

Parent Oils

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Let's look at a presentation of new research that might stir up some controversy, but it definitely got my attention. One of my friends and mentors shared with me how he had a genetic predisposition to cardiac problems. Despite his and his doctor's best efforts, his cholesterol was 350 with an LDL of 150.

Dr. David Brownstein was his physician and recommended he switch oils from a high concentration of EPA/DHA to a sunflower/flax blend called SunFlax Caps which are "parent oils." Since he had tried everything else he figured why not. To his surprise his cholesterol dropped significantly and remains 173 with an LDL of 93 to this day, years later. This is not an isolated event. Cases of cholesterol, heart disease, hypertension, inflammation, diabetes, even some cases of cancer have been resolved using parent oils.

Brian Peskin, an engineer from MIT, and Dr. Robert Jay Rowan have written a para-



digm shaking book called "The PEO Solution." "P" stands for parent, "E" for essential and "O" for oils. Parent oils is a term Peskin coined because all other oils can be derived from the essential oils, hence the term parent.

From physiology we know that alpha-linolenic acid (ALA) and linoleic acid (LA) are essential oils because our body needs them to make other derivative oils like EPA, DHA, GLA etc. Yes, the conversion from ALA to EPA/DHA is poor in many individuals. And yes, there is ample research that some of

these "derivative oils" produce some profound biological effects. But maybe the reason so many research papers show the value of the derivative oils is because everyone is so deficient in oils to begin with.

Most clinicians would agree that we ingest sufficient amounts of the omega-6 oil, linoleic acid. But due to the adulteration of omega-6 oils in our food chain, we may ingest sufficient levels but most of the oils are so denatured they cannot perform their intended function. The body is flexible and will use what it is given for a while,

but long term health depends upon the right ingredients. Here's a quote from the book: "We have one hundred trillion cells. Each of these cells has a bi-lipid cell membrane. Every cell membrane contains 25-35% PEOs. Each of those cells contain hundreds to thousands of mitochondrion also requiring PEOs. PEOs then are the brick and mortar of every cell, tissue and organ, including the energy producing mitochondria."

I always thought the parent oils linoleic and alpha linolenic converted to derivative oils; and the major value was the EPA / DHA / GLA fractions. But here's the concept that I never understood until I read Peskin's work. "At least 95% of parent oils stay as parent oils and do not convert to the highly touted derivative oils."

Consider the ratio of parent omega-6 to parent omega-3 oils in the body. Organs and other tissues contain a 4:1 ratio. Muscle contains a 6.5:1 ratio, brain/nervous tissue a 100:1 ratio, and skin an amazing 1000:1 ratio. Speaking of skin, the authors claim that "people with sufficient parent oil status have a lack of cellulite, healthy skin and do not burn easily when in the sun. They also experience stronger nails, better hair growth, more energy and less stress."

Should we abandon derivatives like EPA / DHA or GLA oils that have yielded marked clinical success with our patients? For now, no. I am just saying that we should open our minds and recognize that everyone is different and some people may require different concentrations of oils for shorter periods of time. This is where assessing range of motion, noting pain levels and then tasting different oils, retesting at regular intervals to determine which ones yield the best results is so valuable. You will never go wrong by

giving oil that increases strength and reduces pain. You can see a Tuesday Minute on neurolingual taste testing below.

A Biotics product SunFlax Caps contain the parent oils recommended by Peskin and Rowan. SunFlax Caps contain a proprietary blend of organic sunflower seed oil and organic flax seed oil and supply a unique blend of high quality omega 3, 6 and 9 fatty acids.

The authors suggest that the omega 6:3 ratio of parent oils is 2.5:1 up to 1:1. SunFlax is 2.5:1. Two capsules of SunFlax Caps supply 750 mg of Linoleic Acid (LA) and 250 mg of Alpha Linolenic Acid (ALA) as well as 1000 mg of other organic oils as found in nature. Prophylactic dosage is 2 caps, three times a day.

Peskin and Rowan's research may not be the final word on oils, but they do have many answers to questions that are being avoided by the mainstream and even our alternative doctor colleagues. In light of Peskin and Rowan's clinical experience and the physiology presented in "The PEO Solution," I think it is worth encouraging your patients to intentionally add organic fully functional parent oils to their diet. And if they are not responding as well as you would expect, do a therapeutic trial for 120 days using only parent oils like SunFlax Caps and evaluate their progress.

Personally, I like to try different nutritional programs and based on the authors work, I am going to try an aggressive dose, evaluate the results and keep you posted.

Thanks for reading this week's edition of the Tuesday Minute. I'll see you next Tuesday