

# Natural Oxygen Therapy

According to Vanderbilt University "Oxygen therapy is quickly becoming one of the most controversial, yet effective forms of alternative medicine to enter the medical spotlight as the turn of the millennium approaches.

It has many potential uses, ranging from a means of headache relief to a possible cure for AIDS and cancer, and the treatments seem simple and inexpensive.

NATURAL FORMS OF OXYGEN - SAFE AND EFFECTIVE...

## **The Kind of Oils You Eat or Don't Eat Is the Key to Your Cellular Oxygen Levels**

The root cause of many types of poor health (including cancer, heart disease, Alzheimer's, etc.) is inadequate oxygenation at the cellular level.

The root cause of modern day, lessened cellular oxygenation is that our cellular membranes have become barriers to oxygen because they are built from oxygen-dead consumer oils instead of from Parent Essential Oils.

So, to avoid cancer and other diseases, improve your health and have optimum energy, you need to avoid eating oxygen-barrier oils and consume, instead, parent essential oils.

If breathing more oxygen (like persons to the left are doing) was sufficient to produce increased cellular oxygen, then athletes or persons who regularly exercised, should never get cancer because their cellular levels of oxygen would always be optimally high. Right?

Wrong!

The reality is that it is very possible (in fact, probable in today's, processed food world) for people to have plenty of oxygen within their blood stream and yet have insufficient oxygen inside their cells. Again, this results whenever THE CELL MEMBRANE that surrounds and encloses each cell becomes a barrier against oxygen moving from the blood stream into the cell.

Oxygen-Transport Enabling Edible Oils are the Foundation to Cellular Oxygenation

The way to have optimum cellular oxygen levels is to ensure that the oxygen (O<sub>2</sub>) in the bloodstream goes from the bloodstream THROUGH the cellular membrane (the cell's bilayer protective enclosure) and into the cellular cytoplasm.

Edible oils (also called fatty acids or lipids) are the substance of cellular membranes and the grand key to having high levels of cellular oxygen. Certain of these oils, that we

call Parent Essential Oils, facilitate higher rates of oxygen diffusion through the cell membranes into the cells than others.

It is, therefore, important to consume the Parent Essential Oils that are most capable of transporting oxygen so that these oxygen-transport enabling oils will be incorporated into our cell membranes instead of oxygen barrier oils.

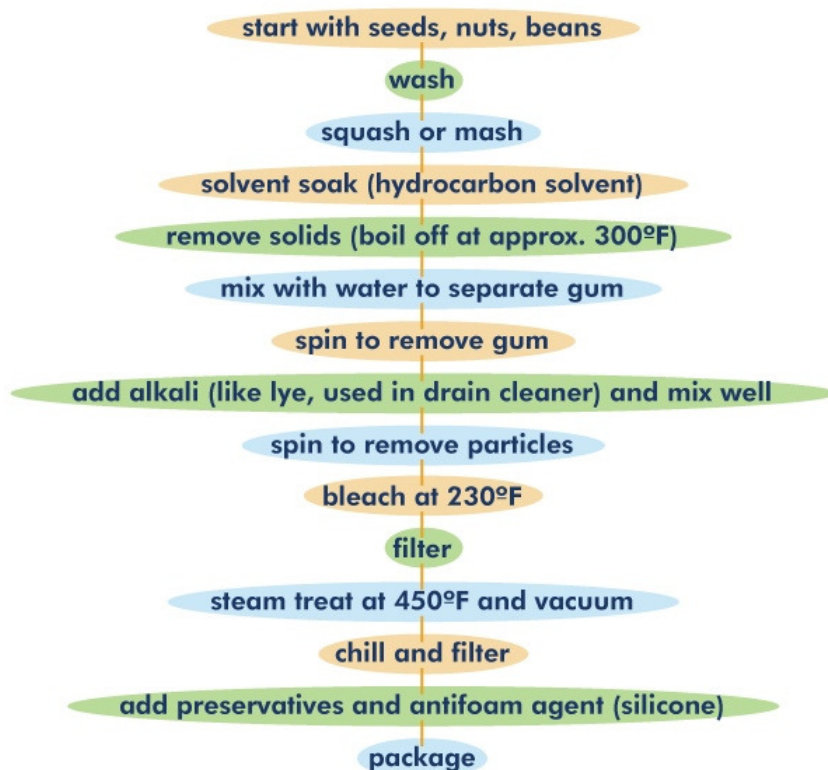
The important concept is that the cell membrane is what governs what goes in and out of cells. Cell membranes are made primarily from edible oils (fatty acids, or lipids — all synonyms for fat). When the membranes are built from parent essential oils, which readily hold and transfer oxygen, THEN oxygen will freely diffuse through our cell membranes. However, because modern food oils are denatured and turned into oxygen barrier oils, when such denatured oils become part of our cell membranes they undermine the ability of our cellular membranes to allow oxygen into the cells. This causes the oxygen level inside the cell to GO DOWN. When the level goes down enough... disease results.

Grocery store oils are “denatured” (turned into oxygen barrier oils) in the pursuit of SHELF-LIFE. The main goal of modern food oil processing is greater profits through longer shelf life (read processing steps below) and oxygen is the prime obstacle in regard to increasing shelf life. That’s why our modern food processing tactics seek to take-away the ability of an oil to hold oxygen - because oxygen is what causes those oils to go rancid.

Disease will continue to rise unless and until the practice of eating denatured oils is ended. Eating denatured oils is the single worst health practice anyone can have in his/her life because it results in oxygen deprived cells. Oxygen-barrier oils are diametrically opposed to health and wellness while oxygen-friendly oils are one of the greatest (if not the greatest) boons to health and wellness.

Principle to remember: The greater the oxygen transporting capacity of one’s cellular membranes THE BETTER. And the less the oxygen transporting capacity of one’s

#### TYPICAL PROCESSING FOR COOKING OILS



cellular membranes, THE WORSE. Therefore, eating the wrong types of oils — which will then become incorporated into our cellular membranes — is one of the worst health practices anyone can have.

The great enemies of cellular oxygen (and optimum health) are:

- Margarine

- Hydrogenated or partially hydrogenated oils

- Standard grocery shelf oils (corn, canola, soybean oils)

- Shortening

- Fried foods (virtually all oils when heated become oxygen barrier oils)

The kind of oils that we want in our bodies, the best oils, the oxygen-friendly oils are Parent Essential Oils. Your body cannot manufacture them, but must get them from food.

These Parent Essential Oils are linolenic acid (LA) and alpha linolenic acid (AL). They are the parents of Omega 3 and Omega 6 and other Omega derivatives

To be an oxygen-friendly oil, the must always be uncooked and very minimally touched by man. Therefore, Parent Essential Oils must be protected from damaging elements such as light and heat.

A partial list of such oxygen-friendly oils that contain linolenic acid and alpha linolenic acid include (all organic and cold-pressed): **evening primrose oil, high linolenic, sunflower oil, high linolenic safflower oil, flax oil, pumpkin oil and coconut oil.** You can consume such parent essential oils individually, but, the most efficient way is to consume a “Peskin recommended” blend of Parent Essential Oils that optimizes the factors of the entire group of oils.

Oils are the Most Critical Components of the Foods We Eat — because from them are formed our all important cell membranes.

If you don't get the oils in your diet right, you are SEVERELY handicapped in your quest for optimum cellular oxygen leading to optimum health.

”Parent” Essential Oils are the Oxygenation-Friendly Oils You Want in Your Body for Ensuring Optimum Levels of Cellular Oxygen

Now that you know about oxygen-friendly and oxygen-barrier oils, what are you going to do?

The first thing you should do is eliminate from your consumption, so far as possible, all of the oxygen-transport inhibiting oils, i.e. the bad guys. Just removing from your life those denatured oils that inhibit the diffusing of oxygen through the cell membranes, by itself, will result in greater cellular oxygen levels and consequently improved health.

The next thing you should do is add to your consumption the oils that will enable greater rates of oxygen diffusion into the cells. An excellent way to do this is to consume the Parent Essential Oils Supplement that has been created with a 'balancing ratio' of 2.5 Linolenic Acid to 1 Alpha-Linolenic Acid. Learn more about the importance of this ratio.

Many of us are overdosing on harmful trans-fats and not getting enough of the unprocessed Parent Essential Oils. Food processing presents a nearly insurmountable problem, though it can be minimized by supplementation.

Your appetite can be directly affected by a Parent Essential Oil deficiency. This manifests itself as constant hunger because your body is constantly asking for these precious, essential oils.

There is a misconception among nutritionists that we already get plenty of omega-6 in our diets. But actually we get very little pure, unadulterated "parent" omega 6 oils for the reasons stated above. Furthermore, and of extreme importance is the fact that you can easily "overdose" on excess omega 3, which can cause serious health problems. More than 97% of your body needs at least a 4:1 ratio in favor of unadulterated Parent Omega-6 over Parent Omega-3 because that is what your tissues and organs are made of.

Fish oil has become the latest "must have" supplement. Here are some facts about fish oil you need to know. Fish have no oil glands so creating fish oil supplements basically means you get "juiced" fish. "Juiced" fish is the worst way to get your EFAs. This is one of the reasons there are no fish oils contained in our Ultimate EFAs. Another reason is contaminated water supplies. Toxins, including mercury, may reach dangerous thresholds when taking concentrated fish oils regularly. Even if fish oil supplements claim to have removed harmful toxins, the processing needed may also alter the natural oils. It is also interesting to note, that while fish oil and krill oil are animal-derived and contain cholesterol (which may very well have a damaged structure due to processing), cold-pressed, plant-derived EFA oils contain no cholesterol at all. Furthermore, fish is high in derivative omega 3—not the required Parent Essential Oils nature intended us to get.

Vital to maintaining optimum health is distinguishing the parent from derivative form of EFAs. It is common with supplement manufacturers to throw all EFAs into the same pot. They obviously do not have a clear understanding of how the body processes EFAs. YES™ has spent years developing our blend of Parent EFAs because there is a tremendous difference in how the body treats these different forms. It is essential to understand that the body makes derivatives from the Parents as needed. When you see GLA, EPA or DHA, these are derivatives, not parent and your body uses more Parent EFAs than derivatives.

The Parent EFAs are as follows:

Parent Omega-6 = LA: Linoleic Acid (polyunsaturated) – safflower, sunflower, evening primrose. Your body will utilize mostly the parent form and make the derivatives as needed.

Derivatives are: GLA, DGLA, AA.

Parent Omega-3 = ALA: Alpha Linolenic Acid (super-unsaturated) – flax, hemp.

Derivatives are: SDA, EPA, DHA. (Fish oil is naturally almost 100% derivative omega-3, therefore it is not the ideal form for long-term supplementation).

The proper Parent Essential Oil ratio is: Parent Omega-6 to Parent Omega-3 = 1:1 to 4:1. YES™ Ultimate EFAs are about 2:1 in favor of Parent Omega-6.

### The Solution

YES™ Ultimate EFAs contain organic high linoleic Safflower oil, organic sunflower oil, and a small amount of organic Evening Primrose 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. All of our oils are plant based so Vegetarians need not worry.

Our unique Ultimate EFA formulation takes into consideration the good unadulterated "parent" omega-6 you may already be getting in your diet, as well as carefully balancing it with the proper ratio of "parent" omega-3. We are the leaders in EFA science with a specifically calculated balance, using naturally produced seed oils instead of fish oil, and providing the parent oil, and not the derivatives.

Many of our customers refer to YES™ Ultimate EFAs as "liquid gold." Unlike most commercial oil supplements, YES™ Ultimate EFAs are produced in small, carefully monitored quantities. The oils have no pesticides and have organic certification. After low temperature pressing, we use special capsules with low oxygen permeability to protect the precious oils so no refrigeration is required. And you can rest assured that you receive "parent" oils, not the harmful overdoses of "derivatives," as found in so many commercial products.

YES™ Ultimate EFAs are organically produced and cold-pressed seed oils containing Parent Omega-6 and Parent Omega-3.

Sincerely,  
The YES™ Family