

Bristlecone Med-fitness

"Damaging truth, I prefer it to advantageous error. Truth heals the pain which perhaps it evokes." -Goethe

WHY FISH OIL?

Many people choke down fish capsules each morning, but very few understand why! "Well, someone told me it was good for my heart," or "I read about it somewhere," are popular responses. Studies on human nature prove that if a person doesn't fully understand WHY she is doing something...she will eventually stop doing it! Let's face it...taking fish oil each day is not enjoyable, **but it may be the single most important supplement you will ever take!**

My hope is after reading this newsletter, you'll have a good understanding about **WHY** fish oil is essential for optimal health. And then, you'll make a lasting commitment to your daily dose!

FLAX VS. FISH

Fish oil contains the omega 3 essential fatty acids EPA & DHA. These fatty acids are essential because the body cannot make them. They must be supplemented through our diet. The parent fat of the omega 3 is found in seeds like algae or flax. This parent fat must be converted to the essential fatty acids EPA & DHA to be used by our body. In nearly 80% of people, the parent fat in the seed is not properly converted to EPA & DHA due to an inefficient metabolism like in insulin resistance. So, the best, most efficient way to get the omega 3's is to directly ingest the EPA & DHA.

How? Eat fish! The fish eat the algae & convert it to EPA/DHA & we eat the fish! But, if we were to eat enough fish to get the daily EPA & DHA we need (1800mg), we would get too much mercury & toxin. **This leaves us with highly refined fish oil.**... pharmaceutical grade oils remove the toxins and leave only the essential fatty acids in purified form.

The Omega 3's are brain food! The brain cannot function properly without adequate DHA. Many cases of depression, ADD, OCD & other neurological disorders have been "cured" using highly refined fish oil.

WHY? Omega 3's have been proven to increase the body's production of the neurotransmitters dopamine & serotonin. Dopamine is what spurs us to action, helps us concentrate & organize our thoughts. A person struggling with low dopamine often exhibits an inability to focus. Ritalin, a popular drug for ADD, actually increases dopamine synthetically.

INFLAMMATION NATION

Serotonin is responsible for an overall feeling of well being, it helps us handle stress in a healthy, productive manner. People with low serotonin levels often struggle with symptoms of depression. Again, anti-depressants, such as Prozac, artificially boost serotonin levels. **Fish oil will naturally increase both dopamine & serotonin.**

The omega 3's also fight inflammation! Arthritis, lupus, heart disease, high blood pressure, cancer, psoriasis, diabetes, fibromyalgia, chronic pain and dementia are all diseases of inflammation. The United States has often been called the "inflammation nation!" In the last 30 years, the cases of inflammation related disease has sky rocketed.

"Courage is being scared to death and saddling up anyway!" John Wayne

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Why the Increase?!

The omega 3's are on a hormonal axis with another set of essential fatty acids called omega 6's. Like insulin & glucagon, the omega 3's & 6's have opposing functions. If the ratio of omega 3 to omega 6 stays roughly 1:2, we're OK. But for most Americans the ratio is closer to 1:20. This creates a hormonal imbalance! The Omega 6 fats come from the seeds of grain. Americans tend to eat too many grain products!

(CLEAN UP THE SPILL!)

The Omega 6 fats in grain are broken down into the essential acids DGLA, GLA & AA. When we eat too many carbs & not enough fish, it creates a dangerous "spillover" effect.

Elevated AA levels are a root cause of serious inflammatory diseases like cancer & heart disease.

The best way to correct this spill over is to *cut back on the grains & supplement with the omega 3's!*

How much oil is enough?

This depends upon your physical condition.

- * A maintenance dose for a relatively healthy person ...1 tsp.
- * To improve cardio health of the heart... 2 tsp.
- * To enhance brain function, reduce chronic inflammation and achieve optimal health... 1 TBSP.
- * To treat a neurological disease, severe depression or ADD... 1-3 TBSP.

Highly refined pharmaceutical grade fish oil can be purchased at many health food stores. Liquid is the most efficient option to get the needed 1800mg of EPA/DHA. If you need help in finding highly refined fish oil, *ask at the desk for details!*

EICOSANOIDS..WHAT?

The hormonal systems of the body all communicate with each other...this delicate process is called *"cross talk."* Trying to control one hormonal system without balancing the others is like driving a car with one wheel going 40 MPH and the other going 4 MPH; you can do it, but it takes a lot of effort! Insulin & glucagon are the master metabolic hormones of the **endocrine system**. This massive hormonal system is a lot like the internet. Hormonal messages are sent by organs and received by receptor cells.

The Omega 3's & 6's are part of the **autocrine system**. This is one of the most primitive hormone systems of the body. The autocrine system works directly at the cell level producing tiny hormones called *"eicosanoids."* *These hormones only live for seconds, yet they powerfully control our wellbeing at the cellular level!*

The autocrine system is like the mouse/keyboard of the computer. Without the keyboard, the internet is useless! When we have a balance of omega 3's & 6's these eicosanoids are balanced and we look and feel good!

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ASPIRIN OR OIL?

However, when we are lacking the omega 3's, these tiny hormones get knocked out of balance creating a host of physical problems such as chronic pain, blood clots, inflammation, stroke, constipation, gas, bloating, thinning hair, fatigue, skin problems, head aches and more!

In fact the 1982 Nobel Prize in Medicine was awarded to a group of scientists who discovered that aspirin actually works by changing the levels of these tiny eicosanoids! This is why aspirin helps to prevent heart attacks & strokes and relieves a headache!

Fish oil (omega 3's) does the same thing only naturally!

Remember, cross talk is everything! Insulin & cortisol will be harder to control if you're deficient in omega 3's. *Hopefully, you now understand why... adding the omega 3's may be the most important health decision you ever make!* Be good to your heart (& your sweetheart) this Valentine's Day...try adding fish oil! *And, yes the texture is strange, but it's flavored...if my 4 kids swallow it straight, I'm sure you'll do OK!*

Julie & Kelly