FATTY ACIDS PRACTICE - 19/02/2019, Dr Mouton

Hopefully, up to now, we have acquired the knowledge of the basics of Fatty Acids. Moreover, it is useful to understand the sources of the essential fatty acids and the composition of different oils in them.

Nutritional sources

Omega 3 - Oily fish, olive oil, omega 3-rich eggs, rape seed oil, walnuts, avocado, chia seeds

Omega 6 - Hemp seed oil, walnut oil, rape seed oil, seeds (flax, sesame, chia), nuts, olive oil, mayonnaise.

Arachidonic acid (AA) - Red meat, eggs, calamari, cray fish, chicken skin, butter (if that is produced by grass fed cows, it has omega 3 as well)

Omega 9 - Olives and olive oil, avocado and avocado oil.

Oils

"***In the world there is one oil that fits any demand***"

Omega 7

-Sea buckthorn oil, 30% POA / 25% OA (omega 9), "world record" for POA!
-Macadamia oil, 29% POA / 46% OA (omega 9)
-Chilean Hazelnut oil, 27% POA / 55% OA (omega 9)

Omega 6

-Borage oil, 21% GLA / 35% LA, "world record" for GLA!
-Evening primrose oil, 8% GLA / 69% LA
-Black currant seed oil, GLA 15% / 12% LNA / 3% SDA (omega 3)
-Echium seed oil, 10% GLA / 13% SDA (omega 3), good for VEGANS and for low desaturase
-Field gromwell seed oil, "Dr Mouton just found it", 6% GLA / 44% ALA / 20% SDA (omega 3)

Notice: SDA is very good to use, as it is just after the delta-6-desaturase difficult pathway (of 'Sodom and Gomorrah')

__PMS crushes GLA/DGLA
__Paediatricians find very useful GLA in Atopy.

Omega 9

-Olive oil, OA 76% /8% LA (omega 6) / ALA 3% (omega 3); above 170°C in cooking it becomes trans (elaidic acid), but "no noise, no spitting" is quite safe
-Avocado oil 55% OA / 9% POA (omega 7) / 12% LA (omega 6)
-Argan oil, 48% OA / 32% LA (omega 6), from Morocco as drought favours its development

Omega 3

-Kiwi seed oil
-Chia seed oil, 60% LNA / 20% LA - beneficial for CV diseases
-Perilla oil, 57% LNA
-Flaxseed oil, 43% LNA
-Inca Peanut oil, 47% LNA / 36% LA (omega 6) 'SECRET WEAPON'
-False flax seed oil (Camelina sativa), 20% LNA / 17% LA (omega 6)
-Cannabis Sativa/Hemp, 20% LNA / 54% LA, plus 2% GLA (omega 6)

Dry Skin Differentiation!
Oils imbalance/missing. Thyroid dysfunction. Gut issues/malabsorption.
Lack of GLA (omega 6) or EPA/DHA (omega 3).
If lack of both, we then need both for re-lubrication.

__Deficient nutrients in case of dryness: especially fat-soluble ones such as fat-soluble vitamins A-D-E-K, coenzyme Q10, carotenoids.
__Actually, when cholesterol is low, all steroid production is minimized.
__Moreover, prevention of hormonal cancer in both men and women, of joint pain, post-menopausal support for sexual hormones, etc.

<u>Conclusion</u>

"Big Mistake" when fatty acids are not tested.
It is an inexpensive test that helps the practitioner to implement a better treatment plan, as it addresses many, if not most important, imbalances in the human body.

I am sure that you had once more found useful Dr Mouton's lecture.

Thank you!

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