

# Parent Essential Oils (PEOs): The DIFFERENCE

By Professor Brian Peskin

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 wellbeing.

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.” 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.

The information above is from Brian Peskins Book the 24 Hour Diet. [www.brianpeskin.com](http://www.brianpeskin.com)

# YES – PEOs (Parent Essential Oils)

Natural oils in the precise ratios as nature intended.

YES™ PEOs are the ideal way to supplement the precious Parent Essential Oils required by the body for optimum health and longevity. Your body cannot make Parent Essential Oils; they must come from food and all of your cells need them to function properly. Unfortunately, most food processing destroys these delicate oils and the results can be disastrous. Instead of relying on fish oil containing mostly "derivative-based" omega 3 oils, we use healthy organic Evening Primrose oil, organic high linoleic Safflower oil and sunflower 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. Our formula is based on ground breaking research by Professor Brian Peskin one of the world's leading authorities in health and nutrition.

Unit size: 236mls

Serving: ½ teaspoon



## **Exclusive Australian Distributor:**

Natural Bodz Australia Pty Ltd

P.O.Box 3572

Robina Town Centre

QLD, 4230

Ph: 07 55 930 753

Fax: 07 55 930 753

Mobile: 0410 169 595

Email: [admin@naturalbodzmagazine.com](mailto:admin@naturalbodzmagazine.com)