



Reel in Heart Health

Heart disease continues to be a deadly threat. Scientists have proven again and again that certain nutritional compounds could make a huge difference in our heart health, however few are heeding their advice. Recently, one such nutrient made headlines; a nutrient that is continually on scientists' radar for its ability to reduce risk of heart disease: Omega-3 fatty acids. Found in fatty fish, like salmon, herring, mackerel, and sardines, these long-chain fatty acids can reduce your risk of heart disease. Here's the latest science on this amazing nutrient:

Omega-3 Fatty Acids May Prevent Heart Disease

A recent study published in the *American Journal of Clinical Nutrition* (Am J Clin Nutr 2002 76: 326-330) states that eating fish benefits those who are at high risk for ischemic heart disease (IHD). Moreover, sudden cardiac deaths occur less frequently in those who habitually eat ocean fish, a major source of omega-3 fatty acids. In this study, researchers examined the role that omega-3 fatty acids play in improving systolic and pulse pressure and vascular resistance, effects that may reduce the risk of IHD and adverse cardiac events.

In this study, two forms of omega-3 fatty acids were examined: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Specifically, researchers focused on their effect on systemic arterial compliance, a measure of the degree of large artery elasticity. Increased stiffness in the large arteries of the body can lead to high blood pressure; a factor that can contribute to increased coronary risk.

During the 7-week study, 38 middle-aged men and women with elevated plasma total cholesterol consumed an EPA supplement, a DHA supplement, or a placebo. While the placebo group showed no change in health, systemic arterial compliance rose 36% in the EPA group and 27% in the DHA group. At the same time, there was a trend toward reduced systolic and pulse pressure. The real bonus is that both omega-3 fatty acid supplement groups experienced significant declines in plasma total triglycerides concentrations, which appear to aid in the prevention of ischemic heart disease.

Diets poor in omega-3 fatty acids

Unfortunately, very few of us are eating the two to three servings of fatty fish needed each week to obtain beneficial amounts of EPA and DHA. In fact, the most of us consume only one serving per week... and many of us consume none at all.

How can you bridge the gap?

Supplements are one way to get fish oil into your diet on a regular

basis. We at GNLD can help you do just that! We have two excellent products to choose from:

Salmon Oil: Provides omega-3 fatty acids from one of nature's richest sources: pure cold water salmon. Each three capsule serving provides the omega-3 value of an optimal serving of fish, with a balanced ratio of EPA (540 mg) and DHA (360 mg).

Omega III Concentrate: Delivers omega-3 fatty acids from sardines, anchovies, salmon, and herring. Also contains a special blend of lipotropic factors, which help keep lipids emulsified in the bloodstream. Each three capsule serving provides 540 mg EPA and 360 mg DHA.

Each product is made with the highest quality fish, health-screened to certify that they are free of disease, and selected for human consumption. Moreover, only "body oils" from the edible portion of the fish are used, reducing your exposure to substances that may collect in the organs (herbicides, pesticides, heavy metals, and vitamins A and D).

Don't put yourself at risk for heart disease. Reel in heart health with one of GNLD's heart healthy supplements today!

