



EMU  
*and/or*  
OSTRICH  
What's  
**the difference?**



Emu & Ostrich oils.

Are they the same?

**NO, THEY ARE NOT!**

So beware of marketers or clerks that tell you that they are.

When mixed *together*, Emu & Ostrich oils become a blend second to none, the best of both worlds you might say. The Emu oil, as an anti-inflammatory and carrier oil, takes the hi concentrations of essential fatty acids, including Oleic acid or Omega 9, that the ostrich has to offer through the skin, leaving it feel velvety soft, smooth and supple, especially great for massage.

I will list a few of the “major” differences that make the very clear distinction between Emu & Ostrich oils. First of all, our skin, the largest major organ we have has a built in protection factor. It does **NOT allow phosphorus** to penetrate the skin barrier or dermis. This is our first major difference. Emu oil is nearly devoid of phospholipids (phosphorus) Ostrich is not....Ostrich has lots of phospholipids. Ostrich oil WILL NOT penetrate the skin. Emu oil is a short chain fatty acid, Ostrich oil is a long chain fatty acid...I would need to write a book to explain the differences adequately, so if you are of an inquiring mind read “Fats the Heal, Fats that Kill by Udo Erasmus). There is no proof that Ostrich oil is an anti-inflammatory, Emu oil has been researched by; doctors, universities, laboratories, individual companies (including my own, e3), pharmaceutical and nutraceutical companies and associations all over this globe. The proof is in the research and with the hundreds of thousands of success stories. More research needs to be done on the abilities and uses of Ostrich oil, I believe they will be many but until then.....

Ostrich oil however does have some advantages, for one, it has a superior amount of Omega 3 and Omega 6 essential fatty acid About 30% more than Emu oil. Ostrich oil, in moderation, when applied on the skin, is a very nice luxurious moisturizer: it has hi concentrations of collagen and makes a very nice base for creams, lotions, soaps and massage oils, but it is **NOT recommended** as a medicinal ingredient to be applied **topically (on the skin)**. Smearing Ostrich oil all over your body is good if you are trying to maintain a very greasy look and don't mind doing a lot of extra laundry, but that is all you will accomplish. Some testimonials have indicted that Ostrich oil works on burns and scar reduction, again more research needs to be done to see if this, in fact, is one of its many positive attributes

.And finally, all of our preliminary research shows that Ostrich oil IS comedogenic (clogs pores) Emu oil is proven to be the opposite it does NOT clog skin pores.

“Beware and be practical, the proof is in the research. (One success story, no matter how major, can be easily discounted by 1000's of failures)”

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- 1.Both Emu & Ostrich oils also have very hi levels of Oleic Acid or Omega 9, Oleic acid is a known painkiller and healer, it is also used in supplements for animals to give them shiny healthy coats.
- 2.Feed alone will not affect the levels of Omega 3 & 6 in an Emu nearly as much as an Ostrich. If the ostrich is not fed with high levels of Flax and Alfalfa prior to processing, the Omega 3 & 6 levels will be less than 2%. In a properly fed Ostrich, they range from 8-12% Omega 3 and 14-22% Omega 6. (Hence even all Ostrich oil is NOT THE SAME.)
- 3.Collagen, only remains present in the oil if it has been processed “naturally”, if the oil has undergone deodorization or a free fatty acid bath, the collagen is removed along with most of the other “proteins”.