

Your Brain & Other Organs Fall Apart Without These Essential Nutrients...

and the Human Body Cannot Make Them

Certain fats are crucial for optimal health and metabolism.

Find out which ones and determine if you may be deficient.

Most people are unaware that saturated fats including cholesterol are essential to health and are produced by the body. There are some **fats your body cannot make and must get from its food supply**. These fats are referred to as **'essential' fatty acids (EFAs)**. **Your body needs these types of fats to survive and function properly.**

There are only two Essential Fatty Acids and the body requires from an outside food source, they are Omega-3 and Omega-6. They are particularly responsible for controlling many cellular processes and are just as important to our health as vitamins or minerals. However, it is **vital to have a balanced ratio of these fatty acids from the right sources.**

EFA deficiencies are common and can often be detected by signs on the body itself.

- Dry skin (feet/face/general)
- Scaly or flaky skin (legs)
- Cracking/peeling fingertips & skin on heels
- Lackluster skin
- Small bumps on back of upper arms
- Patchy dullness &/or color variation of skin
- Irregular quilted appearance of skin
- Thick or cracked calluses
- Dandruff or cradle cap
- Dry, lackluster, brittle or unruly hair
- Soft, fraying, splitting or brittle fingernails
- Dull nails - lack of surface shine
- Slow growing fingernails
- Dry eyes
- Dry mouth/throat
- Inadequate vaginal lubrication
- Menstrual cramps
- Premenstrual breast pain/tenderness
- Excessive ear wax
- Excessive thirst
- Allergies (eczema/asthma/hay fever/hives)
- Cravings for fats/fatty foods
- Stiff or painful joints

EFA Deficiencies Create Detrimental Health Problems

The **significance of these deficiencies** goes far beyond the presence of these obvious deficiency symptoms and **relates to a large variety of medical conditions**, including:

- **High Cholesterol**
- **High Blood Pressure**
- **Heart Disease**
- **Diabetes**
- **AD/HD**
- **Eczema & Psoriasis**
- **Reduced Immune Function**
- **Epilepsy**
- **Cognitive Decline**
- **Asthma**
- **Macular Degeneration**
- **Glandular Atrophy (Leads to infertility and growth deficiencies)**
- **Inflammatory/Auto-immune conditions (i.e. Rheumatoid Arthritis, Lupus)**
- **Mental Health conditions (i.e. depression, Bipolar disorder, schizophrenia)**



Skin problems are often an early sign of EFA deficiency, which can lead to many health problems.

Whether you are trying to overcome a particular health issue or are simply trying to preserve your health, **choosing a high-quality supplement with the optimal balance of fatty acids is vital.**

How Essential Fatty Acids Protect Your Body & Well-Being

Improve Brain Function: (Mood, intelligence, behavior, and vision) The brain is made up of over 60% **fat**. EFAs play an important role in the nervous system. Omega 3 from plant seed oils can be converted in the body to DHA (Docosahexaenoic acid). DHA is supposed to comprise over 50% of the fat content of the brain and is involved in intelligence, memory and mood. Depression and other brain diseases have been associated with decreased levels of omega-3.

Strengthen Immune System: EFAs make hormone-like eicosanoids that regulate immune and inflammatory responses. **Omega-3s have anti-inflammatory effects** and can slow damage caused by autoimmune disorders. EFAs also have **anti-fungal, anti-yeast and anti-microbial properties**, helping to protect against infections.

Lower Risk Factors for Cardiovascular Disease: EFAs lower high blood pressure levels, triglycerides, fibrinogen, clot formation tendency and inflammation.

Prevent Cancer: Dr. Otto Warberg discovered in the 1920 and 1930's that normal cells convert over to becoming tumor cells when the oxygen levels are reduced by 35% or more. He proved that all cancer no matter the label given is either one and oxygen deficiency at the cellular level or two that the cell has lost the ability to absorb oxygen or that the mechanisms within the cell to utilize oxygen have been damaged. So remember this, the primary cause of all cancer is an oxygen deficit. The secondary causes are the cells inability to absorb oxygen or that the mechanism of oxygen utilization are damaged. Guess what determines the cells ability to absorb oxygen? Essential fatty acids. That's right, if the cell wall does not have plant derived Omega 3 and Omega 6, then it can no longer absorb oxygen. Omega 3 and 6 are the fatty acids that are the window through which oxygen can enter the cell. When you eat a diet devoid of or lacking in Omega 3 and 6 fatty acids or if you crowd out the body's ability to benefit from Omega 3 and 6 due to consumption of heat or chemical extraction vegetable oils; or due to the consumption of trans fats or margarine or hydrogenated oils, then you can crowd out the body's ability to utilize the small amount of good Omega 3 and 6 and end up with a deficiency at the cellular level.

Johanna Budwig was a famous doctor in Hungary, who figured out that Omega 3 rich flax oil combined with cottage cheese could give the body the ability to restore the cells walls ability to absorb oxygen. In the 1950's She gave nothing but these two foods to people with cancer and had a 90% success rate and remission from cancer. Nowadays I do not advocate people eat heat sterilized cottage cheese. Instead I recommend our One World Whey Protein powder with that Omega 3 and 6 rich cold processed vegetable oil to insure that your body can absorb oxygen at the cellular level.

Increase Energy, Performance and Stamina: EFAs help build muscle, **prevent muscle break down** and speed recovery from exercise.

Regulate Body Weight: EFAs help **boost mood and energy levels and suppress appetite**, which aids in the loss of excess body fat. Recent studies have shown EFAs have the ability to block the genes that produce fat in the body. They also increase thermogenesis.



EFAs are essential for having a healthy heart, mind, skin and immune system.

Regulate Organs & Glands: EFAs play a huge role in liver and kidney regulation and in the functioning of the adrenal and thyroid glands. The production of male and female hormones also depends on EFAs.

Support Healthy Child Development: For proper nervous system development, a **growing fetus needs optimum levels of EFAs**. Children can suffer from **serious mental and physical health problems** when mothers do not get enough EFAs during pregnancy.

Boost Bone Strength: EFAs aid in the transport of minerals that keep bones and teeth strong, helping to prevent osteoporosis.

Protect DNA & other Cells: EFAs regulate gene expression and omega-3s have been shown to **inhibit tumor growth**.

Produce Beautiful Skin, Hair, & Nails: Some of the first signs of EFA deficiency are dry, flaky skin, dull hair, and brittle nails. **Omega-3s can help skin conditions such as eczema, psoriasis and acne.**

Ironman Triathlete Formulates Perfectly Balanced, Organic, Antioxidant EFA Oil Blend

Formulated by Brendan Brazier, professional Ironman triathlete and best-selling author on performance nutrition, **Vega Antioxidant EFA Oil Blend** is produced from **pure, premium and unrefined certified organic botanicals**. **Cold-processed without distillation, chemicals, synthetic purification agents or solvents**, this blend of oils retains their naturally complementary antioxidants and phytonutrients.

Vega Antioxidant EFA Oil Blend is **made from a variety of organic seed oils**, including: organic hemp seed oil, organic flax seed oil, antioxidant oil blend (all-organic: green tea seed oil, pomegranate seed oil, black cumin seed oil, black raspberry seed oil, blueberry seed oil, cranberry seed oil), organic pumpkin seed oil and organic coconut oil---**providing a perfectly balanced ratio of essential fatty acids**.

To **ensure freshness** and **prevent oxidation**, **Vega Antioxidant EFA Oil Blend is manufactured in an inert atmosphere, free of heat and light**. The result is a balanced, full-spectrum, ultra-virgin and ultra-pure oil blend with optimal nutritional properties.

Packed with Health-Boosting Nutrients:

- ✓ Omega-3 Essential Fatty Acids
- ✓ Omega-6 Essential Fatty Acids
- ✓ Omega-9 and Omega-5 Fatty Acids
- ✓ Monounsaturated Fatty Acids
- ✓ Gamma Linolenic Acid (GLA)
- ✓ Medium Chain Triglycerides (MCT)
- ✓ Stearic and Palmitic Acids
- ✓ Tocopherols and Tocotrienols
- ✓ Carotenoids and Sterols
- ✓ Chlorophyll and other Phytonutrients



Antioxidant Oil Blend

Vega Antioxidant EFA Oil Blend is a powerful blend, made up of a unique, balanced and synergistic array of **antioxidant and phytonutrient-rich seed oils with broad nutritional and healing properties including:**

Green Tea seed oil

Green tea seed oil is similar to olive oil in its nutritional makeup. It's **rich in antioxidants and has remarkable antiseptic, fungicide, bactericide and lipid-lowering effects**. Green tea seed oil does not contain caffeine.



Pomegranate seed oil

Pomegranate seed oil is an **omega-5** conjugated fatty acid that is rich in punicic acid. It has **antioxidant, anti-inflammatory and anti-microbial effects** and contains tocopherols, beta-sitosterol, stigmasterol and campesterol.

Black cumin seed oil

Black cumin seed oil's **immune-boosting antioxidant levels** are among the very highest of all plant oils.

Black raspberry seed oil

Another rich source of antioxidants, black raspberry seed oil **contains four different types of Vitamin E** (alpha and gamma tocopherol, beta and gamma tocotrienol).



Blueberry seed oil

Blueberry seed oil has **powerful free-radical-scavenging properties**.

Cranberry seed oil

Cranberry seed oil provides **excellent skin and cell protection**, given its **extremely high gamma tocopherol** content, which has the **highest antioxidant capacity** of all of the tocopherols.



Hemp seed oil

This is quite possibly nature's most perfectly balanced oil---**Hemp seed oil is rich in Omega 3 & 6 essential fatty acids (EFAs) in an ideal 1:3 ratio**. Hemp seed oil also contains a **rare combination of gamma linolenic acid (GLA), oleic acid and stearidonic acids**. Additionally, hemp seed oil contains antioxidants like Vitamin E, carotene and alkaline-forming chlorophyll.



Flax seed oil

More than **half the fat in flax seeds is alphanoleni fatty acid (ALA)**, which is the essential Omega-3 fatty acid.

Pumpkin seed oil

Pumpkin seed oil provides **Omega-6 and Omega-9 EFAs, along with powerful immune-modulating plant sterols**. It aids in **cholesterol regulation, prostate maintenance, bladder control, hormone balance and reproductive health**.

Coconut oil

Coconut oil is a rich source of healthy medium-chain triglycerides or MCTs. It helps **strengthen the immune**

system, protect against infections and degenerative conditions and provides a quick source of energy.

So Many Delicious Ways to Get Your EFAs

Take one or more tablespoons of **Vega Antioxidant EFA Oil Blend** daily with meals for optimal benefits. Rich in omega-3 and omega-6 fatty acids, this oil can be **added into smoothies or other drinks, drizzled on salad as a nutritious dressing**, or taken straight from a spoon – it has a light, nutty delicious flavor. We also **recommend using it in dips, soups or adding it to your favorite vegetable, rice or pasta dishes for an easy and delicious way to up your EFA intake.**

Vega Antioxidant EFA Oil Blend can be used with all cold, warm and hot foods, but should not be used for baking, frying or other high-temperature cooking.

For more information, [visit sgn80.com](http://sgn80.com).

