

## You Know You Should...

You know you should be eating more cold water oily fish and taking omega-3 supplements. You know it's good for your heart. Heck, just about everyone knows that by now. But you may not know exactly **why** it is good for you or **how** good it is for you.

So let's do a...

## Quick Review

Some links are provided in case you want to do more research. But here we will take the thumbnail approach so we don't get overwhelmed. For the present let's concern ourselves only with matters of **heart** health. Let's start with...

### Triglycerides

Lowering triglycerides is perhaps the most commonly known benefit of omega-3 supplementing. One scientific paper circulated by the American Heart Association puts it this way...

**The hypo-triglyceridemic effects of omega-3 fatty acids from fish oils are well established.**

Simply put that means scientific research has demonstrated many times that **omega-3s lower triglyceride levels**. The article goes on to say that a comprehensive view of human studies has demonstrated that approximately 4 grams per day of omega-3 fatty acids from fish decreases serum triglyceride concentrations by 25% to 30%.

There are other things you can do to help lower your triglycerides such as decreasing the amount of sugar you consume. But supplementing with omega-3 (preferably from fish) is a must.

[For more research please click here.](#)

You may have already known that omega-3 fatty acids reduce triglycerides. But did you know that omega-3 can help reduce the risk of ...

### Having a Heart Attack?

The research so far states that people at highest risk for having a heart attack often have low blood levels of omega-3. One doctor put it this way...

**If blood levels of the long-chain omega-3 fatty acids form less than 4% of the fatty acids in red blood cells, risk of death from a heart attack is at its greatest compared with a level of 8% when risk is at its least.**

[You can read more by clicking here.](#)

Often confused for a heart attack is another frequently fatal condition known as...

### **Sudden Cardiac Death**

Sudden cardiac death is essentially a massive interruption in heart rhythm. If the electrical impulses that govern heart rhythm become chaotic the heart may suddenly stop.

**Scientific research has shown that omega-3s reduce heart arrhythmias.**

One study, based on an analysis of data from the GISSI-Prevenzione trial, found that 1-gram of n-3 polyunsaturated fatty acids (PUFA) - also known as omega-3 fatty acids **significantly reduced the risk of sudden death** especially in those who had a heart attack.

In particular this study found that there was a **42% reduction in sudden cardiac deaths** within the three-month period following a heart attack compared to patients who received no omega-3 fatty acids.

[Click here for further study.](#)

Another serious condition positively affected by omega-3s is...

### **Congestive Heart Failure**

Congestive heart failure is the long-term result of heart damage. One primary cause of CHF is **myocardial infarction** which is an irreversible injury to heart muscle such as during a heart attack. By preventing a heart attack one might also reduce their risk of congestive heart failure.

Myocardial infarction is most often caused by progressive **atherosclerosis** - blockage of the arteries. As return blood flow is reduced the heart is slowly starved of oxygen until it can no longer function properly.

[You can research more by clicking here.](#)

Since we brought it up...



## What About Atherosclerosis?

Atherosclerosis is what many refer to as hardening of the arteries. It is the **leading cause of death for both men and women** in the US and many other countries.

In reference to this, one combined analysis showed that **treatment with omega-3 fatty acids** (fish and flaxseed oils) **reduced overall risk of death by 23%** as compared to placebo. Treatment with statin drugs, on the other hand, only reduced overall mortality by 13% as compared to placebo.

Another study states...

**Epidemiologic studies, studies on mechanisms of action, and many animal studies indicate that dietary intake of omega-3 fatty acids has anti-atherosclerotic potential. In addition, several investigations have linked dietary intake of omega-3 fatty acids with reductions in sudden death in patients with coronary artery disease.**

[Click here for more research.](#)

One more thing before we move on. Studies have also shown that omega-3 fatty acids can help to...

## Reduce Blood Pressure

Just to reference one study...



Several researchers at the Welch Center for Prevention, Epidemiology, and Clinical Research, Department of Medicine, Johns Hopkins University School of Medicine got together to consider the relationship between high blood pressure and omega-3 intake. Their overall conclusion was...

**Our analyses indicate that diet supplementation with a relatively high dose of omega-3 PUFA, generally more than 3 g/d, can lead to clinically relevant BP reductions in individuals with untreated hypertension.**

Other studies have also shown similar results.

[To see more research, please click here.](#)

That was a quick fly over. It was just to confirm your suspicions that **omega-3 intake really should be a part of your daily routine**. If you are the type – like me – who likes to do more research you can follow some of the links above.

Having been reminded of some of the reasons we know omega-3 supplementation is important the next thing that comes to my mind is this...

## There Are Some Things I Don't Like About Taking Omega-3 Supplements

Two complaints that are common to most anything are...

- 1) I don't like to spend the money, and
- 2) I don't like to take the trouble.

Money is always an issue with me. **But I will spend it when I believe something is important**. And I am willing to change my daily routine if I am convinced it will help. This is true of anything and we make these adjustments all the time.

Here, primarily, I am thinking about particular complaints about taking fish oil supplements. The first is this...

### I Don't Like the Fishy Taste

Once people get over their laziness and tight fistedness, **fishy taste** is the number one reason they don't take fish oils. One woman I know – she gave birth to my wife – refused to take the fish oils her husband took because they tasted so awful, both when she took them and long after. After I showed her a brand that has no taste **she became a consistent consumer of fish oils**.

Many people are willing to deal with the strong fishy taste associated with so many fish oil supplements to gain the benefits they know they need. **But they don't have to**. It is possible to take a high quality omega-3 supplement with little or no taste.

Another common complaint is...

### Fish Oils Upset My Stomach



Now it is important to take any supplements with a meal. But there is a particular stomach upset that people associate with fish oils. Another woman I know – she gave birth to me – had this complaint. She told her doctor that the fish oils kept her running to the bathroom (sorry mom). Her doctor told her to stop taking cheap

supplements because they are filled with things that are called fish oils but do nothing for us.

In reality we do not buy fish oil supplements just to get any old fish oils. **We particularly want EPA and DHA.** These two omega-3s are what benefit our heart health (and a whole lot more). These other trash oils do nothing positive for us and can be a real irritant.

This, of course, brings us to another complaint...

### **I Don't Know What Is In the Product**

Though many have this complaint, too many people don't have it. Too many people simply read the bold print on the label and assume they are getting what they need. This is typical of supplements like fish oils and it relates to the previous complaint.

You might be strolling through a large discount store and see a label on a mega-jug that reads...

#### **3 Grams of Fish Oils**

Wow! That's a lot to get in one gel cap. What a deal! But read the fine print. You often find that the combination of EPA and DHA accounts for only a small portion of the total fish oils in the gel cap. What makes up the rest of it? Beats me. But I don't want to swallow it.

Of course this should start us asking questions like, "What else do they put in these things? Preservatives? What else?" The best thing to do is **buy from a company that you trust.**

What other complaints are there? Try this one...

### **What about Mercury Poisoning?**

If you are not asking this question you should be. We ask it about our canned tuna. And it isn't just mercury. The oceans contain many contaminants that can become concentrated in the fish we eat.

Fortunately many supplement companies take this one seriously. But some don't. And some of the more popular companies don't provide evidence that they are making efforts to diminish contaminants in their products.



The good news is the **companies that are committed to research and quality are also committed to keeping contaminants out of their products.** But just because the product sits on a shelf in a popular drug store, don't assume it is a high quality product. In fact many of these products are very low quality.

These are the main complaints about taking a fish oil supplement. Eliminate these objections and you and I have very little reason to neglect the benefits of omega-3 supplementation. So assuming we do not have to worry about...

- Fishy taste, and
- Stomach upset, and
- The trust factor, and
- Metals poisoning

Then...

## What Should I Look For In A Quality Omega-3 Supplement?

First and foremost you should buy from a company that is...

### Committed to scientific research

Anyone can purchase a generic supplement line and put his or her label on it. I once sat in the office of a fellow that was doing just that. He really knew nothing about the product.



Supplements are largely unregulated which results in a wide array of practices in the industry. There are some very good companies out there that are committed to just one thing – **producing high quality supplements**.

The best companies have – not one scientist – but **a team of scientists** who are recognized in their individual fields of study. These companies also have research relationships with universities that are heavily engaged in nutritional research. Some even hold a number of important patents related to quality control in supplement manufacturing. And they are involved in more than just the manufacturing phase. **They are involved in every phase of every process.**

Once you find a trusted company that manufactures high quality supplements, make sure you...

### Buy directly from the source

Think about it for a moment. If people are unloading their unused supplements at an auction site below wholesale cost they are not doing it to make money. Very often they are merely **getting rid of products that have been laying around** for some extended period of time.

### Why is this important?

You do **not** want artificial preservatives in your all natural supplements. There are some manufacturing processes that can help extend the shelf-life of whole food supplements. But artificial preservatives should not be among them.

The best whole food supplements do not use preservatives. Therefore they have a limited shelf-life. You want to purchase them **as soon after they are sourced and manufactured as possible**. Even buying them from a store shelf does not guarantee they are fresh. Stores keep them until they are sold. If possible **buy directly from the company** that makes them.

And since you are buying whole food supplements (not chemical equivalents) make sure you buy from a company that is...

### Careful about its sourcing

The way a supplement company manufactures its products is important. **But equally important is controlling the source material that goes into each supplement.**

If you are buying supplements that are manufactured from plant material it is important to look for a company that is committed to organic farming and **owns and controls all its farms**. If you are careful about the food you put on your table shouldn't you also be careful about the food that is concentrated in the supplements your family takes?



If – as in the case of fish oils – the supplements you buy come from the sea, **you should be equally as concerned about the marine life that goes into the supplement**. We mentioned marine toxins above. Know enough about the company to be confident that they are extremely careful about what they put into their marine based supplements.

Related to this is the topic of fillers. You don't want them. In the case of fish oils you definitely don't want fillers. What you want is **a balance of EPA and DHA**. For heart health, look for a balance of **2 parts EPA to 1 part DHA**.

There is one thing the company should add, however. That is Vitamin-E. **Vitamin-E can work along with EPA and DHA** to support heart health. Having it in your fish oil supplement is a good idea.

Likewise, there is one thing they should remove from the final product. That is the awful fishy taste. Don't tolerate it. Look for a company that uses a **multi-phase process to remove fishy taste**.

## What We Buy For Our Family

All these issues we have discussed are important to our family. We buy from a company that has a **long history of scientific research**. They are the oldest supplement company in the US and they began as a research entity. They have earned many awards and hold many patents. They work with dozens of scientists and a number of universities.

**They own all of their organic farms and are very cautious with the sourcing of fish oils.** Because of this I don't worry about marine based toxins, fillers or artificial preservatives in the supplements we take. Also **the fish oils never bother our stomachs or taste fishy.**

We do believe quality makes all the difference. When our children were younger we gave them cheaper – although still whole food – supplements. When we switched to the supplements we take now **we noticed a dramatic improvement in their health...** especially during the winter months when flus and bronchitis are prevalent.

So quality does make a big difference. The vitamin stores are full of second rate products. They may be cheap. But you also may not get what you want. And you may be getting a few things you do not want. Take your time and do the research. It's worth it.

If you would like to buy from the same source we do you will find a link below. The website does not try to sell you. It simply provides information on what is in the product and how you can get it. There is also a little information on their approach to research and quality. The company is well established and stands behind its products. We have never had an issue with them.

My best to you in your pursuit of optimal health. I hope this information has been helpful.

[Click here to buy the high quality fish oil supplement my family uses.](#)

[Click here to learn about the company's approach to manufacturing supplements.](#)