

OMEGA-3 THEME NEWSLETTER



DOCTOR'S NATURAL NEW AND IMPROVED OMEGA-3 NOW AVAILABLE!

By Dr. Bo M. Nielsen

What's different about our new omega-3 supplement?

In two words: its better. We dedicate a lot of time and effort into researching and developing our supplements. We know exactly what other scientists have discovered almost immediately, no matter where in the world they are located. So, if research shows that a specific ingredient or a different dosage is more effective than what we are currently using, we will have this information instantly and can change the content of our supplements accordingly.

As such, in our new extra strength omega-3 supplements we have increased the amount of two essential fatty acids called eicosa-pentaenoic acid (EPA) and docosa-hexaenoic acid (DHA) to what many scientific studies show is the most effective dose. It is these essential fatty acids that give omega-3 its health properties; what this

means is that this new supplement is much more effective, which at the end of the day is what you want. You also want good value for money and you will be pleased to know that we are offering our new and improved omega-3 supplement at the same price as our previous one.

Read on for more details on omega-3 and why it is good for you.

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Doctor's Natural New Extra Strength Omega-3

Increasing global pollution means that many fish today are contaminated with mercury and other toxins. You could go for farm raised fish, but since they are not fed their natural diet, which is what gives them the omega-3 content, these fish don't contain adequate levels of EPA and DHA. Doctor's Natural omega-3 fish oil is a high quality supplement that is pharmaceutically graded and goes through a strict refining process to remove all heavy metals and other contaminants so that you can enjoy the full benefit of healthy essential fatty acids without worrying about potential side effects.



What is omega-3?

Omega-3 is an essential polyunsaturated fatty acid - what we call good fat. We cannot make it ourselves so must get it from our diet. It is vital for hundreds of biochemical processes in our body. There are three types of omega-3 fatty acids: eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) and alpha-linolenic acid (ALA). EPA and DHA are found in fatty, cold water fish such as salmon, tuna, trout, sardines, herring and mackerel. These two fatty acids are part of what make up fish oil. ALA is the plant source of omega-3 and is found in soybeans, walnuts, flaxseed and hemp, among others.

If you are wondering which source is better for omega-3, the answer would have to be fish oil. This is because ALA from plant sources must first be converted by your body into EPA and DHA in order for it to be used. The problem is that this conversion is not always efficient and you would not be absorbing the maximum amount of the essential fatty acids. On the other hand, if you take EPA and DHA they are already in the biochemical form that is readily recognised and assimilated by your body.

Now that we have covered a brief summary of what omega-3 is, let's take a look at why it's good for us.



Much research has gone into studying omega-3 fatty acids and all results point to the same conclusion: **they hold a wide range of health benefits and have no side effects.** Just to name a few that we will provide more details later on are:

- heart protection
- cancer prevention
- diabetes prevention
- improving mood
- lowering depression
- eye health
- foetal development

OMEGA-3 KEEPS YOUR HEART AND BLOOD VESSELS IN SHAPE

According to many scientific studies, omega-3 is good for your heart, blood vessels. So good in fact, that **taking at least 250 mg of omega-3 essential fatty acids (EPA and DHA) every day can lower your risk of sudden cardiac arrest by 35%.** Higher doses have an even better protective effect and scientists say 250 mg a day should be considered a minimum, not an optimal level.

Additionally, omega-3 keep the heart healthy by lowering levels of homocysteine. Homocysteine is an amino acid that is linked to heart

disease. The benefits don't stop there. EPA and DHA are also known to support heart health by: reducing the risk of blood clots; keeping blood vessels supple; lowering blood pressure; improving heart rhythms; and lowering LDL (bad) cholesterol levels.

The effect of omega-3 on the heart can be seen in the Eskimos. The Eskimos eat a lot of fat and almost no vegetables or vegetables; yet the prevalence of heart disease is rare. One explanation is that their diet includes large amounts of omega-3 fatty acids.

Keep your heart strong with Doctor's Natural extra strength omega-3 supplement. For even better heart protection, make sure you are getting all the essential vitamins and minerals with our high quality multi-vitamins and multi-minerals.



For more information on our supplements call one of our health advisors on 0207 043 1256 or visit our website: www.doctorsnatural.com

Did you know...?

Cholesterol-lowering drugs (statins) won't reduce your risk of death from heart failure, but omega-3 will!

A study shows that statins have no effect on reducing death in heart failure patients. but just 1000 mg of omega-3 fish oil is enough to lower the risk of death from heart failure by almost 10%.





OMEGA-3 SLASHES BREAST CANCER RISK BY 32%

Breast cancer is the most common type of cancer in women and over 45,000 diagnoses are made each year. The most common form of breast cancer is invasive ductal breast cancer, in which tumours develop in the breast's milk ducts.

But here is the good news: **taking**

an omega-3 fish oil supplement every day can reduce the risk of breast cancer by 32%.

Many scientists now agree that the development of breast cancer, as well as other types of cancer, has a lot to do with inflammation. Omega-3 has powerful anti-

inflammatory effects and this is the mechanism by which scientists believe it can lower risk of the disease.

In separate studies, omega-3 essential fatty acids were found to **lower risk of prostate and colorectal cancer as well.**

OMEGA-3 MAY NATURALLY REGULATE OUR BLOOD SUGAR LEVELS

Diabetes affects millions of people worldwide and the forecast is that millions more will develop the disease in the future. What if we could prevent that from happening? It may be possible - to a certain extent at least - thanks once again to omega-3.

Researchers have discovered that omega-3 fatty acids may have the ability to regulate blood sugar levels, which potentially could prevent diabetes.

Peroxisome-proliferator-activated receptor γ (PPAR γ) is a protein that is involved in among other things,

maintaining normal blood sugar levels. For this reason many diabetes medications focus on regulating PPAR γ .

Omega-3 fatty acids EPA and DHA have also been found to regulate PPAR γ and through this protein, control blood sugar levels.

Omega-3 improves mood and eases depression

Numerous studies show that omega-3 improves mood and quality of life. One particular study found that just 1 gram of omega-3 a day **eases depression symptoms by a whopping 50%.**



FORGET CARROTS; OMEGA-3 IS THE NEW NUTRIENT FOR EYE HEALTH

Remember when we were told as children to eat our carrots for good eyesight? Well, now we know there is something better! Taking omega-3 fish oil supplements can help us maintain good eye health and prevent age-related macular degeneration (AMD) - the most common cause of vision impairment and blindness in people over the age of 60. In fact, one study

found that **daily supplementation with omega-3 can reduce the risk of AMD by about 70%.**

In another study, **omega-3 was found to prevent retinopathy by 50%.** Retinopathy is a disease which causes damage to the blood vessels in the retina of the eye. Diabetes and hypertension are both conditions that can cause

retinopathy and the disease is the leading cause of blindness in diabetics.

Taking omega-3 supplements helps to promote the growth of healthy blood vessels while preventing the growth of abnormal ones.

OMEGA-3 IS GOOD FOR EXPECTING MOTHERS AND BABIES

Studies show that **pregnant women taking omega-3 supplements have babies with better motor function** - the ability to use and control muscles and movement - **and better visual and mental development.**

A more recent study says pregnant women taking omega-3 supplements have babies with a **32% lowered risk of childhood obesity.**



START YOUNG AND STAY SHARP, LIVE LONGER WITH OMEGA-3

Omega-3 is not just good for adults; it is a fact that the essential fatty acids EPA and DHA improve behaviour, concentration and general brain development in children. Ideally, children should take omega-3 supplements from the age of

three and long-term supplementation is key.

According to a study from The Netherlands, short-term supplementation is not enough to reap all the health benefits of omega-3

and that only prolonged consumption offers protection into seniorhood.

So, start early and take omega-3 for life!



Remember, to ensure you are getting all the nutrients you need in addition to omega-3, take a multi-vitamin and a multi-mineral supplement.

For more information on our supplements call one of our health advisors on 0207 043 1256 or visit our website: www.doctorsnatural.com

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