

## Palmitoleic Acid Omega 7 in Sea Buckthorn

### Description

#### Sea buckthorn/palmitoleic acid/omega 7 (PAO7)

PAO7 makes up a lot of fat in skin & appears to improve skin, hair & nail health noticeably including treating wounds, burns, radiation, skin grafts & skin disorders.

PAO7 appears to help the health of mucus membranes to help heal ulcers & other gastrointestinal problems including liver disorders.

PAO7 appears to help internal hemorrhaging & wound healing.

PAO7 appears to help against radiation exposure.

PAO7 appears to help the body reboot the immune system after damage from chemotherapy & radiation including helping against cancer.

PAO7 appears to help mucus membranes stay moist & prevent vaginal, mouth & eye dryness.

PAO7 appears to reduce blood sugar & triglycerides & help artery wall health to prevent diabetes & heart disease.

PAO7 appears safe & is used in a lot of topical cremes and in Finland is used in baby food.

Erkkola, R. & Yang, B. "Sea buckthorn oils: Towards healthy mucous membranes." AGROFood Industry Hi-Tech, 2003;53(3).

Sea Buckthorn in Plant Based Diets

[pdfs.semanticscholar.org/0ceb/bcad1ffd56422d299456d0e3a4735d3e](https://pdfs.semanticscholar.org/0ceb/bcad1ffd56422d299456d0e3a4735d3e)

Phytochemistry, health benefits, and food applications of sea buckthorn (*Hippophae rhamnoides* L.): A comprehensive review.

Wang Z, Zhao F, Wei P, Chai X, Hou G, Meng Q. Front Nutr. 2022 Dec 6;9:1036295. doi: 10.3389/fnut.2022.1036295. PMID: 36562043; PMCID: PMC9763470.

[herbalgram.org/resources/herbalgram/issues/78/table-of-contents/article3247/](https://herbalgram.org/resources/herbalgram/issues/78/table-of-contents/article3247/)

#### Category

1. Uncategorized

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