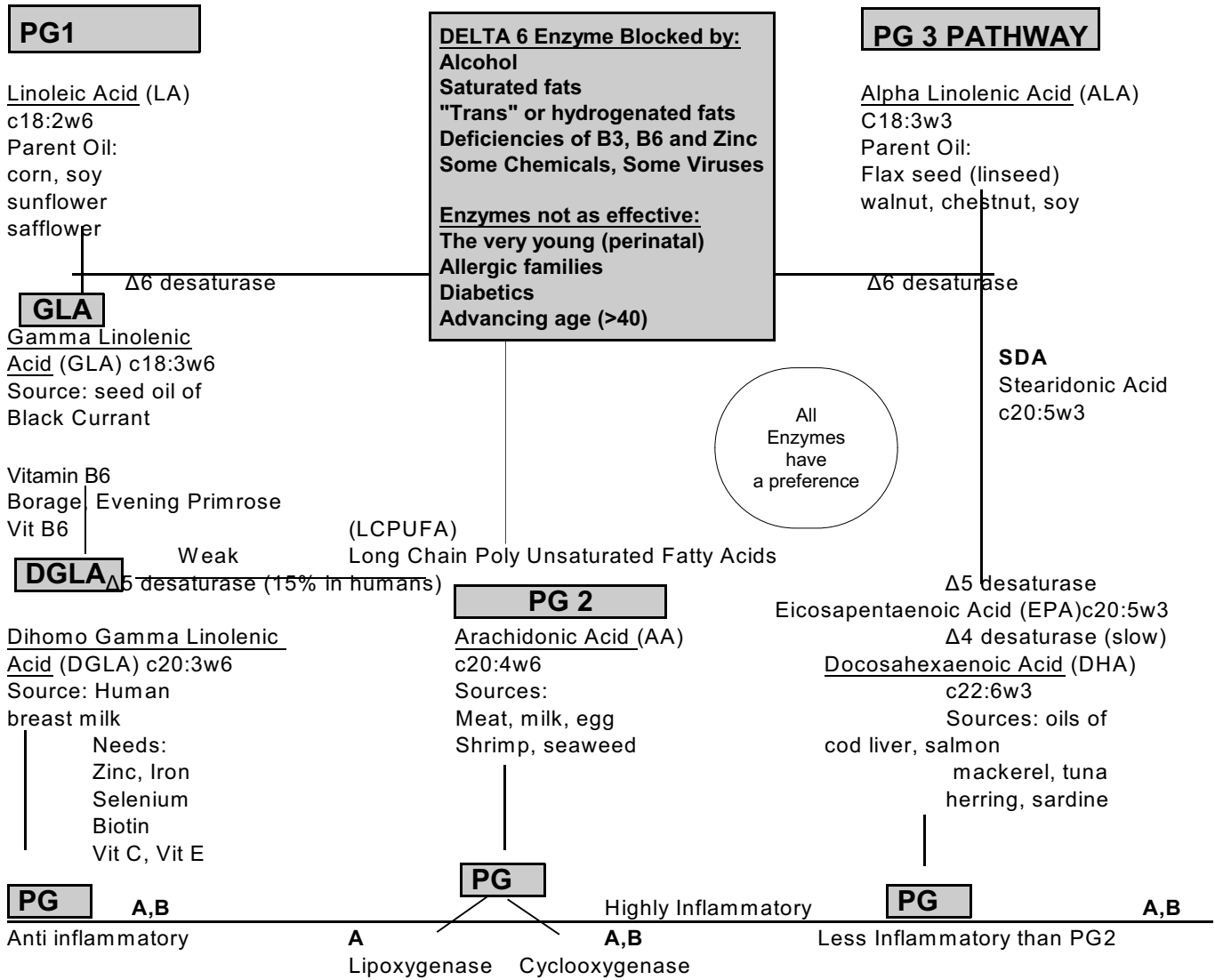


UNDERSTANDING ESSENTIAL FATTY ACIDS

("Essential" means your body can't make it. "PG" means Prostaglandin)



Deficient PG 1 in:
 Asthma
 elevated cholesterol
 eczema
 hyperactivity
 hypertension
 pre-menstrual syndrome
 thrombosis
 vascular spasm

Excess PG 2 in:
 angina
 Arthritis
 Asthma
 Inflammatory Bowel disease
 diabetes
 depression
 cancer
 food allergy
 menstrual cramps
 Multiple Sclerosis
 thrombosis

Deficient PG 3 in:
 acne
 dandruff
 elevated triglycerides
 learning impairment
 auto-immune disease
 thrombosis
 Inflammatory Bowel Disease
 Bipolar depression (*EPA)
 depression (*EPA)
 Schizophrenia (*EPA)
 ADHD (*DHA)
 Schizophrenia
 Cystic Fibrosis (*DHA)

*Treat with high levels

Note: **A**=Steroids block here, **B**=NSAIDS block here, Modulation is better than blocking.

Modified from Leo Galland