

Combining Flaxseed and Spirulina, Spectra 12™ is the one of the most potent sources of naturally occurring Essential Fatty Acids in the world!

Fatty Acids play an essential role in keeping the cells healthy and functioning as they should.

Cell membranes regulate the necessary passage of minerals and molecules throughout the body. When the cell membranes are functioning optimally, they prevent harmful chemicals, parasites, moulds, viruses and other dangerous organisms such as bacteria, from invading the cell.

Only when the Omega - 3 and Omega - 6 Fatty Acids are present, and in balance with one another, can the body manufacture the other Fatty Acids it requires. That is why the Omega 3 and 6 Fatty Acids are referred to as the "Essential Fatty Acids".

As the average Western diet contains only one-sixth of the Omega - 3 we need on a daily basis, it becomes apparent that nutritional supplementation is now a must!

Many individuals have claimed that when they began supplementing their diets with the "Essential Fatty Acids", they saw improvements with conditions as diverse as ... arthritis, cancer, depression, candida albicans, dry skin, fatigue, heart disease, PMS, psoriasis, diabetes, allergies, and viral infections.

In 1994, Dr Siguel stated that insufficient "Essential Fatty Acids" may underline the chronic disease prevalent in western societies

Accordingly as the body attempts to process these unnatural "trans" fats, they are carried through the cell membranes and deposited in many areas of the body. This causes all manner of health problems. "Trans" fats may derail the body's normal ability to eliminate cholesterol, as well as alter the normal transport of minerals and other nutrients across the cell membrane. This allows disease microbes and toxic chemicals to enter into the cell unnecessarily. **Edward Siguel, M.D., Ph.D.**, an award-winning researcher, investigated Fatty Acids during the *Framingham Cardiovascular Study*.

In his book, "**Essential Fatty Acids in Health and Disease**", **Dr. Siguel** definitively correlates "trans" fats to heart disease. In fact, many of the people that Dr. Siguel studied that had heart disease, also had very low levels of "Essential Fatty Acids". Dr. Siguel also believes that low fat diets that are not based on whole foods might be hazardous. "Individuals who maintain normal or low body weight by eating low calorie, low fat, processed foods, such as supermarket cereals, breads and pastas are at high risk for "Essential Fatty Acids" insufficiency ... compounded by the use of hydrogenated oils, leading to elevated levels of circulating "*trans*" Fatty Acids.

In an additional test done by **Dr. Donald Ruden** and published in his book "**The Omega 3 Phenomenon**", Dr. Ruden stated, "American mothers produce milk that often has only one-fifth to one-tenth of the Omega - 3 content of the milk that well nourished, nut eating Nigerian mothers provide their infants." According to John

Finnegan in "The Facts About Fats", both "Essential Fatty Acids" (Omega - 3 and Omega - 6) are necessary for the proper development of fetal and infant tissues and the nervous system. Omega - 3 relates particularly to the parts of the brain responsible for our learning ability, anxiety or depression, auditory and visual perception, as well as balancing the immune system.

A **1991 Mayo Clinic** study of **19 'normal' pregnant women** all eating 'normal' diets, showed all of them ***were deficient in the Omega - 3 Fatty Acids*** and to a lesser extent Omega - 6. These researchers recommended that one supplement with Omega - 3 Fatty Acids during every pregnancy. An insufficiency of Omega - 6 can result in autoimmune problems, breast pain, and lumpiness, eczema, hyperactivity in children, hypertension, inflammation and PMS. A deficiency in Omega - 3 can result in arthritis and joint stiffness, irritable bowel syndrome, PMS, prostate problems, various skin disorders, as well as depression, phobias and schizophrenia.