

# Wellness

## REVIEW

### Fabulous Fish Oil

#### The Good Fats



Omega-3 essential fatty acids are essential for human health. Every single cell in your body needs these good fats to work optimally. Fish oil is a plentiful source of omega-3 fats, particularly EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) which have many therapeutic benefits in your body. You can also obtain omega-3 from a variety of dietary sources; however the majority of people may not be able to effectively convert these fats into EPA and DHA. Some factors that may reduce this conversion include:

- Diets high in sugar, alcohol and processed foods.
- Smoking.
- Pollution.
- Stress and ageing.
- Viral infections and other illnesses.

To enjoy the therapeutic benefits of EPA and DHA, it is more effective to supplement with fish oil directly. Research validates the many benefits of fish oil for enhancing health and wellbeing. Have you taken your fish oil today?

#### Pure and Pristine

The purity of the fish oil you take is extremely important. Your Practitioner only prescribes high quality fish oils that have been molecularly distilled; this process increases the purity of the fish oil. These fish oils undergo stringent quality testing to guarantee that purity exceeds Australian and international standards; with testing showing non-detectable levels of contaminants such as mercury, lead and cadmium. The oils are sourced from small pelagic fish and harvested using eco-friendly practices. These quality fish oils have the stamp of approval from 'Friend of the Sea' who independently certify the use of sustainable practices.

#### Strong and Stable

The fish oils your Practitioner recommends are concentrated to provide a higher amount of EPA and DHA. These fish oils are combined with natural antioxidants and the bottles are nitrogen flushed to ensure stability, reduce oxidation and provide an effective, strong, therapeutic supplement for the best of health.

#### Fish Oil for Joints and So Much More!

It is well known how important fish oil is in the long term management of joint pain and arthritis, but did you realise there is extensive research demonstrating the benefits of EPA and DHA for a wide range of health conditions including:

- Cardiovascular health:
  - High blood pressure.
  - Elevated triglycerides.
  - High cholesterol.
  - Coronary artery disease.
- Brain development and cognitive functioning:
  - In pregnancy to support neural development in infants.
  - Children's growth and development.
  - Alzheimer's disease, dementia and age-related cognitive decline.
  - Mood disorders – depression, bipolar disorder.

#### Sources of Omega 3 Fatty Acids in the Diet



While you are taking a high quality fish oil supplement, it is also beneficial to include foods high in good fats as a part of a balanced diet:

- Oily deep-sea fish e.g. salmon, tuna.
- Nuts and seeds especially walnuts and flaxseeds/linseeds.
- Avocados.
- Beans e.g. soybeans, navy beans and kidney beans.

Talk to your Practitioner today about how fish oils can benefit you.