

## About our President and his Family



Dr. Ted Lafeber  
President & CEO

Dr. Lafeber's home is full of loved parrots and macaws. Every night, the birds say, "good night", "bye", and "love you" to him and his wife. In the morning, it's "hi" and "hello" and long happy whistles.

Dr. Lafeber has literally spent his entire life caring for beloved animals. Growing up, he spent nearly each weekend and every holiday working with his father, Dr. Lafeber Sr., at his animal hospital. After graduating from veterinary college in 1988, Dr. Lafeber, Sr. and Dr. Lafeber became father & son business partners in Lafeber Company. Dr. Lafeber has been President of Lafeber Company since 1989.

Christine Davis, Dr. Lafeber's wife, is an internationally known bird behavioral consultant, speaker and Bird Talk columnist. Both Dr. Lafeber and Christine work extensively with veterinary, nutritional, and behavioral experts across the country to develop and ensure that Lafeber Company makes the best possible food. The Davis-Lafeber birds eat the same Lafeber foods that your feathered companions do. "Caring and Working for the Health of Birds" is at the very heart of Lafeber Company.

## Our Founder

Dr. Lafeber Sr. was the Grandfather of Avian Medicine. His passion for birds inspired bird lovers everywhere. He spent much of his life encouraging the human-animal bond. His innovative work caused him to win numerous awards, including the Association of Avian Veterinarians Lifetime Achievement Award. Dr. Lafeber Sr. is best remembered for his inspirational bird lectures, which improved the lives of so many birds, bird owners and veterinarians.



Dr. Lafeber, Sr.  
1925-2001

# LAFEBERS®

## Omega 3 & 6 Balanced

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Gourmet Nutri-Berries

Nutri-Meals


Premium Pellets



**Nutrition should be exciting.** We design our foods with that in mind; variety of tastes, textures and eye appeal that your bird will love. In fact, we believe it is an essential part of "Two Generations of Veterinarians Caring and Working for the Health of Birds."

 **Lafeber Company**

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*"Two Generations of Veterinarians  
Caring & Working for the Health of Birds"*

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## Balanced Omega Fatty Acids: Why Do Birds Need Them?

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Fatty acids are the building blocks for fats and oils in the body. All animals including birds need them. Recent research has shown that balanced omega 3 and 6 fatty acids in the diet are good for a whole host of body functions. When these omega fatty acids are available in the right proportions, or balanced, they help the immune system and the body's ability to respond to disease and precancerous conditions. This means that the immune cells are able to fight off infections and not over-respond, as occurs with allergic responses. When balanced in the daily diet, they have even been shown in humans to reduce the incidence of colon cancer. They keep the joints healthy and have been shown in dogs to reduce osteoarthritis and the pain associated with this chronic disease. This reduction in inflammation is important in many disease conditions including kidney failure and liver disease when chronic. We also believe that balanced omega 3 and 6 fatty acids in the diets of birds will also help to keep birds healthy, as has been shown in poultry.

## Omega 3 & Omega 6 Science in More Detail:

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The two basic families of fatty acids are the omega 3 series and the omega 6 series. The numbers in the names refer to where the first double bond in the backbone of the molecule occurs, either at the third or the sixth position.

The omega 3 family of fatty acids includes linolenic acid and all of its elongated products. Common sources for omega 3 fatty acids in human diets are coldwater fish and walnuts. The omega 6 fatty acids include linoleic acid and its group of products.

Common sources for omega 6 fatty acids in human diets are eggs, poultry, cereals, vegetable oils, and baked goods. The dietary requirements of the omega 3 fatty acids do not reduce the need for the omega 6 fatty acids because they are not interchangeable. Both are required by the body, and both need to be consumed in proper balance for optimum health.

The balance between these two fatty acid families is important, because higher levels of omega 6 to 3 fatty acid levels appear to promote inflammation, while higher omega 3 to 6 levels are anti-inflammatory. This is most likely the result of the omega 6 series acting as precursors to the proinflammatory prostaglandins, leukotrienes and the thromboxanes. These products are produced as a result of the inflammatory process. Once these products are produced, they set up a cascade of events that continue the inflammatory process. When the omega fatty acids are in balance, this cascade of inflammation is dampened. This helps the immune system to work properly and the organs to function normally.

Fatty acids like the omegas can easily become rancid so that they are no longer effective. Heat can also destroy them when they are in foods or in the oil form, so they need to be kept cold or stabilized by a natural preservative. Foods that are high in the omega 3 series are flax seed (better than the oil as it less likely to turn rancid), walnuts and other true nuts. Food cooked on a low heat with canola oil for your birds can also provide a source of the oil. Foods high in the omega 6 series are the sunflower seeds, other common seeds in bird foods, corn and grains. It is not that you don't want any of the omega 6 products; you want the balance to be correct. Lafeber Company is leading the bird food industry by providing properly balanced omega 3 and 6 diets.

## Omega 3 & Preventing Atherosclerosis in Birds

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Atherosclerosis, or hardening of the arteries, is fairly common in captive birds. Factors that have been linked to the development of atherosclerosis in birds include long-term diets high in fat or cholesterol and lack of exercise. Dietary PUFAs, especially omega-3 fatty acids, play an important role in the prevention of atherosclerosis by inhibiting inflammation within the blood vessels, reducing plaque formation, and by other means that protect the vessels.

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### References

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