



## **Evening Primrose Oil Is An Essential Fatty Acid Everybody should Take**

The tiny seeds of the evening primrose flower are the source of oil that has been valued in the world for building health and overcoming a lot of common health problems. Evening primrose, also known as evening star, night willow herb, scabish, and tree primrose, has a recorded history of at least 500 years of use for its health promoting properties. Growing in a wider variety of climates, the plant can be found in rocky roadsides, shallow streams, or even high deserts.

The plant can even be found growing at elevations as high as 9,000 feet. This plant has yellow flowers from July through September that open after sunset and are pollinated by insects of the night. Open only until sunrise, the flowers die the next day, causing hundreds of small black seeds to form inside. These seeds are the source of the plant's oil, with about 5,000 seeds being used for just one 500 mg capsule. Due to this, evening primrose can be relatively expensive.

Evening primrose's value in a variety of illnesses was recognized by American Indians and European immigrants. Indians used it to treat skin wounds, asthma, coughs, and also as a sedative. One of the first botanicals exported to Europe from North America, it was brought to Italy in 1619 and planted in the Padua Botanical Gardens. It was so valued by the Puritans that they called it the "King's cure-all" and exported it to England. The ancients didn't know scientifically why evening primrose was so effective for so many illnesses, but that didn't affect its abilities. Modern science has found that the essential fatty acids that are found in the oil of the evening primrose seeds are the secret to the health-building properties.

Fat has gotten a bad name for itself in the past few years, but the truth is that there are actually certain types of fats that are vital for good health. One of these healthy fats is essential fatty acids, which are found in unprocessed vegetable, plant, and fish oils. One of the richest sources known is actually mother's milk. Like vitamins and minerals, essential fatty acids are nutritional substances that have far-reaching effects on many body processes.

These effects include reducing blood pressure, helping to prevent arthritis, reducing the growth rate of breast cancer, lowering cholesterol and triglyceride levels, maintaining healthy skin, aiding in transmission of nerve impulses, playing a role in normal brain function, constituting the building blocks of body membranes, promoting proper hormone function, and forming the basis for prostaglandin production.



Because essential fatty acids can not be manufactured in the body, they must be consumed in the diet, with at least three percent of an adult's daily caloric intake being recommended to be comprised of essential fatty acids. Children and pregnant women should have a diet containing at least five percent essential fatty acids. Essential fatty acids are essential for normal functioning of all body tissues.

Because of this, the list of symptoms of essential fatty acid deficiency includes reduced growth rate, skin disorders, male and female infertility, kidney abnormalities, decreased capillary resistance, susceptibility to infection, heart problems, anemia, enlarged liver, sparse hair growth in infants, poor wound healing, and an increased susceptibility to infection.

In conclusion, to prevent or heal these conditions, a diet that is rich in essential fatty acids must be present. Evening primrose oil is a good source of essential fatty acids, containing about 72 percent linoleic acid and 9 percent GLA. Have you had your evening primrose oil today?



## **Evening Primrose Oil 1350 mg 60 SG**

MSRP: \$12.98 - On Sale at **49% OFF MSRP - \$ 6.62**