



OPTIMUM CHOICES, LLC  
*Healthy choices for people and pets*

## **Essential Fatty Acids (EFAs)—Omega Oils from Bio-Algae Concentrates (BAC)**

**“Best Source for Omega Oils Is Not Fish”**, Optimum Choices October, 2015, newsletter:  
[www.optimumchoices.com/October\\_2015.htm#Best\\_Source\\_for\\_Omega\\_Oils\\_Are\\_Not\\_Fish](http://www.optimumchoices.com/October_2015.htm#Best_Source_for_Omega_Oils_Are_Not_Fish)

### **BAC — A Rich Source Of Essential Fatty Acids (EFAs)**

(Research from <http://themagicisbac.com/book/bac-a-rich-source-of-essential-fatty-acids-efas/>)

Essential fatty acids (EFAs), or “the good fats that heal,” are the fats you have been increasingly hearing about in recent years. Your body cannot live without them. They are necessary for a healthy heart, a healthy nervous system, a healthy immune system and especially a healthy brain (the human brain is around 80% fat).

The essential fatty acids sometimes called vitamin F, include linoleic, linolenic, arachidonic acid and many more. Some are used by the body to manufacture prostaglandins, which are localized tissue hormones that aid in the regulation of blood pressure and capillary resilience.

The human body uses fatty acids from food for building tissues and for specialized functions such as the production of prostaglandins. Essential fatty acids are one major group of fatty acids, which are polyunsaturated and include two major groups, omega-3 and omega-6 fatty acids. They are called “essential” because the body cannot make them but must obtain them from food.

The terms omega-3 and omega-6 actually designate two families of fatty acids; the former has the first double bond on the third carbon from the end of the fatty acid chain and the latter has the first double bond on the sixth carbon from the end of the fatty acid chain. The first fatty acid in the omega-6 family is called linoleic acid. It contains 18 carbons and has 2 double bonds.

The essential fatty acids are involved in respiration in all the cells, and are especially important to oxygen transport. They affect the health of the hair, skin and nails, and help break up cholesterol in the blood stream. They are not dangerous fat but are absolutely vital to health.

If you have read anything about low-carb dieting or the “Mediterranean Diet,” you know that the consumption of healthy oils which contain these fatty acids produces astounding health benefits in the human body. Heart disease and various cardiovascular disorders respond quickly and positively to EFAs. Brain function is improved, diabetes is brought under control, blood sugar is regulated, and cancer risk soon plummets.

Most of us think of these oils as coming from fish or seeds. That is why I was pleasantly surprised to learn that bio-algae concentrates contain Omega 3, 6, 9, GLA and several more EFAs, including some yet undocumented or undiscovered. It is especially high in GLA, which is a critical nutrient that is universally lacking in the American diet.

## Gamma Linolenic Acid (GLA) and BAC stimulates master hormones

(Research from <http://themagicisbac.com/book/gamma-linolenic-acid-in-bac-stimulates-master-hormones/>)

Perhaps you've heard of GLA (gamma-linoleic acid) and DHA (docosahexaenoic acid). Human breast milk is high in GLA, probably due to the infant child's need for brain-building fats. And since many infants never gained the important nutritional benefits of their mothers' milk, they've been GLA-deficient for their entire lives. The American diet of processed foods contains virtually no GLA. And low-carb dieters are not getting any either, unless they specifically supplement it.

GLA is the second fatty acid in the omega-6 family. It has 18 carbons and three double bonds (with the first double bond positioned six carbons from the end). The third fatty acid in the omega-6 family is dihomo-gamma-linolenic acid (DGLA) with 20 carbons and three double bonds. Next comes arachidonic acid (AA) with 20 carbons and 4 double bonds. The Series 1 prostaglandins are made out of DGLA and the Series 2 prostaglandins are made out of AA. Thus, GLA is an important transition product for the production of these prostaglandins.

GLA as occurring in Bio-Algae Concentrates exhibit impressive immune stimulating and boosting properties. GLA is not only known for regulating blood sugar and providing important nutrients to the brain; it also exhibits immune-boosting properties. In fact, according to Dr. Hass, author of **Staying Health With Nutrition**, GLA has been shown to be effective for the following health conditions:

- Cardiovascular disease—**anti-inflammatory effect; reducing platelet aggregation**, thereby **reducing clotting; lowering blood pressure** by decreasing vessel tone; **cholesterol-lowering effect**.
- **Arthritis (rheumatoid arthritis** and other inflammatory disorders) - anti-inflammatory effect; **immune support**; correcting possible EFA and GLA deficiency.
- **Skin disorders (eczema, acne, dermatitis)**—anti-inflammatory effect; EFA functions; immune support.
- **Allergies, asthma - anti-inflammatory effect**; EFA function; immune support.
- **Multiple sclerosis**—nerve conduction; correction of possible EFA and GLA deficiency; immune support; decreased platelet aggregation; balancing prostaglandins.

Essentially, GLA helps support the immune system through a variety of mechanisms, and its benefits go far beyond mere immune system function. Many studies on the health effects of GLA have been conducted, and they show stunning results for this beneficial nutrient. In fact, in the 1980s, GLA was studied more intensively than any other nutrient: About 200 clinical trials took place in university hospitals and medical schools throughout the world. One of these researcher, Dr. Horrobin states “that his studies have led him to believe that a lack of essential fatty acids could turn out to be **one of the most common defects in human biochemistry and a significant factor in many diseases**”. Essential fatty acids are especially important in the function of nerve, muscle, and **immune systems**, for when people lack the proper balance, the neurological, endocrine, and immune systems are shown to be adversely affected.

GLA has proven to be effective in the treatment of many serious diseases. Double-blind, placebo-controlled studies for atopic eczema demonstrate that GLA improves skin conditions, relieves itching, and reduces the amount of steroid medication required. In a large, placebo-controlled trial at Bristol University in England, both adults and children showed substantial improvements. In clinical trials for diabetes, **GLA has reversed neurological damage** and lowered plasma cholesterol and triglycerides. GLA has also been shown to be beneficial in the treatment of Sjogren's Syndrome.

—*Innocent Casualties: The FDA's War Against Humanity* by Elaine Feuer

It is important to point out, however, that many of the studies conducted on GLA used evening primrose oil as their source for this essential fatty acid. GLA from evening primrose oil is an isolated nutrient in a high concentration. Since Bio-Algae Concentrates is a whole food containing a full spectrum of proteins, minerals, vitamins, fatty acids, and other nutrients, its GLA occurring with other EFA and other co-dependant nutrients will be significantly more nutritionally functional and beneficial to overall health.

The richest whole-food sources of GLA are mother's milk, spirulina micro-algae, and the seeds of borage, black currant, and evening primrose. GLA is important for growth and development, and is found most abundantly in mother's milk; spirulina (as contained in BAC) **is the next-highest whole-food source**. We often recommend it for people who were never breast-fed, in order to foster the hormonal and mental development that may never have occurred because of lack of proper nutrition in infancy. (A standard 10 grams dosage of spirulina contains a good daily source of GLA)

—*On Spirulina in Healing With Whole Foods* by Paul Pitchford

Foods high in saturated fats, typical of the American diet, may block the beneficial work of essential fatty acids in the human body, leading to many disease conditions.

Gamma linolenic acid (GLA), an essential fatty acid, is a precursor for the body's prostaglandins, master hormones that control many body functions. The prostaglandin PGE1 is involved in many tasks including regulation of blood pressure, cholesterol synthesis, inflammation and cell proliferation. PGE1 is usually formed from dietary linolenic acid, and the GLA progresses to PGE1.<sup>1</sup> Dietary saturated fats and alcohol and other factors may inhibit this process, resulting in GLA deficiency and suppressed PGE1 formation.<sup>2</sup>

Numerous studies have shown GLA deficiency may figure in degenerative diseases and other health problems. Clinical studies show dietary intake of GLA can help arthritis,<sup>3</sup> heart disease,<sup>4</sup> obesity <sup>5</sup>, and zinc deficiency. <sup>6</sup> Alcoholism, manic-depression, aging symptoms and schizophrenia also have been ascribed partially to GLA deficiency.<sup>7</sup> A source of dietary GLA may help conditions of heart disease, premenstrual stress, obesity, arthritis and alcoholism.<sup>8</sup> In Spain, the GLA in Spirulina and evening primrose oil is prescribed for treatment of various chronic health problems.<sup>9</sup>

The few known sources of GLA include the plant seed oils of evening primrose plant, black currant and borage seeds, fungal oils, certain algae and human milk.

But you can also get it from BAC every day of your life! A few grams of BAC contain at least 100 mg of EFA. This is well documented. [10,11,12](#). That is about 5% essential fatty acids with 20% of it as GLA.

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## ***I Am No Longer Suffering From Symptoms of Eczema and Psoriasis***

I have always suffered from skin conditions, (eczema, psoriasis, etc.) for most of my life. As the cold weather approaches, my skin becomes very itchy, red, and hot. By this time, I would be very uncomfortable. Taking a shower would be painful. But I am not suffering from these symptoms. I started taking your product this past summer. I am happy to be itch free!

—C.C., Illinois

## ***Results for the Whole Family***

Skin not NEARLY as dry. Some sun spots (I have hundreds!) are fading. No need for the anti-depressant I was on. Bowels are continuing to improve. Total Cholesterol down 28 points after taking F3 for only 3 months. My husband has also seen results. Skin not so dry. Psoriasis is improving. Sleep, greatly improved. He had a stroke on Aug. 6th, so it has been very difficult to measure his improvements since the stroke knocked him down so low. As a result of the stroke, the Dr. had put him on a Statin drug. He decided to stop taking that since he has the F3 working in his system. Must mention my dog. No more red mange: rather, she has soft skin and a gorgeous coat of fur after being on F2.

—M.M., USA – February 2012

How did bio-algae concentrates do all this? It did not. Bio-algae concentrates simply supplied the body with the super nutrients of Vitamin A, B-complex, C, D, E and K, Omega 3, 6, 9, GLAs (Gamma-Linolenic Acids), ALAs (Alpha-Linolenic Acids), DGLA (Dihomogamma-Linolenic Acid), DHA (Docosahexaenoic acid) and more essential fatty acids (EFAs), antioxidants, over 4,000 enzymes, 10 essential amino acids plus 10 non-essential ones, over 5,000 total nutrients, so the **body could resume near normal kidney function**. Bio-algae concentrates **do not treat symptoms but holistically balance the whole body**. When the **endocrine and immune systems are holistically balanced**, everything will work like it should. Bio-algae concentrates are such a revolutionary concept they are 100 years ahead of their time. Now that is true holistic wellness!

*These results are individual case studies. We cannot guarantee your results will be the same. Since each body responds differently to the super nutrition in bio-algae concentrates your results will be different. These statements have not been evaluated by the FDA. This information is not intended to diagnose, treat, prevent or cure any disease.*