2019 ILADS Annual Scientific Conference

Abridged – Applicable to Numerous Indications

A New Modality in Treating Disease: Calibrated, Ingestible, Plant-Based ESSENTIAL EFAs Significantly Help Patients

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Focus: Improving Patient Outcomes With Calibrated Lipid Formulation of Essential EFAs

INCREASE:

• **Immune Support**
• **Cellular Oxygenation**
• **Gut Integrity**
• **Blood Flow**
Utilize State-of-the-Art Life-Sciences:

- Physiology
- Biochemistry

- Epigenetic Solutions – Applicable to all modalities as an Adjuvant w/ NO Contraindications.

- State-of-the-art medical science many health professionals have not seen before
LA (Essential EFA ω-6) and ALA (Essential EFA ω-3) are the only 2 essential fats the body can’t synthesize.

ω-6 oils are ALWAYS USED for cooking / baking:
To increase shelf-life ω-6 is highly processed / adulterated, nonfunctional (unless organic):

* Transfat
* Interesterified fat,
* Etc.

ω-3 is Never Used for cooking — far too reactive
The Superiority of Plant-Based Essential EFA Seed Oils

- They MUST come from food – LA is highly processed – causing impaired functionality

- 100 TRILLION cells… Every cell’s lipid portion contains 25% - 33% Essential EFAs.¹

- Mitochondrion (cellular energy production) — 100s-1,000s in each cell — cardiolipin is 100% Essential Omega-6).¹

- **2017:** “[S]ecretory cells are hypersensitive to changes of their membrane lipids induced by the diet [Cells sense adulterated oils and respond with stress and chronic inflammation].”²

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Sealing the Wound (LA is substrate of Epithelial Tissue)

Anti-inflammation ($PGE_1$)

Increased Cellular Oxygen (Decreased Hypoxia) (LA)

Infections are minimized

Mitochondrial Support (Cardiolipin)

 Decreased Neuropathy (GLA)

Underlying Tissue Support (LA + ALA)

More energy / less fatigue

Reduced Blood Glucose Level (Calibrated LA/ALA/GLA ratio)

Increased Blood Flow / Arterial Support (LA and its metabolites)

Fewer headaches

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"This 86-year-old patient experienced a significant bilateral orbitofrontal and nasal crushing injury in a fall. She incurred the anticipated bilateral upper and mid-facial swelling and ecchymosis, but surprisingly had much less nasal injury than expected, including no fractured/comminuted nasal bones or orbital rim/floor fracture. Within 10 days, she demonstrated remarkable resolution of the facial edema and bruising and quickly thereafter eliminated the remainder over the ensuing weeks. So not only did it seem that her facial soft tissues and bones were more resilient and the bones also not brittle, but her overall recovery was unusually expedited and uncomplicated."

Geoffrey L. Robb, M.D., F.A.C.S.
Professor / Past Chairman (1998-2013)
Department of Plastic Surgery, The University of Texas MD Anderson Cancer Center, Houston, TX

DISEASE PATIENTS will benefit from Multiple Metabolic Pathways positively affected by Essential EFAs, responsible for this “remarkable” healing progression.
ESSENTIAL EFAs & Non-Essential EFAs — The Essential Difference

LA and ALA are the only 2 essential (body can’t synthesize) fats.

- Omega-6 (LA) – essential
- Omega-3 (ALA) – essential

- DHA from fish oil is NOT an EFA – NOT essential – body makes AS NEEDED
- EPA from fish oil is NOT an EFA – NOT essential – body makes AS NEEDED

21st Century Newsflash: < 1% of Essential EFAs Converted into Derivatives a,b,c

Contrary to popular belief, your body makes the derivatives AS NEEDED, such as DHA and EPA, with at least 99% staying in Essential EFA form.

Fish oil supra-pharmacologic overdose of of 20x-500xs per dayb

** Brain uses only 7.2mg DHA / day **b

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c. Goyens PL, Spilker ME, Zock PL, Katan MB, Mensink RP. Conversion of alpha-linolenic acid in humans is influenced by the absolute amounts of alpha-linolenic acid and linoleic acid in the diet and not by their ratio. Am J Clin Nutr 2006;84:44-53.
Fish Oil’s EPA / DHA Impedes Healing

• “Current results show that substituting ω-3 fatty acid [fish oil] for ω-6 fatty acids in the diet is highly deleterious to the mechanical properties of wounds [impedes healing] at 30 days.”¹

• **Fish Oil’s Horrific Inflammatory oxidation:** “675% (6xs) increase in basal oxidation / 2624% (26xs) increase in auto-oxidation / 4244% (42xs) increase in iron-ascorbic catalyzed oxidation compared with omega-6.”²

• **2018 Cochrane Systematic Reviews:** Fish Oil is Worthless in Preventing All CVD-Related Conditions.³

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• **Fish Oil (EPA/DHA) DECREASES IMMUNITY**\(^1,2\)  
  Acts as Long-Term Steroid

  2006

• **Fish Oil (EPA/DHA) Damages Cellular Mitochondria**\(^3\)

  2018

• **DHA From Fish Oil [Omega-3 DERIVATIVE] Ruins Mitochondrial Cardiac Enzymes (up to 50% decrease)**\(^4\)

• **2009 / 2014:** American Heart Association Champions Omega-6 to Counter Popular Nutritional Advice\(^1,2\) “INCORRECT about LA and AA being inflammatory…”

• **2017 Confirmation:** Omega-6 Beneficial, NOT HARMFUL\(^3\)

“Omega-6 fatty acids do not promote low-grade inflammation. The higher the serum linoleic acid [Essential Omega-6] level, the lower the CRP [inflammation].”

Processed Essential Omega-6 Causes Decreased Cellular Oxygen\(^1,2\)

Essential Omega-6 = Cellular HBOT 24-hours-a day

Bacterial infections / mold spores) are micro-aerophilic — *die or rendered inactive in high oxygen environments.*\(^3\)

Lipids are the #1 (Modifiable) Variable in Tissue Composition with Potential to Impact Healing\textsuperscript{1,2}


• ESSENTIAL Omega-6 is the #1 lipid functionally impaired by food processors to increase shelf-life.¹

• Impairment of Fully Functional Essential Omega-6 ➔ Lack of Oxygen = Chronic Fatigue.²


**PATHWAY SUMMARY**

- **PGE1** is body’s most potent anti-inflammatory & bronchial / vasodilator.

- **PGI2** (Prostacyclin) is body’s natural “blood thinner.”


**New Clinically Effective Ingestible Calibrated Plant-Based Essential EFA Treatment**

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**EICOSANOID PATHWAYS**

**Eicosanoids from Omega-6 Fatty Acids**

- **PGE1** \( \rightarrow \) (20:3w6) DGLA \( \rightarrow \) Desaturase
  - Elongase
  - 20:4w6 (Arachidonic Acid)
  - Cyclooxygenase
  - Prostanoids: PGE2, PGI2, PGD3, PGF series
  - Thromboxanes: TXA2
  - Leukotrienes: 5HPETE, 5HETE, LTA4, LTB4, LTC4
  - Lipoxins: 12-HPETE, 12-HETE

**Eicosanoids from Omega-3 Fatty Acids**

- Omega-3 Fatty Acids
  - Desaturase
  - Elongase
  - 20:5w3 (Eicosapentaenoic Acid)
  - Cyclooxygenase
  - Prostanoids: PGE3, PGI3
  - Thromboxanes: TXA3
  - Leukotrienes: LTB5, LTC, D, E3
  - Lipoxigenase
Mitochondrial Maximization via Fully Functional Essential Omega-6’s Cardiolipin (CL)\(^1,2,3,4\) decreasing cancer risk, too.\(^5\)

- “…Our findings in mouse brain tumors provide evidence linking abnormal CL to irreversible respiratory injury.”
- Impaired LA $\rightarrow$ Impaired CL $\rightarrow$ Insufficient cellular energy required for a strong immune system.

Digestive Tract Lining / Epithelial (Skin) / Arterial Intima Structure are both Essential Omega-6$^{1,2}$

“Leaky gut” syndrome is caused by this defect of functionally impaired Essential Omega-6. Many skin maladies are also caused by lack of fully functional Essential Omega-6.

Oxidized Essential Omega-6 from food,\(^1\) causes cellular toxicity assault.\(^2\)

1% oxidized Essential Omega-6 consumption

= 100,000-fold / cell toxicity assault

**healing becomes impaired / impossible**


2. The molecular weight of a triglyceride (any EFA-containing oil; good or bad) is approximately 1,000. A liter (quart) of oil contains approximately 1,000 grams (about 2 pounds), and from chemistry a mole (gm molecular weight) of any substance contains about 6 x 10\(^{23}\) molecules. Therefore, there is a mole of triglycerides in a liter of cooking oil. There are 64 Tablespoons per liter—approximately 100 tablespoons (instead of 64) per liter to keep it easy to calculate, yet get the point across. Therefore, there are on the order of 10\(^{21}\) per Tablespoon (10\(^{23}\) molecules per 100 Tbl.= 10\(^{21}\) molecules). Just a 1% defective amount is therefore (1/100) or 10\(^{19}\) defective molecules. [The body contains about 100 trillion cells (10\(^{14}\) cells).] Overload = 10\(^{19/14}\) = 100,000 nonfunctional EFAs overwhelming each cell.
2008: “I previously wrote you about the remarkable cause / effect relationship in reversing plaque volume in a (smoking) patient taking conventional treatment (i.e. statins, aspirin, Co-Q10, etc.). In reading over [the patient’s] scans I have never seen such a remarkable result.

“When he [the patient] stopped the Essential EFAs the plaque came back.

“As you can see, for the first time from 2007 to 2008, the volume of plaque decreased from 39 to 30, which is a decrease of 22% when annualized on a yearly basis. I have never seen a decrease of coronary artery plaque volume by more than 5% in one year.”

Robert Kagan, MD
Radiologist, USA

Former Chairman of the Board of Nuclear Medicine Resource Committee of the College of American Pathologists / Past President of the Florida Association of Nuclear Physicians / President Clinton appointee as the sole physician commissioner on the White House Fellowship Commission
Requirements for Effectively Treating Infections and a Helpful Adjuvant in Numerous Chronic Conditions

Utilizing Novel Dual Mechanisms of Action

Multiple Key Metabolic Pathways Maximized Simultaneously

LA/ALA/GLA

- LA / ALA Ratio
- GLA / (LA+ALA) Ratio
- New Skin & Underlying Tissue
- Increase in PGE\(_1\) & PGI\(_2\)
- Increased Blood Flow to Tissue

- Improved Cellular Oxygenation
- Improved Mitochondrial Function for Cellular Healing & Growth
- Anti-Inflammation
- Anti-Coagulation
- Anti-Adhesion

LA = Linoleic Acid
ALA = Alpha-Linolenic Acid
GLA = Gamma-Linolenic Acid
Plant-Based Seed Oils (Essential EFAs) Are a Significant Adjuvant Helpful in Treating Many Chronic Conditions to Name a Few……

• **ANTI-DIABETES** ¹

• **ANTI-AGING** ²

• **REDUCED CANCER** Risk ³

• **LESS DEMENTIA** (vascular-capillaries) ⁴

• **LESS Cardiovascular Disease** ⁵

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ESSENTIAL EFAs Support

Appetite
- Less Cravings
- Less Hunger
- Better Appetite Fulfillment

Heart Health
- Flexible Arteries
- Clean Arteries
- Fast Blood flow
- Lower Blood Pressure
- Improves Lipids

Beauty
- Healthier Skin
- Less Dandruff
- Less Cellulite
- Healthier Hair
- Eczema Improved

Diabetes
- Less Sweet Cravings
- Lower Blood Sugar
- Less Neuropathy/Retinopathy

Anti-inflammation
- Less Arthritis
- Less Joint Pain/Swelling
- Faster Healing

Hormones/Endocrine
- Fewer Headaches
- Less anxiety / better sleep
- Better Sexual Function
- Smoother Pregnancies
- Less PMS

Brain Health
- Better Clarity
- Better Focus
- Improved Memory
- Helps Improve ADD & ADHD

Endurance
- More Energy
- Less Fatigue
- Greater Intensity
- Faster Recuperation
Requirements for LYME Disease Healing?

- Essential EFAs Organically grown and processed seed oils
- Essential Omega-6/-3 Ratio REQUIRED 2.5:1 – 1:1
- Omega-6 Derivative GLA REQUIRED

- High linoleic (LA) REQUIRED with minimum oleic content
- Hard gel cap
- NO fish oil / NO Borage oil
- P-Anisidine (Secondary Aldehyde) <6.0  
  \[\text{Note: P-A values of even pristine fish oil’s EPA/DHA are approx. 19.0 (borderline toxic)}\]
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