

# OMEGA-3 SALMON OIL



All fish contain two Omega-3 fatty acids, Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), two of the very best oils for your circulatory system. Cold water fish contain higher quantities of these substances. Salmon oil is one of nature's richest sources of Omega-3 fatty acids. Omega-3 (high-density fat) and Omega-6 (low density fat) are both polyunsaturated fatty acids that must be obtained from our diet. Modern eating habits have led to a decreased intake of the necessary Omega-3 fatty acids. Studies in America showed that in 1850 grains grown had 40% Omega-3 oils and 60% Omega-6 oils. The last study showed that Omega-3 was down to 5% and Omega-6 up to 95%. Important to note is that Omega-3 does not reduce the total blood cholesterol, but the production of cholesterol from Omega-6 in the liver. It rectifies and maintains the ratio between the HDL (high-density lipids) and the LDL (low-density lipids) of cholesterol in the body. Because of the decreased intake of Omega-3 fatty acids, cardiovascular diseases increased, strokes are more severe as well as varicose veins problems.

## BENEFITS OF OMEGA-3 FATTY ACIDS

### 1. High cholesterol

Cholesterol is a necessary part of every cell in the body and is found in the cell walls. It is a waxy, fat-like substance with no smell or taste. In food, it is invisible. It is found in foods from animal source (meat, milk, and cheese). It has a few important functions in the body, including the formation of Vitamin D and some hormones. It is circulated by lipoproteins (lipo "fat like") via the blood. Above average amounts of cholesterol in the blood cannot be circulated and is left behind forming a build-up of fatty deposits on the walls of the arteries, causing hardening. When fatty deposits narrow arteries, the blood flow is reduced, arteries become hard and less elastic. This condition is called arteriosclerosis. Not enough oxygen is carried to the cells. The blood flow to the heart muscle is reduced and causes severe chest pains (angina). When the obstruction becomes severe, it can mean a sudden heart attack. Pressure can build up to such an extent that it causes a coronary occlusion - the heart blows open, almost like a flat tyre. Coronary occlusions have gone up with 300% in one year. When the obstruction occurs in the arteries to the brain, it causes a stroke, to the kidneys it will result in high blood pressure, and to the legs, varicose veins, and in severe cases gangrene.

Omega-3 fatty acids appear to reduce the development of hardening of veins. It actually becomes part of the blood vessel wall, thereby protecting it. It soaks the fatty deposits, dissolves it, and with the blood it is taken to the liver, from there to the gall bladder and then discharged. With angioplasty (where a balloon is inflated in a blocked

artery), a study was done to determine the safety and benefit of Omega-3. It was proven to be safe and reduced the early renarrowing of arteries.

The Japanese did studies on the Eskimo's in Iceland. It was found that they have the healthiest cardiovascular system on earth because of their high fish diet, which contain Omega-3 fatty acids.

## **2. Blood Clotting**

Recent studies have shown that Omega-3 also affects blood clotting. It appears to become part of the membrane of platelets (a blood clotting factor) and slows down the tendency of platelets to stick together (the first step in the formation of a blood clot).

## **3. Swelling and Bruising**

It reduces swelling and bruising and relieves pain, particularly in the spinal column and joints.

## **4. Inflammation**

Any inflammatory condition (condition with the extension "-itis", like sinusitis, bronchitis, tendonitis, tonsillitis etc.) can be relieved by using Omega-3. For a condition like arthritis, take at least 3 per day with three Multi-mineral and Alfalfa and 2 Flavonoids. Omega-3 lubricates the joints. At first more pain may be experienced as the body breaks down the calcium crystal deposits and get rid of the toxins.

## **5. Muscle soreness**

Athletes have proven that Omega-3 help them recover much faster after an event. Instead of using anti-inflammatories, use Omega-3.

## **6. Migraine headaches**

Pollutants and toxic matter cause migraine, which attack the grey-matter cells of the brain. Some of the toxins, causing these problems, are from pork, shellfish, tinfoil and aluminium cookware. Aluminium is one of the major causes of mental senility, Alzheimer disease and breast cancer. Deodorants containing Aluminium Tetrachloride and - Chlorohydrate can cause breast cancer. These substances plug the lymph the lymph glands and the poisons, which are supposed to leave the body with the perspiration, return. The spleen secretes platelets, which assists the brain to fight off pollutants. The platelets swell, stick together and cause severe headaches. It takes about three days for the platelets to come apart. Omega-3 separates them, allowing them to work independently and thereby eliminating migraine.

## **7. Body detergent**

The pig is a diseased animal (as is shellfish). They eat rot, death and decay. Biology studies have proven that pork is full of bacteria, viruses, parasites, tape and hookworm. These enter your body, live and grow. The pig has enzymes that can handle what it eats, but your enzymes cannot! This is when the grey-matter cells of the brain are attacked. Omega-3 will help the platelets to clean out the pollutants. After a rich meal take some Omega-3 - it acts as a body detergent - it cleans up.

## **8. Mental fitness**

The grey-matter of the brain is bathed in a substance called AcetylCholine. It helps the brain to store knowledge and function properly. Omega-3 contains Choline, which assists the body in producing AcetylCholine. A normal healthy brain has 16-30% AcetylCholine. A mentally retarded brain however, only has 8-10%. Even when ageing you can keep yourself mentally fit by supplementing with Omega-3. It aids children with learning problems. They should take three capsules per day. For the unborn child Omega-3 fatty acids should already be available to cross the placenta between the 26th and 40th weeks of pregnancy. This is for the grey-matter cells in the brain and for the tissue and cell membrane of the retina to develop properly.

## **9. Prostate Gland**

The prostate is a small gland, situated just below the bladder of men. Any enlargement interferes with the flow of urine - in severe cases, it stops completely. Prostate cancer is a killer and most men die within 3 years, even after it has been removed. More men die of prostate cancer than of heart disease. Of all men 75% over the age of 50, suffer from this problem. Because of the embarrassing nature they do nothing about it, or fear surgery. The gland dries and forms a tumour. It breaks up into little pieces and the process is called metastasis (disease migrates from its original site to another by bacteria or through diseased cells). The pieces land up in the liver and the bones. The prostate gland is kept moist with the ingredients, which is needed for the manufacture of semen (which takes place in the prostate). Salmon oil is the number one ingredient to keep this gland moist. Don't wait for symptoms! Have regular check-ups. With prostate problems take six Omega-3 and two Zinc tablets daily.

### **CONCLUSION:**

- Golden Neo-Life Diamite's Omega-3 provides a rich source of the two fatty acids without the necessity of cost of eating large amounts of fresh cold water fish.
- It is the result of 5 years of research and testing, using pure, natural and concentrated ingredients. Natural salmon oil from the salmon of the cold waters of the Northern Hemisphere is used.
- The salmon are health screened and disease free and carefully selected for human consumption.
- The oil is extracted from the edible part (muscle) and not from the organ or tissues where the majority of contaminants such as pesticides and herbicides would accumulate. There is no risk of accumulated toxins - a factor common to some forms of fish.
- Omega-3 contains no hidden Vitamin A or D.
- It has less than 2 mg of cholesterol per capsule.
- Its laboratory certified potency is guaranteed a full 2 years after manufacture.

### **FISH DIET REDUCES FATAL HEART ATTACK RISK**

Apr 9, 1997

*BOSTON (Reuters) - Regularly eating fish can cut the risk of a heart attack by 42 percent, according to a long-term study published in Thursday's New England Journal of Medicine.*

*The research, led by Dr. Martha Daviglus of the Northwestern University Medical School in Chicago and published in Thursday's New England Journal of Medicine, was only the*

latest in a series of studies suggesting that a diet high in fish can cut the risk of heart disease.

Nevertheless, because several other studies have shown no such benefits for people who eat plenty of fish, the jury has been out on whether fish can play an important role in preventing a heart attack.

The research was based on a 30-year study of the diets of 1,822 Chicago Western Electric employees who helped manufacture telephone poles at the company's Hawthorne Works. They were signed up in 1957 and detailed information on 195 foods in their diets was collected.

Daviglus and her colleagues found that "the men who consumed 35 grams or more of fish per day had a 42 percent lower rate of death" from a heart attack, compared to people who ate no fish. Men who ate intermediate amounts of fish had proportionally lower heart attack rates. They said further studies are needed to definitively show if regular servings of fish protect against heart attacks.

The study was done in men, in part, because women usually do not develop heart disease until much later in life.

#### **CATCH MORE BENEFITS FROM FISH**

Feb 24, 1997

NEW YORK (Reuters) -- The latest diet buzzwords: "less fat, more fish." In a report issued Monday, Australian researchers say eating a diet low in fat can help people get the most heart benefits from "friendly" fatty acids found in fish and fish oils.

Studies show these omega-3 fatty acids help protect against heart and blood vessel disease through a variety of ways, including prevention of blood clots.

Dr. Trevor A. Mori from the University of Western Australia in Perth led a team of researchers who studied the fatty acids' effects on platelets, particles in the blood that clump together to seal defects in injured blood vessel walls, but that sometimes form potentially dangerous clots that can trigger heart attacks or stroke.

Mori and his colleagues studied 120 generally healthy, non-smoking men between the ages of 30 and 60 who were considered at risk for heart attack or stroke because of mildly elevated blood pressure and cholesterol levels of roughly 220 to 260 milligrams per deciliter of blood. The men were randomly assigned to groups receiving various combinations of dietary fish, fish-oil capsules, or an inactive placebo capsule. They were also assigned to two different types of diets for 12 weeks: a high-fat diet in which fat accounted for 40% of daily energy intake, or a low-fat diet, in which fat accounted for 30% of energy intake.

For all groups combined, blood tests showed that the fish fatty acids significantly reduced platelet clumping. Further blood testing also showed that platelets exposed to omega-3 fatty acids clumped less, even when mixed with substances -- collagen and platelet activating factor (PAF) -- that normally stimulate clotting. Although the overall effect of the fish fatty acids on platelets was not large -- activity was reduced by 5% to 11% -- according to Mori, even this could be medically significant "since our subjects were men with cardiovascular risk factors."

The Australian team also found that the platelet effects depended partly on which platelet stimulator was used and whether the fatty acids came from the fish oil capsules or fish itself. A low-fat diet alone had no effect on PAF-induced platelet clumping and only a small effect on platelet clumping during collagen exposure.

Platelet clumping in response to PAF were reduced more by fish oil capsules than fish in a high-fat diet, "whereas fish had a greater effect when part of a low-fat rather than a high-fat diet," the researcher note. Thus, "omega-3 fatty acid effects on platelets are influenced by the background level of dietary fat," the researchers state.

"These results on platelet function, in conjunction with our previous findings of improvements in blood pressure and heart rate, and a substantial improvement in blood lipids (fats), suggest that dietary omega-3 fatty acids incorporated into a low-, rather than a high-fat diet have a wider spectrum of more favourable effects on cardiovascular risk factors," Mori and his colleagues state.

"From a nutritional and public health point of view, it would seem reasonable to recommend a diet reduced in total fat and including several fish meals a week," write the study authors.

"The reduction in platelet aggregation, in conjunction with our previous findings of improvements in blood pressure and heart rate and a substantial improvement in the lipoprotein profile suggests that dietary omega-3 fatty acids have more consistent favourable effects on these cardiovascular risk factors when given as part of a low-fat rather than a high-fat diet," they conclude.

SOURCE: *Arteriosclerosis, Thrombosis, and Vascular Biology* (1997; 17:279-286)