

Parent Essential Oils (PEOs): *The DIFFERENCE*

We are often asked how our EFA-based recommendations differ from others. The answer is simple but very significant. The term “Essential Fatty Acids” is being misused so frequently that we were forced to coin a new phrase, *Parent Essential Oils* (PEOs).

This term “Parent Essential Oils” refers to the only **two true essential fatty acids**: parent omega-6 (LA) and parent omega-3 (ALA). The term “parent” is used because these are the whole, unadulterated form of the only two essential fats your body demands, as they occur in nature. Once PEOs are consumed your body changes a small percentage of them—about 5%—into other biochemicals called “derivatives,” while leaving the remaining 95% in parent form.

This is crucial to understand. There are a host of omega-6 and omega-3 oils being sold as EFAs that are *not* EFAs, but rather nonessential derivatives such as EPA, DHA, and GLA. Fish oils are made up almost exclusively of omega-3 *derivatives*. Scientifically and biochemically, calling derivatives such as EPA, DHA and GLA by the term “EFA” is wrong. Derivatives are *not* EFAs because they are not essential—your body has the ability to make them *as needed*. Our research has shown that supplementing with the derivatives so commonly found in the marketplace and mislabeled as “EFAs” can easily be harmful to your health.

Don't make the common “EFA mistake” by unknowingly substituting derivatives for parents! Since the term has become so confused by so many it is time to focus on the essence of what they are and why they are so vital to our health and wellbeing. Understanding how PEOs work is essential to your daily nutritional regimen.

From this point forward we will use the term Parent Essential Oils (PEOs) when referring to YES™ EFAs. Our EFA labels will soon be changed to reflect this.
