

EPA/DHA "Fish Oils" Reduce Inflammation Naturally

"Take cod liver oil, it will prevent colds." "Eat your fish, it is good for the brain." "Take fish oil to stop stiff achy joints."

- Science has now proven that most 'old wives' tales and traditions associated with consuming fish and fish oils are true relating to the health benefits they provide. It is now also recognized that the main reason that fish and fish oils are so good for you is because they contain two fatty acids that only occur naturally in fish.
- These fatty acids are called EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).
- These two fatty acids from fish oil have been shown in hundreds of studies to be beneficial in a wide spectrum of human health:

Heart Health:

- Fish and fish oil have been found to be profoundly beneficial in all major types of **cardiovascular diseases**.
- Reduced risk of **heart attack**, Regulating the **rhythmic beat** of the heart, Reducing the incidence of a **stroke**.
- Reducing triglycerides (**fat levels**) in the blood Reducing VLDL **cholesterol** (bad) and raising HDL (good) cholesterol
- Reducing inflammatory markers, which are now known to be very important in the progression of cardiovascular diseases

Arthritis, Inflammation, and Allergy:

- Fish oils have traditionally been used to improve mobility of joints and provide relief to stiff and achy joints. At least 13 scientific studies on arthritis have now shown improvement of symptoms such as joint pain, morning stiffness, and a reduction in the requirement for anti-inflammatory drugs.
- Fish oil improves symptoms of **intestinal inflammation**. **Crohn's disease** patients, EPA/DHA improved incidence of remission.
- Fish oil can **reduce symptoms associated with the allergic response**.
- Low levels of EPA/DHA in human breast milk correlate with raised levels of **eczema and infant food allergy in children**.

Child Development:

- There is a widely recognized importance of DHA in the development of the infant brain during pregnancy and early childhood.
- Nerve development and eye function may be adversely affected by deficiency.
- 11% of the weight of the brain is the fatty acid DHA. Healthy Side effects: **shiny hair** and beautiful **clear skin** complexion.
- EPA/DHA is of absolute importance during **pregnancy** and while **breastfeeding**.
- Supplementation of DHA produced a significant improvement of brain function such as vocabulary and comprehension in infants.

Mental Alertness, Brain, Function and Mood:

- The fish oil fatty acids, EPA and DHA, are heavily involved in the regulation of mood and behavior. This is logical since these fatty acids are the building blocks of brain and nerve cells. This affects both our mood, and behavior such as depression.
- Populations with higher consumption of fish have lower rates of depression than those with low consumption of fish.
- Alzheimer's disease in the elderly is more common in people with low blood levels of DHA.
- Elderly receiving DHA experience a significant reduction in apathy and social withdrawal compared to those without DHA.
- A large study found that those who ate fish once per week or more had 60% lower incidence of Alzheimer's onset than those who ate fish either rarely or never.

What are Omega-3 fatty acids?

- Omega-3 fatty acids are 'good fats' that are known to be essential for optimum health and protection against disease. There are three major types of omega-3 fatty acids, namely EPA, DHA, and ALA. EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid) and ALA (alpha linolenic acid). EPA and DHA are only found naturally in the oil of fish and so the richest sources are oily fish such as mackerel, herring, sardine and tuna. About 6ozs of oily fish and approximately 15 ounces of white fish such as cod contain 1g of EPA/DHA. Flaxseed oil is the richest source to find the ALA (alpha linolenic acid).

What should be my Daily Intake of Omega-3 Fatty Acids?

- It is now recommended that optimum maintenance of health as well as reduction in risk of many diseases can be provided by the daily intake of at least 2 grams EPA/DHA. In addition, it is estimated that intake of ALA should be a minimum of 2g per day.
- The liquid recommended intake should be 1-3 level teaspoons (5-20ml) total consumption, taken daily with meals.
- The recommended intake for capsule form should be 6 capsules taken 1-3 times daily with meals.
- **Value comparison: 1 teaspoon = 1.8 grams = 6 capsules = 1 serving**
1 bottle of liquid equals a 40 day supply 2.66 bottles of 90 capsules=40 day supply

Quality matters: We use **pharmaceutical grade purity**, no heavy metals or pollution contaminants often found in cheap sources. If you are unsure, or you have any questions concerning any of the above instructions, make sure you talk to me BEFORE proceeding. If your condition changes, or you are at all concerned about it, call immediately.

Other: _____