



Natural Solutions That Work
DR. BRIAN MCGUCKIN

OMEGA 3 & 6 OIL TESTING

Optimal Ratios for Health and Detoxification

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Omega 3 and 6 Oils

The cells that make up our body have a outer wall made of a fatty protein. The cell wall lets nutrients in and cellular waste and toxins out. It keeps the cell wall permeable.

Studies show that people with higher Omega 3 oils have a decrease in heart disease, stroke, dementia, and depression. The reduction in disease is in part because the cells have direct access to the nutrients they need. And we see a decrease in stored chemicals and toxic minerals when the oil levels are adequate.

Omega 6 oils helps well in maintaining the permeability of the cell wall and need to be in a certain ratio with the Omega 3.

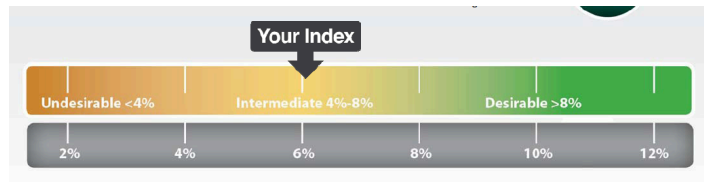
Arachidonic Acid and it's ratio to EPA are also measured to determine adequate EPA from the Omega 3 oils.

From food sources Wild Salmon has the highest concentration of the Omega 3 oils. Avocados and Flax seed are easy foods for the Omega 6 oils.

In capsule form the oils have to be distilled twice and packaged in nitrogen to eliminate 100% of mercury, pub's, and the nitrogen protects the oil from going rancid.

Omega 3 Oil Concentration

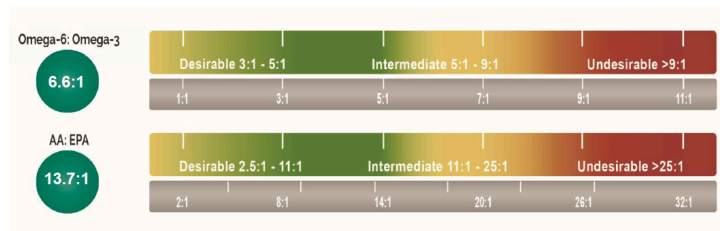
Ideally we want this over 8%



Omega 6 to 3 Ratio

Ideally we want between 3 and 5

Arachidonic Acid to EPA (Omegae 3) 2. to 11



	Omega-3 Index	Omega 6:Omega 3	AA:EPA Ratio
Undesirable	<4%	Over 9:1	Over 25:1
Intermediate	4-8%	5:1 - 9:1	11:1 - 25:1
Desirable	8-12%	3:1 - 5:1	2.5:1 - 11:1
Elevated	Over 12%	Below 3:1	Below 2.5:1