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Monday, September 28, 2009 at 8:46 AM

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I have been a runner initiated into the sport with a pair of Tiger Cortez running shoes in 1971. Now close to 60 I am still running and enjoying it more than ever. Part of the reason I believe for this is the absence of any running caused or related injuries in the last 2 years. Even though my running has actually increased in both distance and the rigors of long distance trail running during this time period I have not been sidelined, a common runner's predicament that would stop me over the last 30 years.

Why is this?

I am older now and I run smarter, more efficiently, overall eat better, cross train and take rest days. But most strikingly was the use of balanced whole plant essential oils 6 and 3 (Parent Essential Oils). It was very palpable within the first few workouts on these oils that my exercise tolerance, especially during hard exercise, was much better. It felt like I had more oxygen supply going to contracting muscles as well as an improved recovery. I was able to achieve two consecutive hard workout days, which I had not been able to do before. A recent example makes the case nicely. A long trail run on Friday, followed by a long bike ride on Saturday followed by an 18 mile trek up Half Dome on Sunday. By Sunday night and into Monday, I was refreshed, exuberant, no fatigue and an overall sense of athletic well being. My impressions seem to be directly related to using the balanced plant oils. Improving oxygenation to the cells during exercise seems to have the following effects for me: Improved exercise tolerance, better recovery and no injuries.

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Oxygenation Long-Term (4+ hours)

TESTIMONIAL: FLAG FOOTBALL — ITALY

4 June 2005

“The opening day of our home game ‘Ferrara Bowl,’ I asked for three players to take EFAs as recommended in your program before the first game, and we had at least three more games to play.... well, all the players did incredibly great because they had no muscle pain, nor any tiredness!!!

“The thing that hit me the most was in our 3rd game we had already played for 4 hrs (with a small break) and an extra 2000 mg of EFAs were phenomenal.... we were outstandingly powerful and had much energy.

“Other teams needed me for medical exhaustion and sickness related to excessive lactic acid as well as metabolic acidosis!!!

“THANKS A LOT FOR YOUR HELP AND YOUR SOLID KNOWLEDGEABLE INFORMATION.”

DR. STEPHEN CAVALLINO

More Real-Life Increased Oxygenation Results

“Dear Brian,

20 July 2005

“I MUST inform you about our positive outcome that my fellow players of the ‘Banditi Flag Football Team’ in Ferrara expressed very strongly this past Sunday. We played in a Championship Bowl where teams from all over Italy competed...

...“The majority of the ‘Banditi’ players were full of energy and said to me that the EFA-containing oils that you suggested were remarkable and they couldn’t believe the positive outcome. No player from the ‘Banditi’ team had muscle spasms or any signs of muscle lactic acid (meaning increased oxygenation) due to over-use or exhaustion, except for 3 players who refused to take the EFA oils. These, Brian, are real-life results and proof that the oxygen exchange is far more open to relieve and prevent muscle metabolic exhaustion thanks to the EFAs’ biological and physiological properties.

“I would like to give you the maximum credit for this discovery because all my teammates said that your EFA recommendations are fantastic and miraculous....

“We all met up at practice last night and all the players that followed your oil recommendations were painless and never experienced such an outcome. Last year, after any ‘bowl game,’ many players needed 2 to 3 days to relieve the metabolic insufficiency, especially for the pain syndrome.

“Please feel free to contact me in reference to this remarkable outcome of real-life results!!!!

“Thanks for your time and consideration.

Dr. Stephen Cavallino
Italy

“P.S. We must really get this EFA discovery into sports medicine.”

EFAs and Flag Football – A Winning Combination!

Dear Brian,

I as the medical doctor/player of the “Italian National Flag Football” team, would like to share and extremely thank you for your concern and help that we recently achieved in our “European Cup” on September 15-17, thanks to those fantastic EFAs oils.....

All the Italian players except one were given your oils before any game and also during the matches with a fantastic energy outcome but most of all, NO muscle pain after workout and NO signs of tiredness. The total of 10 players took a total of 9 capsules per day and also reported an appetite reduction.

We all have trust in your formular Brian, and all my teammates are going to use your EFAs from now on.... Please see if you can get our team picture in the local Houston paper stating that you were part of Italy’s success in the European Cup 2005 as we came home with the silver metal.

Ciao,

Dr.Steven Cavallino M.D.

Italy