

Abstract

Image Awareness Wellness Institute Health Letter

Queen of Fats (Part 2)

April 2010 Volume 6 Issue 4

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The balance between omega-3 and omega-6 fats is essential for long term health. This balance has been upset by the widespread use of vegetable seed oils and the feeding of domestic animals grains. Grains and seeds are high in omega-6 fats and low in omega-3, while grasses and leafy greens are high in omega-3 fats. Grain fed animals have more saturated fat, less unsaturated fat, more overall fat, and dramatically less omega-3 fats than do grass fed animals.

Grain fed animals tend to accumulate high levels of the omega-6 fat arachidonic acid which promotes inflammatory responses in the body and increases the tendency for clots to form in the blood. Injection of arachidonic acid into the ear of a rabbit will kill the animal in under three minutes. Excess of no other fat will do this.

Genetics, diet, and temperature will determine whether animals form omega-3 or omega-6 fats in their tissues. Fish are especially efficient at converting simpler forms of omega-6 or omega-3 fats into the more complex and biologically active forms of these fats. Cold water fish tend to concentrate far higher levels of omega-3 fats than they do omega-6 fats.

GNLD Salmon Oil Plus is a superior form of fish oil supplementation. It is tested for over 160 different potential contaminants with an acceptable level of ZERO. A distinctive molecular differentiation technology allows the company to pick and choose exactly what components are desired in the supplement. Salmon Oil Plus is standardized for all 8 of the master molecules of the omega-3 family. The capsules are also small which makes taking them easier and decreases the likelihood of burping up fish oil.

Salmon Oil Plus has also undergone human clinical trials at the suggested levels of intake of the supplement. The trials have shown dramatic increases in the levels of omega-3 fats in the red blood cells, declines in triglyceride levels, and significant reductions in the risk of developing inflammatory problems.

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