinses and even pills; to fight multidrug-resistant bacterial infections that otherwise could not be treated. This would significantly improve people's quality of life."

Coriander oil and coriander has numerous health benefits associated with it over centuries. These include pain relief, ease of cramps and convulsions, cure of nausea, aid of digestion and treatment of fungal infections.³⁹

Sesame Seed Oil Protects Kidneys, Lowers High Blood Pressure to Normal and Reduces Body Fat: We hypothesize that a single dose of sesame oil inhibits oxidative stress to shorten the recovery period and allow the regeneration of renal tubules after the onset of gentamicin-induced renal injury in rats.⁴⁰

Another study was undertaken to investigate the effect of sesame oil in high blood pressure patients who were on antihypertensive therapy either with diuretics (hydrochlorothiazide) or β -blockers (atenolol). Thirty-two male and 18 female patients aged 35 to 60 years old were supplied sesame oil (Idhayam gingelly oil) and instructed to use it as the only edible oil for 45 days. Blood pressure, anthropometry, lipid profile, lipid peroxidation, and enzymatic and non-enzymatic antioxidants were measured at baseline and after 45 days of sesame oil substitution. Substitution of sesame oil brought down systolic and diastolic blood pressure to normal. The same patients were asked to withdraw sesame oil consumption for another 45 days, and the measurements were repeated at the end of withdrawal period. Withdrawal of sesame oil substitution brought back the initial blood pressure values. A significant reduction was noted in body weight and body mass index (BMI) upon sesame oil substitution. No significant alterations were observed in lipid profile except triglycerides. Plasma levels of sodium reduced while potassium elevated upon the substitution of sesame oil. Lipid peroxidation (thiobarbituric acid reactive substances [TBARS]) decreased while the activities of superoxide dismutase (SOD), catalase (CAT), and the levels of vitamin C, vitamin E, β -carotene, and reduced glutathione (GSH) were increased. The results suggested that sesame oil as edible oil lowered blood pressure, decreased lipid peroxidation, and increased antioxidant status in hypertensive patients.⁴¹

Black Sesame Seed studies show sesame seed oil lowers blood pressure and increases antioxidants Vitamin E, C, Carotene, SOD and Glutathione levels.⁴²

³⁹ <https://www.sciencedaily.com/releases/2011/08/110823193857.htm>

⁴⁰ <https://www.ncbi.nlm.nih.gov/pubmed/20814198>

⁴¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1942178/>

⁴² <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1942178/>

[Pumpkin Seed](#) studies on postmenopausal women show that pumpkin seed oil caused a decrease in High Density Lipoprotein a decrease in diastolic blood pressure. There was also a reduction in hot flashes, less headaches and less joint pain.⁴³ For men pumpkin seed is shown to reduce the size of an enlarged prostate. Taken in combination with Saw Palmetto oil got even more results. ⁴⁴ Pumpkin seed oil has been shown to be effective with urinary dysfunction in humans with an overactive bladder.⁴⁵

Benefits for Postmenopausal Women: Pumpkin seed oil is rich in natural phytoestrogens and studies suggest it may lead to a significant increase in good "HDL" cholesterol along with decreases in blood pressure, hot flashes, headaches, joint pains and other menopausal symptoms in postmenopausal women. Women in the group receiving wheat germ oil reported being more depressed and having more unloved feeling.⁴⁶

Tryptophan for Restful Sleep: Better sleep: Pumpkin seeds are great plant source of [L-tryptophan](#), a compound that helps your body produce serotonin, known to improve your mood and help you sleep soundly through the night.⁴⁷

[Sunflower Seed](#) oil has been used in folk medicine for both skin care and the treatment of skin disorders. In its natural state, the oil contains high levels of essential fatty acids, particularly linoleic acid, which has skin barrier-enhancing properties. Sunflower oil, which is produced through a molecular distillation process without the use of solvents, has been shown to increase the skins fat synthesis and to reduce inflammation in vitro and in animal models. It has also been shown to activate peroxisome proliferative-activated receptor-alpha (PPAR-alpha) in vitro. As PPAR-alpha agonists have been shown to stimulate keratinocyte differentiation, improve barrier function, and enhance lipid metabolism in the skin, it has been suggested that Sunflower oil might also be efficacious in atopic dermatitis (AD). An initial clinical evaluation of the care effect of a 2% Sunflower oil emulsion in 20 adult volunteers with atopic skin revealed the moisturizing properties of Sunflower Oil. Finally, a strong steroid-sparing effect and a positive effect on quality-of-life parameters were clearly demonstrated for the 2% Sunflower oil cream in studies in infants and babies with Atopic Dermatitis.

[Hempseed Oil](#) is nature's most perfectly balanced plant oil because it has a very healthy 3:1 ratio of Omega 6 to Omega 3. In the modern diet, the ratio of Omega 6 to 3 can be as distorted as 20:1 (trans fats, and processed vegetable fats being to

⁴³ <http://www.ncbi.nlm.nih.gov/pubmed/21545273>

⁴⁴ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2809240/>

⁴⁵ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4032845/>

⁴⁶ <https://www.ncbi.nlm.nih.gov/pubmed/21545273>

⁴⁷ <http://3tags.org/article/improve-weight-loss-energy-heart-health-and-sleep-with-this-simple-seed>

blame for this). Views vary, but most agree that the ratio should be between 5:1 and 3:1. Hempseed oil is known to contain up to 5% of pure GLA, a much higher concentration than any other plant. GLA has been shown to reduce inflammation in the body.

Efficacy of dietary hempseed oil in patients with atopic dermatitis: Dietary hempseed oil caused significant changes in plasma fatty acid profiles and improved clinical symptoms of atopic dermatitis. It is suggested that these improvements resulted from the balanced and abundant supply of PUFAs in this hempseed oil.⁴⁸

From Andreas Wecker the inventor of these Pristine Seed Oils: "I first pressed Hempseed Oil in 2011 because a lot of people were asking about it. When I tested sales in a small store, the effects it achieved for customers who reported pretty much all pain gone after 15 minutes amazed me. The first batch sold out in an hour."

Five Seed Blend: consists of Pumpkin, Black Sesame, Flaxseed, Coriander and Sunflower. This oil is for people who want convenience of an all in one product. It does not have Black Cumin Seed oil in it, which is incredibly powerful and may be very important to add to your diet.

The inspiration for this report and much of the content comes from Dr. Brian Scott Peskin and his book "The Hidden Story of Cancer". Dr. Peskin was critical of fish oils in the diet, citing information to substantiate their potential harmful effects. Not all of Dr. Peskin's observations in his book are accurate. He extolls vaccinations as a saving grace for mankind. After you've read "Dissolving Illusions" by Suzanne Humphries, MD, you learn that vaccines have been one of the biggest crimes against humanity. So I do not agree with all of Dr. Peskin's conclusions. One of them is his point of view on vaccines and the other is his opposition to fish oils.

My ammunition for contesting this comes from reading the work of Weston A. Price in his landmark book "Nutrition and Physical Degeneration". In this book Weston A. Price traveled to 6 different continents in the 1930's and 40's in search of who were the healthiest people on earth and what did they eat.

The healthiest people were those that lived by the sea and ate seafood in abundance. He said they had the widest jawbones, with perfectly straight teeth. He said that of all the people's he visited over 6 continents, that it was those living by the sea and eating seafood's that had the most perfect bodies.

When Weston A. Price returned to the states he began to implement his findings as a Doctor trying to help people recover their health. He created a butter derived from grass fed cows that was a very bright yellow in color. He found that when

⁴⁸ <https://www.ncbi.nlm.nih.gov/pubmed/16019622>

the cows were grazing on fast growing grasses in the spring and summer that the cream was able to produce a very deep yellow butter. This butter had healing properties and he used it in his practice to help people recover health. This deep yellow color is the vitamin A content and when this color is present, then vitamin K2 is found in addition to the A and D. This combination of fat-soluble vitamins when consumed with a health giving organic diet that included meats, whole milk, vegetables, some grains and fruits resulted in fantastic improvements in health.

He also discovered that cod liver oil was able to confer some of these same health benefits. But when he combined these oils, the results were even better. He would often visit sick people in their homes. He would give the bed ridden person one teaspoon of either X Factor Butter as he called it, or cod liver oil. Their health might improve from either product. But when he gave them a combination of 1 teaspoon of X Factor Butter and 1tsp of Cod Liver oil at the same time, they could get out of bed in a short time. This combination was repeatedly able to improve or restore health.

One such experiment occurred in a Mission, where kids were being fed poorly at home and got to have a nutrient rich meal at the mission. One girl had 14 cavities and was told she needed to have her teeth pulled and have to have dentures. She was given the combination of X Factor Butter and Cod liver oil, in conjunction with at least one good meal per day of 2 glasses of whole milk, meats and meat stews with bone marrow and organ meat, with vegetables and some grains and cooked fruit. Most of her cavities healed up and only a few needed to be filled.

For all children in this experiment, the improvement in energy, intelligence and ability to grow and bone health all improved.⁴⁹

Perhaps the only reason that Dr. Peskin found studies showing negative results with consuming fish oils is due solely to the use of oxidized fish oils in the experiments. After all in the opening of his book he sites how EPA and DHA, which are fish oils reduced cancer rates by 65 to 93% in cell studies. You have super healthy results from this study and from Dr. Weston A. Price's studies and then also have negative study outcomes from the same substance. You cannot have both. It is the same way that research scientists have done studies showing vitamin E is bad for cardiovascular health. The truth is natural vitamin E is excellent for cardiovascular health. However when pharmaceutical companies with an agenda to impart fear and doubt into the minds of the public about natural supplements or foods fund your studies, then studies can be rigged to convey a wrong message. In that vitamin E study it was found out that they used a chemical derived from the Kodak film making company that is similar to natural vitamin E but different. It is the toxic unnatural vitamin E that was used in the study that was the problem. It goes true for the fish oil outcry; Unoxidized Fish oils impart health, oxidized fish oils cause disease.

⁴⁹ Nutrition and Physical Degeneration

Two people with severe intestinal disease lived near Andreas Wecker and asked him for advice on what oils to take that might help them. One person had colitis and was scheduled to have the colon removed in 4 months. The other person had blockage and a portion of the intestines was dying. The person was scheduled for resection surgery in 3 weeks. Both of them started on the Andreas Seed Oils: Black Cumin Seed Oil 1 tsp. 3x per day, 5 Seed Blend 1tsp. 3x per day, Flaxseed Oil 1 tsp. 3x per day and Coriander Seed Oil 5 drops 3x per day. The first person with colitis healed in 4 months and did not need to remove the colon through surgery. The second person's intestines healed and in 3 weeks did not need the resection surgery. These oils are very powerful. We wish you health and happiness

Stephen Heuer, B.S. Nutripath