

Your Ultimate Desert Island Nutrients

"I call Omega-3 my very own 'MIRACLE SUPPLEMENT.'"

I started taking Omega-3s approximately four years ago. At the time I was 60 years of age and went on a very intense search for supplements to maintain my energy, health and skin. My doctor suggested Omega-3s, so I proceeded to do research on them. I fell in love with Omega-3s... they have improved my life completely! My skin is fantastic and my energy level is unbelievable... I call Omega-3 my very own "MIRACLE SUPPLEMENT." Everyone tells me that I do not look my age. I put my husband on Omega-3s and he too has blossomed.

I feel like Omega-3s are the secret to prolonged health and vitality. I watched my husband's blood pressure go down tremendously; the doctor was amazed. I love the effects! My weight is perfect, skin, and overall



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health is wonderful. I'm a big believer that one does not have to give in to age – anyone, and I mean anyone, can look great, feel great, and experience a much fuller life by just taking the proper supplements. I attribute my incredible outlook on life and energy to Omega-3s. I feel so very blessed to have the opportunity to experience such a dynamic life at age 64... I can't express to you how very much my whole life has improved in every aspect with this wonder supplement.

If you were stranded on a desert island and were granted an unlimited supply of one nutritional supplement, what would it be? You would probably choose a "multi-tasker" supplement; one that helps your health and well-being in a number of different ways.

Even if your desert island doesn't come equipped with a health food store, you might still have access to the ultimate "multi-tasker" nutrients – as long



as you can catch fish. Omega-3 fatty acids, most famously found in fish oils, are a family of nutrients that provide an amazing array of health benefits across numerous body systems. Hundreds of studies have investigated Omega-3s' potential health benefits in the following areas, to name a few:

- Heart Health
- Brain Health
- Blood Pressure
- Inflammation Modulation
- Immune Function
- Migraines
- PMS
- Weight Management Support
- Skin, Hair & Nail Health
- Peak Energy
- Joint Health
- Eye Health

Omega-3s' multifaceted positive impact on overall well-being is evident in the true stories featured throughout this book... you'll have a hard time finding a story that discusses only one Omega-3 health benefit!

WHAT'S AN OMEGA-3 FATTY ACID?

By now, it's common knowledge: not all fats are bad. In fact, Omega-3 fatty acids are considered to be the "good fats" which help to balance the "bad fats" in your diet. The Omega-3 fatty acids include **alpha-linolenic acid** (ALA), **eicosapentaenoic acid** (EPA) and **docosahexaenoic acid** (DHA). Many experts place these Omegas under the umbrella of "Essential Fatty Acids" (EFAs), meaning that they must be obtained from the diet. So why are Omega-3s so important to health? Many of Omega-3s' beneficial activities can be traced back to two health-supporting functions within the body:

OMEGA-3 FUNCTION 1: PROMOTING HEALTHY CELL MEMBRANES

There are trillions upon trillions of cells in the human body. In each and every one, fatty acids form cell membranes. Hardly static barriers, cell membranes are actively involved in a number of sophisticated tasks, including hormone and immune responses, cellular nutrition intake, waste disposal, and cellular communication.

We are what we eat – especially when it comes to our cells. When the body creates cell membranes, it uses whatever fatty acids are available. Consuming excessive saturated fats (or even worse, dreaded trans-fats) can make cell membranes stiff and unhealthy,¹ lacking the fluidity needed to best perform vital functions.

Unsaturated fats like Omega-3s, however, are excellent building materials – enabling the body to create cell membranes that are healthy and fluid,² like fish oil or olive oil at room temperature. Supple, flexible cell membranes formed with Omega-3s are believed to benefit cell functions.^{3,4} As a result, Omega-3 fatty acids are considered some of the most important fatty acids you need for cellular health. They are essential for normal cell growth, play a key structural role in cell membranes, and help to regulate electrolyte transport,

hormone and immune responses, and cell fluidity. As Omega-3s promote cellular health, we get a hint of just how truly amazing and important these nutrients are.

OMEGA-3 FUNCTION 2: PRODUCTION OF EICOSANOIDS

Enzymes release fatty acids from cell membranes to create hormone-like substances called “eicosanoids” (eye-KOE-zuh-noids) that regulate a myriad of important body functions, including cell growth, inflammation, blood clotting, nerve transmission, blood pressure, circulation, muscle function and more.⁵

Different fatty acids make eicosanoids that regulate functions with different signals. Certain Omega-6 fatty acids, for example, are associated with aggressive, inflammatory signaling reactions. Such reactions are necessary at times; if you were bleeding from a serious cut, an aggressive signal would enable blood to clot and stop the bleeding.

Enzymes use Omega-3s, on the other hand, to make “good” eicosanoids that help keep aggressive signals from spinning out of control and causing health problems. For example, Omega-3 eicosanoids respond to injury or infection with gentle signals that modulate inflammation – as a result, the body reacts appropriately instead of overreacting.⁶

THE PROBLEM: WHAT’S YOUR RATIO?

The body needs Omega-6 and Omega-3 fatty acids – but for peak well-being, these essential nutrients must be consumed in the right proportions. Some experts believe that a 1:1 ratio of Omega-6 to Omega-3 fatty acids is best for balanced eicosanoid performance. Unfortunately, the average American diet is estimated at a 20:1 ratio. Experts believe that this wildly unbalanced ratio may be the reason behind escalating chronic disease in America.⁷ Check the following chart of dietary essential fatty acid sources – considering how often you consume these foods, what’s *your* omega ratio?

Omega-6 Foods

Most fried foods
Bread
Most processed foods
Beef (grain fed)
Chicken
Eggs
Most vegetable oils
Cereals
Cheese & dairy (grain fed)

Omega-3 Foods

Fish (and fish oil)
Soybeans
Walnuts
Flaxseed (and flaxseed oil)
Chia seed
Kiwis
Grass-fed beef & dairy
Olive oil
Leafy green vegetables