

Gus37-E Protocol Symptom Correlation

Omega-3 and Omega-7 Depletion as a Multisystem Driver

Abstract

Omega-3 and Omega-7 fatty acids are integral to maintaining neuronal membrane fluidity, vascular flexibility, epithelial barrier function, and systemic inflammatory balance. Emerging evidence suggests that chronic depletion of these fatty acids - and their associated cofactors - may contribute to a wide range of chronic, multisystem symptoms. This document summarizes a symptom inventory correlated with suspected Omega-3 and Omega-7 deficiency, as observed in clinical and community reports, to aid in early identification and targeted intervention.

Background

Omega-3 fatty acids (EPA/DHA) are well-established as essential for neuronal function, cardiovascular health, and systemic anti-inflammatory signaling. Omega-7 fatty acids (palmitoleic acid, vaccenic acid) are increasingly recognized for their roles in epithelial integrity, microvascular function, and inflammatory modulation. Depletion of these nutrients, whether due to inadequate dietary intake, impaired absorption, or excessive oxidative turnover, may present with diverse symptoms spanning neurological, dermatological, metabolic, and reproductive domains.

Symptom Clusters

Neurological

- Episodes of disorientation or derealization
- Obsessive-compulsive symptoms
- Cognitive impairment
- Migraines
- Sleep fragmentation / lack of dream recall
- Tinnitus
- Sensitivity to light or sound
- Early onset dementia or Alzheimer's disease
- Panic attacks without clear trigger
- Neuroinflammatory cascade markers

Dermatological / Barrier Integrity

- Dry skin, eczema, dandruff
- Brittle or ridged nails
- Thinning eyebrows or eyelashes
- Skin cracking at fingertips

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- Slow wound healing
- Shin irritation or shin splints

Vascular / Cardiovascular

- Cold extremities or vascular constriction
- Arterial plaque / hardening
- Heartbeat irregularities
- Magnesium deficiency indicators
- Temperature regulation issues

Gastrointestinal / Metabolic

- Acid reflux / GERD
- Bloating, dyspepsia
- Dairy sensitivity or late-onset food intolerances
- Restless legs
- Needing naps after meals
- Mitochondrial dysfunction symptoms - e.g., unexplained fatigue, muscle weakness, slow recovery after exertion, and brain fog unrelated to sleep or mood

Reproductive / Endocrine

- Low libido / reduced sexual desire in both men and women
- Arousal changes: vaginal dryness, reduced sensation, delayed or absent orgasm (women); erectile dysfunction, incomplete or unsustainable erection quality (men)
- Performance/endurance changes: prolonged refractory period (men), reduced ability to sustain arousal (women)
- PMS / PMDD
- Endometriosis, uterine fibrosis, testicular cysts
- Hot flashes and other hormone-shift symptoms

Immune / Inflammatory

- Asthma or lung inflammation
- Mold intolerance or heightened chemical sensitivity ("new car smell" response)
- Chronic sinus irritation

Interpretation

While the presence of a single symptom is nonspecific, the occurrence of five or more from varied

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domains may indicate systemic Omega-3 and Omega-7 depletion, particularly when accompanied by signs of microvascular fragility or neuroinflammation. In these cases, the Gus37-E protocol - emphasizing targeted Omega-3/7 restoration, cofactor replenishment, and environmental toxin reduction - may be indicated.

Conclusion

Omega-3 and Omega-7 deficiency presents not as a singular condition but as a multisystem vulnerability pattern. Early recognition of these cross-domain symptoms allows for intervention before irreversible damage occurs. This symptom framework is designed for clinicians, researchers, and health advocates as a rapid screening tool and as a foundation for further empirical study.