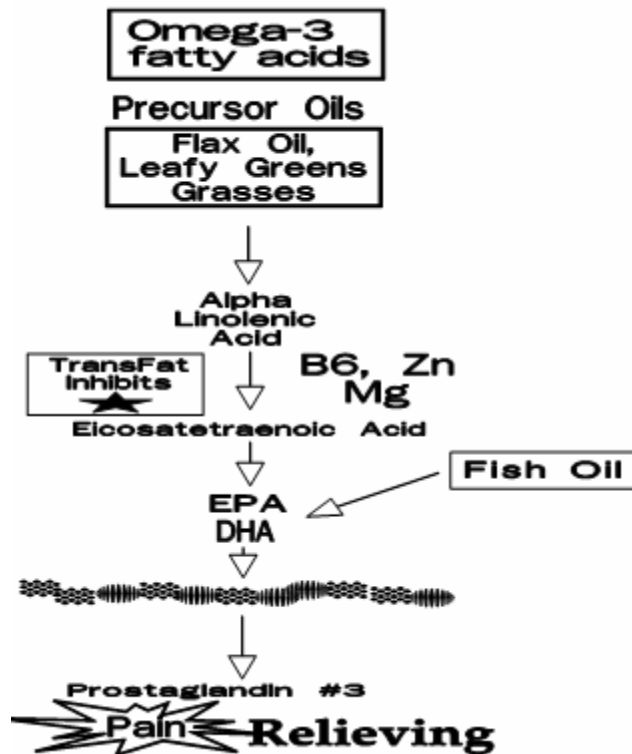


What are the TWO Essential FATS and how do we TEST them?

- There are two Fats that are ESSENTIAL, which means you MUST EAT them. They are precursor food/fat to create other fats in the body.

ω-3 fatty acids: α-Linolenic acid or ALA (18:3)

- L-C PUFA
 - eicosapentaenoic acid or EPA (20:5) Heart
 - docosahexaenoic acid or DHA (22:6) Brain and Nervous System



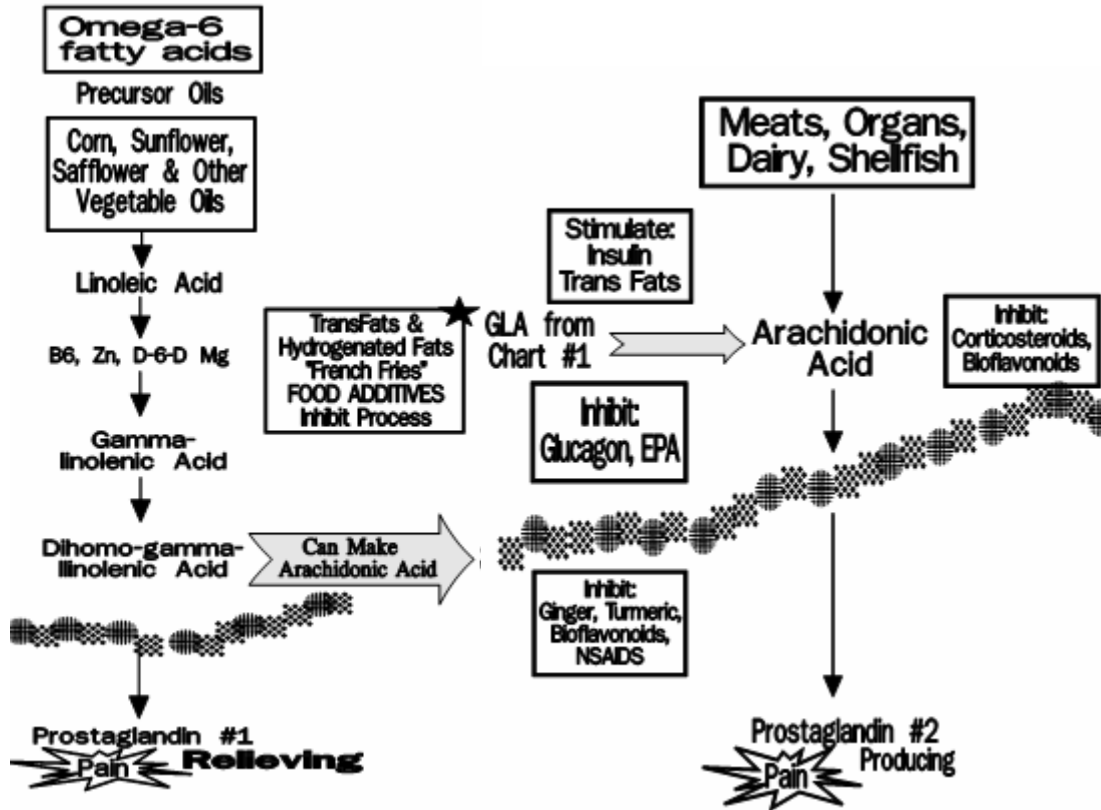
NOTES:

COMMON CHALLENGES CREATING L-C PUFA: You need to eat the foods that have essential fatty acid food precursors

1. D-5/6-D Desaturase
2. B6
3. Zinc – Magnesium – Other minerals
4. Trans fat

ω-6 fatty acids: Linoleic acid or LA (18:2)

- L-C PUFA
 - gamma-linolenic acid or GLA (18:3)
 - dihomo-gamma-linolenic acid or DGLA (20:3)
 - arachidonic acid or AA (20:4)



COMMON ISSUES for OPTIMAL PRODUCTION:

HOW DO WE TEST FOR EFA: The blood spot test is a very simple assessment that you can do in the comfort of your own home. The results of the test can help you create a strategy for HEART and BRAIN health. You can minimize your challenges with some of the more common conditions that take lives pre-maturely and conditions like depression, ADHD and Alzheimer's that can literally wipe out normal brain function. It is all in the FAT. BLOOD SPOT EFA TEST

Go to www.druglessdoctor.com: Testing Services to ORDER yours TODAY!!