



## Bestow Beauty Plus Oil + Medical Conditions

### A little bit about EFA's

Unlike most fats, your body cannot produce Omega-3 and Omega-6 so they need to be supplied by our diet. Essential Fatty Acids are important for virtually all bodily functions including energy production, brain function, cardiovascular health, insulin function, digestion, allergies, inflammation, immunity, injury recovery, bone minerals, vision, hormone function, reproduction and stress + sleep.

### Medical Conditions

You should tell your health care provider that you are taking flax seed oil or if you are taking medication for the following conditions because it could impact on or reduce the drug dosage required.

- Cholesterol management
- Blood sugar regulation
- Anticoagulants
- Transplant medication
- Non-steroidal anti-inflammatory drugs (NSAIDs i.e. Ibuprofen)
- Psoriasis relief

#### ***Anticoagulants (blood-thinning medications)***

Omega-3 fatty acids may strengthen the effects of blood-thinning medications, including aspirin, warfarin (Coumadin), and clopidogrel (Plavix). While the combination of aspirin and omega-3 fatty acids may help treat heart disease, your doctor should be informed that you are taking flax seed oil.

#### ***Allergic reactions***

Allergic reactions to flax seed oil can occur but are very uncommon. Some people report loose bowels after first taking flax seed oil, but this is usually part of a cleansing reaction and usually disappears after a few days. Reduce the serving size for a few days if this happens and then increase back to full serve size cautiously.

#### ***Acute gall bladder attacks***

Clients with acute gall bladder problems are usually recommended by their health care provider to avoid any fats or oils when having an attack. However, long term they do need to be taking EFA's in small amounts; well emulsified into food is recommended.

#### ***Surgery***

A study on the use of omega-3 supplements prior to heart surgery did show a very minor increase in bleeding time, but this was more than offset by the positive impact of the omega-3. The authors recommended use of omega-3 supplements irrespective of any need for subsequent surgery. However, some surgeons prefer they are not taken prior to surgery, so your client needs to inform them if they are taking them.

#### ***Pregnancy***

There are not any adverse effects on the body's prostaglandin balance, which are required by the body to manage the pregnancy. Many women have told us that flax oil babies are unusually calm and placid, yet alert. It is still best practice for you to inform your health care provider you are taking flax seed oil.

#### ***Breastfeeding***

A study has reported that flax seed oil supplementation led to a significant increase in ALA, eicosapentaenoic acid (EPA), and docosapentaenoic acid (DPA) in the breast milk, which are all good for the baby's development.



# FAQs

## Are Fish Oils an acceptable alternative?

No. Linoleic Acid is particularly important for skin health (barrier function and prevention of acne). Fish Oil contains only Omega 3 fats, which do not include Linoleic Acid. Fish oil is good for treating inflammation in the body but is not the complete answer for skin.

## Is it safe for pregnancy and breastfeeding?

Yes, it is great for this time, but always check with your doctor or midwife. Evening Primrose Oil (EPO) is generally discouraged during pregnancy. However, in Bestow Beauty Plus Oil, the potential impact of EPO is offset and neutralised by blackcurrant seed oil.

## Will I put on weight?

No, EFA's are healthy fats which stimulate metabolism.

## How does it taste/look?

Bestow Beauty Oil is a clear, golden oil with a very mild nutty flavour. It gives food a delicious creamy texture and can be used in both savoury and sweet dishes.

## Why isn't it in capsules?

Capsules do not allow you the opportunity to mix the oil with food. When the oil is emulsified in food it is much easier for your body to absorb. We always recommend that the oils are taken with food.

