

The Cholesterol Myth	Oxidized LDL	
		What is LDL
		Omega-6 cause of oxydation
		Driver of coronary heart disease
		Coronary Heart Disease - what is it?
	What are Essential Fatty Acids?	
		What do they do in our cells?
		Metabolic pathways of Omega-3 and Omega-6
	Consequences of excess Omega-6s	
		Catastrophic Lipid Peroxidation Cascade
		Toxic metabolic byproducts
		Passed on to Us!
	Beef Production Comparison	
		Grass-fed
		Grain-fed
		Omega Balance Natural Beef
		Omega-6:Omega-3 ratio comparisons