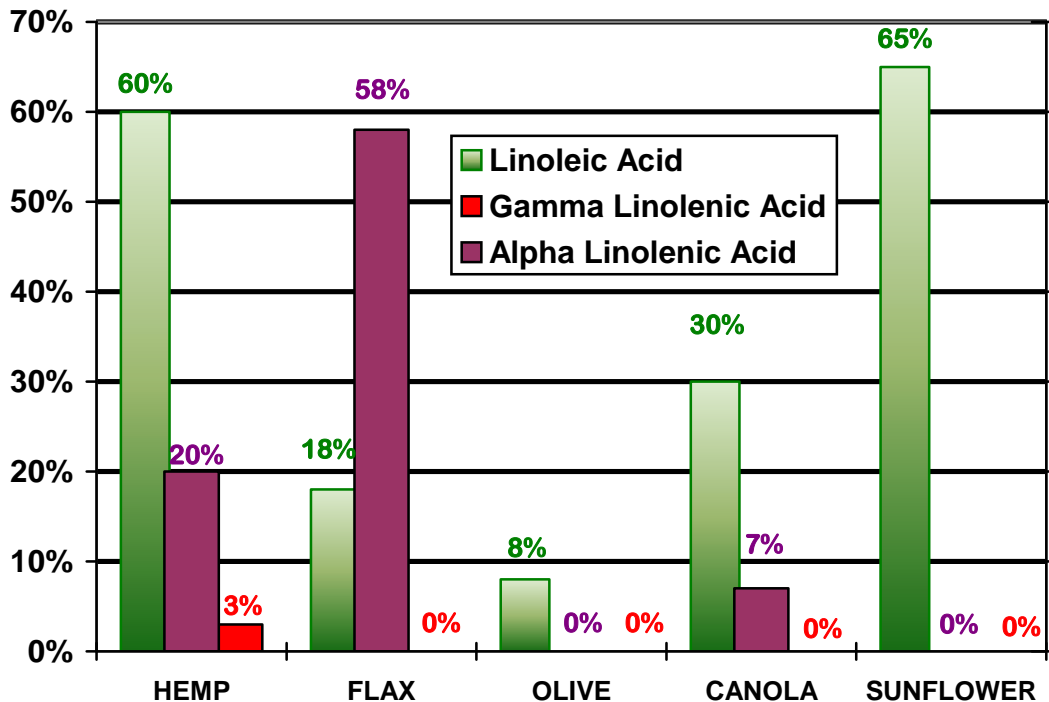


# Hemp For EFA's



Hemp is simply the best natural source of EFA's.

Hemp Seed Oil is the only natural source of Essential Fatty Acids that is composed of the perfect 4:1 ratio of Linoleic to Alpha Linolenic Acids\*.

\*as determined by the World Health Organization

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# What are Essential Fatty Acids?

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The human body requires twenty different fatty acids for optimum health; our body is capable of manufacturing all but two of them. These other two are the **essential fatty acids** and they must be obtained from food.

The essential fatty acids are known as *Linoleic Acid (LA)* or **OMEGA-3** and *Alpha Linolenic Acid (ALA)* or **OMEGA-6**.

The World Health Organization has determined that for maximum benefit, these EFA's should be consumed together at a 4:1 ratio of Linoleic to Alpha Linoleic acids.

## Omega-6 Deficiency Symptoms

- Eczema-like skin eruptions
- Loss of hair
- Liver degeneration
- Behavioural disturbances
- Kidney degeneration
- Excessive water loss through skin
- Drying up of glands
- Susceptibility to infections
- Inability to heal wounds
- Sterility in males
- Miscarriage in females
- Arthritis-like conditions
- Heart and circulatory problems
- Growth retardation
- Prolonged absence of Omega-6 is fatal.

**All deficiency symptoms (except death) can be reversed by adding Omega-6 (Linoleic Acid) back into the diet.**

Omega 3 and 6 deficiency symptoms compiled by  
*Udo Erasmus* and reprinted from  
*Alive Magazine*, November 1999

## Omega-3 Deficiency Symptoms

- Growth retardation
- Weakness
- Impairment of vision
- Impairment of learning ability
- Motor incoordination
- Tingling sensations in arms and legs
- Behavioural changes.

**All deficiency symptoms can be reversed by adding Omega-3 (Alpha-Linoleic Acid) back into the diet.**

**The following conditions are not considered “classic” symptoms of Omega-3 deficiency, but often respond well to omega-3 supplementation.**

- High triglycerides
- High blood pressure
- Sticky platelets
- Tissue inflammation
- Edema
- Dry skin
- Mental deterioration
- Some types of immune dysfunction

