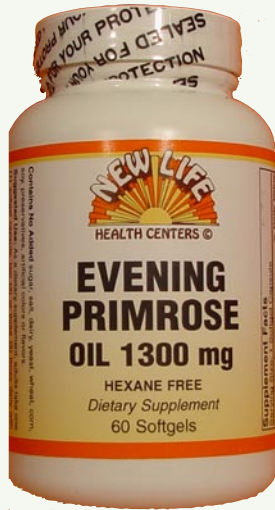


Evening Primrose Oil by: New Life Premier®



A biennial plant native to North America, evening primrose grows a rosette of leaves in the first year, and creamy yellow or bright yellow flowers in the second. Flowers bloom after sunset, June through September, or on overcast days, hence the name Evening Primrose.

The plant that the seed oil comes from, evening primrose, has served as both food and medicine at previous times in history. Native Americans ate the boiled, nutty-flavored root, and used leaf poultices from the plant for bruises and hemorrhoids. European settlers took the root back to England and Germany, where it was introduced as food and became known as German rampion. The plant was also a Shaker medicine, sold commercially.

Recent investigation of dietary, fatty acids and their roles in health stimulated interest in evening primrose. EPO contains the essential fatty acids linoleic acid (LA) and gamma-linolenic acid (GLA). GLA, an omega-6 series fatty acid, normally forms in the body during the desaturation of LA. Both GLA and its break down product, dihomogamma-linolenic acid (DGLA), are involved with the formation

of prostaglandins E_1 (PGE_1) and E_2 (PGE_2). PGE_1 are vasodilatory, immune-modulating, and anti-inflammatory prostaglandins. They also inhibit platelet aggregation and phospholipase A_2 , block cholesterol synthesis, and lower blood pressure. PGE_2 prostaglandins, on the other hand, tend toward the opposite of these actions.

Traditional actions of the leaf, flower, and root bark include vulnerary, stomachic, demulcent, and anti-inflammatory. Oil has been used topically for infantile eczema. Conditions for which it is used clinically today include bruises, wounds, obesity, hemorrhoids, infantile eruptions.

In clinical applications, there are two categories of potential indications.

Conditions associated with essential fatty acid deficiency or imbalance: acne, arthritis, rheumatoid arthritis, asthma, chronic fatigue syndrome, platelet aggregation and high blood pressure relative to congestive heart failure, diabetic neuropathy, developmental disorders, diabetes, dry scaly skin, eczema, fibrocystic breast disease, inflammation, intermittent claudication, hypercholesterolemia, mastalgia, metabolic disorders, migraine, multiple sclerosis, premenstrual syndrome, psoriasis, psychological disorders, Raynaud's syndrome, Sjogren's syndrome.

Conditions associated with difficulty or inability to convert cis-linoleic acid to prostaglandin E_1 : aging-related disorders, alcoholism, cancer, poor nutrition, radiation damage

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