

# Clary Sage Seed Oil as a Unique Omega-3 Source

A rare type of oil extracted from clary sage (*salvia sclarea*), one of some 2,400 types of sage, was discovered after a 7-year research conducted at the Volcani Center – the Israel Agricultural Research Organization - by a team of scientists headed by Dr. Nativ Dudai. The plant, which grew wild in the Holy Land for thousands of years, has become nearly extinct, but its seeds were kept in the Center's seed bank. In 2006, The State of Israel (through the Ministry of Agriculture) has registered an international patent on Clary Sage seed; the most active, stable source of Omega-3 oil known, with omega-3 concentrations (50%) among the highest in the world.

Omega-3 fatty acids are essential for the human body and widely recommended by physicians and nutritionists. Since early 2009, Clary Sage oil has produced amazing clinical results in Israel and has become a major topic of discussion and study in Israeli hospitals and Radio/TV health shows hosted by reputable doctors and professors.

## Some of the Proven Advantages of Clary Sage Seed (CSS) Oil:

1. CSS oil is the world's **most stable natural source** of Omega-3. It remains intact **at room temperature for 2 years**. In comparison, flax oil is oxidized (becomes rancid) in 20 minutes.
2. It contains Alpha Linolenic Acid (ALA), the essential plant-derived Omega 3 that is the precursor to marine Omega 3 (EPA and DHA). People who consume CSS oil are in fact getting all 3 active and essential types of Omega 3.
3. ALA is the only type of Omega 3 oil that is supplied in significant quantities to the fetus through the umbilical cord during pregnancy. It is therefore crucial for brain development in the fetus.
4. ALA is the only kind of Omega-3 that is found in significant quantities in mother's milk. Baby formulas are required to contain Omega-3 of the ALA type, not the marine type.
5. DHA is essential for brain function. Only as little as 3-5% of the ALA is converted to DHA in the body. However, **DHA's half-life in the human brain is 2.5 years** (in 2.5 years only 50% is lost), so only 3.8mg is assimilated by the brain daily, even if large amounts of DHA are consumed. Thus, despite ALA's low conversion rate to DHA, CSS oil supplements provide more DHA than the brain requires. Also, diets high in plants, fruits, and seeds have been shown to enhance this rate.
6. CSS oil **does not contain heavy metals** such as mercury and cadmium (which accumulate in the body and are very toxic), **while fish oil does**. Although fish oils may be purified, they're never 100% free of heavy metals (detection level is 15ppm) that accumulate with daily use.
7. CSS oil **does not contain common dioxin and petroleum pollutants** (PCB, PCDD, PCDF, PBDE, etc.) that are found in most high-quality Omega-3 supplements produced from fish.
8. Omega-3 oil from fish is often distilled at high temperatures, damaging it, oxidizing it, and reducing its effectiveness. **CSS oil is cold pressed only**.
9. Omega-3 from fish oil can thin the blood, and can cause profuse bleeding when combined with blood thinning medications (aspirin, Coumadin, etc.). Thus, those who need omega-3 most - people suffering from cardiovascular and coagulation disorders - can't consume it in effective doses! CSS oil **does not thin the blood** and is safely used by heart patients or those who take blood-thinners.
10. Like cold-water fish oil, ground flax and chia seeds, as well as hulled hemp seeds, oxidize easily both outside and inside the body (by heat, oxygen, and free radicals) and can damage our health. Whole flax and chia are hard to digest (they can serve as laxatives) and should be eaten sparingly.
11. Potentially allergenic proteins in fish, flax, chia, and hemp can harm chronic users. Flax contains cyanide compounds - high amounts are toxic. CSS oil contains no known allergens and no cyanide.
12. CSS oil is **among the most concentrated sources of phytosterols** - molecules that lower blood LDL cholesterol levels; nine different types were isolated, at synergetic, active concentrations.

13. CSS oil contains **more than 50% Omega-3** oil (among the world's highest concentrations), **25% Omega-9 oil** (the heart-healthy, memory-enhancing oil found in olives), as well as 124 other active substances proven beneficial scientifically.
14. CSS oil contains **natural Coenzyme Q10**, a powerful intra-cellular antioxidant that is essential for the function of the cardiac muscle, other muscles, the brain, and the immune system.
15. Clary sage seed oil contains **sclareol** - a very rare and extremely powerful antioxidant that causes apoptosis (self-destruction) in certain cancer and parasitical cells.
16. CSS oil contains **all four isomers of vitamin E** (including isomer delta - very rare in nature).
17. Being produced from a warm Mediterranean-climate medicinal herb, CSS oil contains numerous anti-oxidants, and anti-viral, anti-bacterial, anti-fungal and powerful anti-inflammatory substances that provide the oil with its rare stability and its wide range of health benefits.
18. Western diets are typically rich in Omega-6 in comparison with Omega-3, leading to inflammation and disease. In CSS oil, the ratio is **3:1 in favor of Omega-3**, reducing the imbalance.
19. CSS oil is perfectly safe for all age groups, including **pregnant and breastfeeding women**.
20. CSS oil has a gentle, pleasant taste, unlike the notoriously unpleasant fish oil.
21. Producing fish for Omega-3 supplements and food has devastating ecological impact. While tuna fish are in danger of extinction, artificially-fed salmon are grown in extremely overcrowded offshore cages filled with fish excrement, leading to large "death zones" that threatens marine life. Clary sage is a perennial, a renewable omega-3 source requiring no pesticides, and Earth-friendly.
22. Being the most stable source of Omega-3 in nature discovered so far, CSS oil is a particularly strong **anti-inflammatory agent** and thus substantially improves the condition of people who suffer from diseases with an inflammatory component (almost all diseases!) - sinusitis, allergies, arthritis, skin & brain disorders, lupus, MS, fibromyalgia, fatigue, asthma, heart disease, etc.
23. Fish consumption lowers the body's pH level - contributing to "light, chronic metabolic acidosis" that negatively affects proper cellular and organ functions, leads to bone loss and weakened immune system, and encourages parasites and cancer development. Enzymes malfunction in lower pH, cells suffer from faulty absorption of nutrients and delayed waste elimination, and so on.
24. Prof. Michael Crawford ("father of the Omega 3" and director of the London Institute of Brain Chemistry & Human Nutrition) claims that EPA in large quantities may be toxic. The consumption of fish oil supplements provides the body with perhaps too much EPA. The consumption of plant Omega-3 guarantees that only the NEEDED EPA and DHA are converted from ALA. **Crawford recommended getting Omega-3 from the new Israeli source: the cold pressed clary sage seed oil.**

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