THE TRUTH ABOUT FATTY ACIDS OMEGA 3

1 Table Spoon Per Day Keep The Doctor Away



NoomiKajsa.com
WOMEN'S HEALTH

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The content is not intended to diagnose, treat, cure or prevent any disease. Statements about possible health benefits refer to scientific studies and are not promises of any result for you.

Always talk to your doctor before taking supplements or changing your diet – especially if you are pregnant or breastfeeding, take blood-thinning or other medication, have a medical condition or are going to have surgery. Food supplements should not be used as a substitute for a varied, balanced diet and a healthy lifestyle.

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Table of Contents

Introduction	1
Why Care About Omega-6 And Omega-3 Fatty Acids?	2
What Are Omega 3 Fatty Acids And What Do They Do?	3
Should I Take Omega 3 Supplements?	5
Who Should Take Omega 3 Fish Oil	6
Who Shouldn't Take Omega 3 Fish Oil	10
Where Are The Omega 3 Fatty Acids?	12
What Fish Has Omega 3 Fatty Acids?	12
Why Do We Need Omega 3 Fatty Acids?	13
How Do Omega 3 Fatty Acids Work In Our Cells?	13
Tips for Picking a Good Omega-3 Supplement	14
How to Choose an Omega-3 Supplement	14
The Benefits Of Omega 3	17
Six good reasons to take OMEGA 3 Fish Oil	20
17 science-Based Benefits of Omega-3 Fatty Acids	22
8 Proven Benefits of Polyphenols - Olive Oil	30
Foods That Are Very High in Marine Omega-3	34
7 Best Plant Sources of Omega-3 Fatty Acids	37
Is Your Fish Oil Rancid?	41
Understanding Peroxide, Anisidine & TOTOX Values	44
What Makes The Zinzino Balance Oil So Good?	46
How Do We Know Zinzino Balance Oil Works?	47
The Bottom Line	



Introduction

Today, most people are eating a lot of omega-6 fatty acids.

At the same time, the consumption of animal foods that are high in omega-3s is the lowest it has ever been.

Scientists suspect that a distorted ratio of these polyunsaturated fatty acids may be one of the most damaging aspects of the Western diet.



WHY CARE ABOUT OMEGA-6 AND OMEGA-3 FATTY ACIDS?

Omega-6 and omega-3 fatty acids are called polyunsaturated fats because they have many double bonds (poly=many).

Your body doesn't have the enzymes to produce them, so you must get them from your diet.

If you don't get any from your diet, you develop a deficiency and become sick. That is why they are termed "essential" fatty acids.

However, these fatty acids are different than most other fats. They are not simply used for energy or stored, they are biologically active and have important roles in processes like blood clotting and inflammation.

But omega-6s and Omega-3s DON'T have the same effects. Scientists believe omega-6s are PRO-inflammatory, while omega-3s are ANTI-inflammatory

Of course, inflammation is essential for your survival. It helps protect your body from infection and injury, but it can also cause severe damage and contribute to disease when it's chronic or excessive.

In fact, chronic inflammation may be one of the leading drivers of the most serious modern diseases, including heart disease, metabolic syndrome, diabetes, arthritis, Alzheimer's and many types of cancer.

Scientists have hypothesized that a diet high in omega-6s but low in omega-3s increases inflammation, while a diet that includes balanced amounts of each reduces inflammation

Those who follow a Western diet are typically eating way too much omega-6s relative to omega-3s. Many believe this is a serious health problem.

SUMMARY: An omega-6 to omega-3 ratio that is too high may contribute to excess inflammation in the body, potentially raising the risk of various diseases.



WHAT ARE OMEGA 3 FATTY ACIDS AND WHAT DO THEY DO?

First of all we need to know that Omega 3 is a family of 3.

EPA, DHA and ALA

In this eBooks we MOSTLY talk about EPA and DHA

The BIG differences is that EPA and DHA is derived from **Marine sources** (fish and micro algae) and ALA is derived from **Plant sources** such as

1. Chia Seeds. Chia seeds are known for their many health benefits, bringing a hefty dose of fiber and protein with each serving. ...
2. Brussels Sprouts. ...
3. Algal Oil. ...
4. Hemp Seed. ...
5. Walnuts. ...
6. Flaxseeds. ...
7. Perilla Oil.

However **Plant Sourced (ALA)** Omega 3 are healthy but it can never replace the Omega 3 who comes **from marine sources (DHA and EPA)**. So when people in general talking about they are getting enough Omega 3 that's a modification of the truth. Almost ALL Studies that has been done are around DHA and EPA.
We all want to feel fit, fabulous and as if we were running at full capacity. But if you're not getting enough Marine sourced Omega 3 fatty acids in your diet (and we don't in the Western diet), you could be asking your body to do the impossible. Everything from the joints and the heart to the brain, in addition to the skin in which they are involved, needs a good supply of marine Omega 3 to stay healthy. And you can ONLY get it from fish (not farm fish) or a high quality fish supplement.

But while you may have heard about Omega 3 fatty acids, what are they and how do they work once we have eaten them?

What Are Omega 3 Fatty Acids?

When it comes to the human body, there are only three types of Omega 3 fatty acids that we use; alpha-linolenic acid, eicosapentaenoic acid, and docosahexaenoic acid, all better known by their abbreviations ALA, EPA and DHA.

Definition Of Omega 3 Fatty Acids

EPA and DHA are long chain Omega 3 fatty acids (20 carbon compounds or more in length) and are found in bluefish. They are the most important types of fatty acids nutritionally because they have the most health benefits. Fish rich in Omega 3 fatty acids include fish such as mackerel, sardines, and wild salmon or you can take an Omega 3 fatty acid supplement such as a fish oil.

ALA is a medium chain fatty acid (18 carbon compounds in length) and is found in plant sources such as rapeseed oil, flaxseed, walnuts, and quinoa. The body uses ALA to prepare EPA and DHA, but it can only do so in very small amounts.

The Problem With Relying On Vegetable-based Fatty Acids To Get Your Omega 3

While ALA can be converted to EPA and DHA in the body, our ability to carry out this conversion is poor and made even more difficult by the prevalence of Omega 6 in our diets.

In short, three reactions are needed in our bodies to make the EPA come from ALA and four other reactions to transform that EPA into DHA. And to complete these reactions, the body needs an adequate supply of enzymes to kick-start the process.

Unfortunately, enzymes are easily altered by the presence of too many Omega 6 fatty acids in the body, something that is common for us in the West with our dependence on vegetable oils and processed foods.

While foods like chia and seed oils are often touted as high in ALA, relying on these foods alone will not provide you with enough of the most important Omega 3, EPA and DHA.

SHOULD I TAKE OMEGA 3 SUPPLEMENTS?

If you're already eating the kind of diet a nutritional therapist would be proud of you may think that taking a fish oil supplement really isn't for you. Surely it's best just to get your Omega 3 by eating the fish itself, rather than taking it as a supplement?

Well, yes and no. While it is true that supplements can't undo the effects of a poor diet, very few of us are able to eat the recommended amount of oily fish we need for good general health.

Both the NHS and the Scientific Advisory Committee on Nutrition (SACN) say we should all aim for two 140g portions of fish a week, one white (like cod) and one oily (like mackerel). This would give you a weekly Omega 3 intake of around 3,150mg. **Unfortunately most of us fail to get even that modest amount, with only 27% of UK adults eating oily fish regularly according to the SACN.**

And if you were hoping to see some therapeutic benefits from eating oily fish, perhaps for a health condition such as acne, depression, heart disease or arthritis, you'd need to eat much more than this. A new European Food Standards Authority-approved health claim suggests taking 3,000mg for the maintenance of normal blood pressure. In a Korean study on acne, positive benefits on spots and lesions were seen by eating 2,000mg of Omega 3 per day. And Arthritis.org **recommends 2,700mg per day for healthy joints**.

To get anywhere near those sorts of levels would mean eating far more than the current recommended amounts of oily fish. From mackerel to wild salmon, oily fish contains low levels of pollutants that build up in the body over time. For this reason healthy adults shouldn't eat more than four portions per week, while women who are pregnant or breastfeeding shouldn't eat more than two.

Taking a pure, safe fish oil supplement combined with polyphenols and Dvitamine we recommend ZINZINO - GET IT HERE

Zizino ensures you're getting all the health benefits of Omega 3, without the risk of pollutants such as PCBs or heavy metals like mercury.

Zinzino uses International Fish Oil Standards to check the quality of all of the fish oils. IFOS have even stricter standards than those set by the government and they don't just look at purity levels, they check the amount of EPA and DHA (the beneficial long-chain fatty acids in Omega 3) and the freshness of the oil.

Should I give Omega 3 fish oil supplements to my kids?

These days we don't see fish as a particularly child-friendly food unless it's covered in breadcrumbs. But we really should because Omega 3 is particularly vital for your child's rapidly growing brain and nervous system.

The human brain increases in mass by 3.5 times by the age of five. To do this it needs copious amounts of the Omega 3 fatty acid docosahexaenoic acid (DHA). DHA is the major building block of the brain used to build its 100 billion cells and neurons. Low levels of Omega 3 fatty acids are seen in children with behavioural disorders such as ADHD and it's vital for everything, from their reading ability to their powers of concentration. But that's not all. The second essential fatty acid in Omega 3, eicosapentaenoic acid (EPA), is anti-inflammatory, neuroprotective and can help signalling between brain cells. And taking Omega 3 can boost everything from their immune systems to their skin health.

Children should be getting at least 140g of Omega 3 per week. But according to the latest National Diet and Nutrition Survey, average intakes are just 18g per week for kids, only an eighth of the recommended 140g.

Can I take Omega 3 while pregnant?

Unlike cod liver oil supplements which aren't recommended for pregnancy due to their levels of Vitamin A, it's safe to take an Omega 3 fish oil when pregnant. **And it's not just safe, it's a really good idea…**

DHA is essential for the proper growth and development of your tiny embryo's eyes and brain and it can make it less likely that your baby will develop allergies or asthma in the future. Pregnant women with higher levels of Omega 3 were found to have fewer babies suffering from eczema in the first year of life.

And all of this Omega 3 has to come from you. Your body prioritises your own Omega 3 to give to your growing bump, meaning your own levels can become seriously depleted, something that's been implicated in the development of postnatal depression. That's why it's a good idea to keep taking an Omega 3 fish oil supplement after giving birth, even if you're not breastfeeding.

Who should take Omega 3 fish oil supplements?

There's good evidence to suggest that we'd all benefit from a diet rich in fish oil, because we need Omega 3 just to function on a fairly basic level. However there are certain groups that need even higher doses of EPA and DHA.

As Jackie McCusker, registered nutritional therapist at the University of Westminster's, explains, “anyone with deficiency symptoms, or who has tested deficient, anyone with a chronic inflammatory condition, anxiety or depression, stress, cognitive decline, diabetes, a history of coronary heart disease, children that have been diagnosed with ADHD, pregnant women, breastfeeding women… In all these cases and many more their requirements for Omega 3 significantly increase.”



WHO SHOULD TAKE OMEGA 3 FISH OIL

Omega 3 fish oil is a nutritional superstar

From before we're born through to our golden years, this wonder supplement has a key role to play at every stage of our lives.

And while other supplements fall in and out of fashion faster than you can say “activated charcoal”, Omega 3 is here to stay. First discovered in the late 1920s, the essential fatty acid really entered the public consciousness in the 1970s when researchers discovered that Greenland Inuits, who consumed vast amounts of oily fish, didn't have the levels of cardiovascular disease we suffered from in the West.

These days Omega 3 is one of the best-researched supplements on the planet. In fact, over 5,000 scientific studies on PubMed, the world's largest database of biomedical research, have Omega 3 in their title.

With benefits that range from the cosmetic (who doesn't want younger-looking skin?) to the therapeutic (from calming raging hormones to managing the symptoms of depression), it's tempting to think we should all be taking Omega 3 by the tablespoon. But is that really the case?
So who needs Omega 3 fish oil in their lives and is there anyone who really shouldn't be taking it?

“Perhaps the single most important dietary recommendation to improve our health and prevent chronic disease is to increase our dietary intake of Omega 3 fatty acids, which are found primarily in oily fish.”

Most modern diets contain high levels of Omega 6 which is in virtually all processed foods from crisps to granola, and the vegetable oils we cook with at home.

This sheer volume of Omega 6 is crowding the Omega 3 out of our diets and that's a problem. An excess of Omega 6 fats can lead to inflammation in the body, something seen as the cause of many chronic diseases.

Even if you have a healthy diet you may still be eating too much Omega 6 without realising it.

Locally sourced, organic rapeseed oil seems like a healthy choice, but it's chock-full of Omega 6. Fresh meat from your butcher will contain Omega 6, unless it's from grass fed animals, as cows and chickens are frequently fed corn and soy which are high in Omega 6 and low in Omega 3s. Even those healthy nut butters and vegetable crisps are high in Omega 6 fats.

Around 150 years ago the ratio of Omega 3 to 6 in our diets was 1:1 but now it's closer to 1:15 and as high as 1:25 in the US. If you know your diet's not as good as it should be you'll need even more Omega 3 to try to redress the balance. And it's also a good idea to try to reduce the amount of Omega 6 you're eating at the same time.

As Dr Loren Cordain PhD, professor emeritus at the Department of Health and Exercise Science at Colorado State University, says, “Omega 3 restores the balance of fatty acids that our genus (homo) evolved with over millions of years of evolutionary experience. In doing so, this reduces the risks of common Western diseases that afflict us all.”

You should take Omega 3 if you already show signs of an Omega 3 deficiency

From irritability and anxiety, to poor sleep and a lack of concentration, there's a long list of signs you could be Omega 3 deficient. According to My London Nutritionist, poor emotional health is a primary sign you are low on essential fatty acids (EFAs).

“Most people don't treat their diet as a priority but it can dictate the way you feel,” she explains. “Grey matter is fat, so if you're not getting enough Omega 3 it affects your central nervous system. We need EFAs for the neurons in our brains to fire impulses. Mental illnesses such as depression can occur when this process does not work correctly.”

There are some physical symptoms to look out for too.

- *Dry, itchy or bumpy skin*
- *Dry brittle hair and dandruff*
- *Brittle, fraying nails*
- *Excessive thirst*
- *Frequent urination*

You should take Omega 3 if your diet's not as good as it should be

If you're still not sure, the best way to find out is to consult a fully qualified nutritional practitioner, who can refer you for a blood test to measure the EFAs in your red blood cells.

There's no such thing as a one-size-fits-all approach when it comes to your health.

You should take Omega 3 if you're elderly

It's not just children who benefit from the brain-boosting properties of Omega 3. GET IT HERE

Fernando Gõmez-Pinilla, professor of neurosurgery at the University of California in Los Angeles, wrote an extensive report in Nature Reviews Neuroscience after analysing all studies relating to this subject. He concluded diets high in DHA are good for the brain and can help slow the rate of cognitive decline in the elderly as well as improve mood.

And that's not all. In 2008 the American Journal of Clinical Nutrition published three studies that showed low concentrations of EPA and DHA in elderly people resulted in an increased risk of death from all causes.

You should take Omega 3 for certain health conditions

Omega 3 fatty acids may help prevent and treat a wide variety of diseases and disorders, although you'll probably need to take a clinical strength dose for up to three months before you feel the benefit.

Omega 3 may help regulate hormones and eye pressure, maintain healthy joints and blood vessels, support a healthy immune system, help protect against cancer, promote brain development during pregnancy and early life, reduce inflammation, alleviate depression and anxiety, slow skin ageing, help manage weight, prevent asthma, help with migraines…the list goes on.



It's all down to the Omega 3 fatty acid EPA, known for its anti-inflammatory properties. Inflammation is the basis for many chronic disease, such as autoimmune conditions, heart disease, cancer and diabetes.

You should take Omega 3 if you're an athlete



It's not just people with health problems or deficiencies that need to take a supplement. There is much research into the positive effects Omega 3 can have on athletes. One study by the Centre for Human Nutrition, Division of Geriatrics and Nutritional Sciences at Washington University School of Medicine, found that taking an Omega 3 supplement led to a 50% increase in the up-regulation of mTOR, which is the genetic signalling pathway that stimulates lean muscle growth.

According to Dr Marc Bubbs, a naturopathic doctor, strength coach and author in Canada, if you're an athlete or just training intensely, fish oil supplements can be a “game changer”.

Who shouldn't take Omega 3?

Although fish oils are generally safe for everyone to take, if you're on medication you should always consult your doctor before taking any supplement that's not prescribed for you. And there's also a range of people who should exercise some extra caution before taking Omega 3.

People on blood-thinning medication

If you're taking warfarin, aspirin, plavix or other medications with blood-thinning properties, you should consult your GP first as Omega 3s may be contraindicated.

Professor Lesley Braun, a senior research fellow at the department of medicine at Monash University in Melbourne, said, “Omega 3's anti-inflammatory effect notionally has the potential to influence blood-clotting mechanisms, making blood less likely to clot. This would have implications for gastric bleeding, risk of haemorrhagic stroke etc. However, this potential effect is thought not to be significant in daily life.

“In practice, the potential benefits of Omega 3 EFAs outweigh possible bleeding risks for the vast majority of people, when used as clinically indicated,” says Professor Braun. “As with all people taking warfarin, INR [a measure of how long it takes for blood to clot] should continue to be monitored and medication dosage adjusted if there's a significant change. Additionally, people with bleeding disorders or listed for neurosurgery need special supervision.”

People with certain food allergies

Clearly you shouldn't take a fish oil supplement if you are allergic to fish. But what if you're allergic to shellfish? It all depends on the severity of your allergy. Fish oil does not contain the proteins from the flesh of shellfish, but there is a remote possibility that it may have traces of tiny molecules of the proteins, according to the Food Allergy Initiative.

You should also be cautious if you have a severe nut allergy. Rare incidences of skin rashes have been reported among people taking supplements who had other food allergies.

People with diabetes

In some diseases such as diabetes, Omega 3 supplementation needs to be used with caution as it may increase fasting blood sugar levels. Talk to your doctor if you are taking medications to lower your blood sugar.

So, should we all take Omega 3 fish oil?

Omega 3 really is a life source to us humans. Each one of the trillions of cells in our bodies has a membrane, which protects the cell and helps it function. Omega 3 essential fatty acids (EFAs) are a vital part of this structure.

“The membrane of every cell is made up of lipids (phospholipids and cholesterol), proteins and carbohydrate groups,” explains Jackie McCusker, nutritional therapist at the University of Westminster's London clinic. “Omega 3 EFAs represent about 20% of the phospholipids and are therefore an integral component of the cell membrane.”

When you realise how 'essential' these fatty acids are for our body to function on a basic level it seems incredible that we don't all eat oily fish at every meal. Although of course, that would expose us to worrying levels of toxins. But remember there's no such thing as a one-size-fits-all approach when it comes to your health. If you're on blood-thining medication.

“Less than 2% of ALA is converted to EPA by the liver, and less than 0.5% of ALA becomes DHA,” explains Dr. Loren Cordain, professor emeritus of the Department of Health and Exercise Sciences at the State University. of Colorado. “Most of the effects of long chain Omega 3 fatty acids (AGEs) are attributed to EPA and DHA, with DHA being the most dominant EFA, therefore, when consuming concentrated sources of ALA, such as flaxseed oil, very little becomes healthy EPA and DHA.”

The best way to ensure that we get enough biologically active EPA and DHA is to eat foods rich in these fats, such as bluefish.



WHERE ARE THE OMEGA 3 FATTY ACIDS?

EPA and DHA are abundant in bluefish, where they are usually found in a 50:50 or 60:40 ratio. Like us, they have to convert the ALA into the food they eat to make it, but, unlike us, they are much more efficient at doing it.

It also helps that marine microbe that oily fish enjoy, such as algae and phytoplankton, overflow with ALA.

What Fish Has Omega 3 Fatty Acids?

Look for fish such as mackerel, trout, herring, sardines or wild salmon. But which fatty fish are the richest in Omega 3 fatty acids?

We can answer that in two words: wild! The fact that most of the fish we eat today are grown, rather than captured in the wild, is another reason why we can not rely on eating two servings of bluefish per week to get our bodies so desperately they need only to work normally

Johnathan Napier, from Rothamsted Research in Hertfordshire, explains why. “During the last decade, the amount of EPA and DHA in fish feed and, consequently, in the fish we consume has decreased significantly, mainly as a consequence of a finite supply of Omega 3 of oceanic origin, combined with the continued growth of aquaculture, which is a vital production system to provide protein to the ever-growing human population, which means that although farmed fish is still a great source of protein and Omega 3, such as EPA and DHA, now We need to eat more than before to get the recommended dose. ”

So you can see why the best Omega 3 fatty acid supplements are made with wild fish, instead of farm fish.

How Do Omega 3 Fatty Acids Work In Our Cells?

Omega 3 free fatty acids that you eat can enter all the cells of the human body. Here they not only work as a lubricant (hello, beautiful skin) but they can also improve communication between the cells. This is because when there is enough Omega 3 in the cell membrane, the long and flexible structure (provided by those 20 carbon compounds) allows a better flow of nutrients to the cell while preventing waste from re-entering. The DHA fatty acid, in particular, is especially high in the cells that make up the retina and the brain, which explains its great reputation for improving vision and cognitive performance.

At the same time, Omega 3 works to relieve inflammation by blocking multiple pathways of inflammation in the cell. They do this by inhibiting an enzyme called cyclo-oxygenase (COX), which produces prostaglandin hormones that cause inflammation in the first place. In fact, the way in which Omega 3 works in inflammation is similar to what happens when we take an anti-inflammatory drug: it interrupts the signaling pathway of COX-2, reducing inflammation and pain.

Another vital function of Omega 3 fatty acids is to make important signaling molecules known as eicosanoids. Eicosanoids are a bit like hormones but do not travel around the body. Instead, they work locally and have wide-ranging functions in the cardiovascular system and the immune system. Eicosanoids made from EPA and DHA Omega 3 are compatible with healthy bodily functions. However, eicosanoids made from Omega 6 can sometimes cause inflammation.

Why Do We Need Omega 3 Fatty Acids?

We have billions of cells in our body, from the neurons of our brain to the heart cells of our heart. Omega 3 helps everyone to function correctly and communicate with each other.

“If the cells do not communicate, there will be cell death,” says Jackie McCusker. “When many cells die, you get a damaged tissue, which triggers an inflammatory response, which in turn causes disease, for example, if many brain cells die, you get depression or Alzheimer's, while cell death in the heart can cause diseases. cardiovascular.”



So you can see why Omega 3 fatty acids play such a vital role in maintaining a healthy cardiovascular system and in controlling inflammation, one of the main causes of most chronic diseases.

HOW TO CHOOSE AN OMEGA-3 SUPPLEMENT



Zinzino Balance oil It is, by every measurable standard, the best omega-3 supplement you can buy. But don't take our word for it. Bring this checklist to the store and see for yourself

Tips for Picking a Good Omega-3 Supplement:

1. Check the EPA/DHA Levels

These are the workhorses of the omega-3 chain. When a major medical study is done on omega-3, it's actually the EPA/DHA that's being tested. The efficacy level in almost all worldwide research is set at 2 to 3 grams (2000 to 3000 mg) per day.

Most drug, grocery and health food store supplements offer only 1 gram (1000 mg) of total omega-3 per dose, and considerably less EPA/DHA. A two teaspoon dose of Omega Cure contains 2000 mg of naturally-occurring EPA/DHA, plus 575 mg of other omega-3s. This makes it the most potent natural omega-3 oil on the market, pure and simple.

2. Don't Mess with Mother Nature

There are only two sources of full-spectrum omega-3 on earth: breast milk and fatty fish. Since it's almost impossible (as well as now unsafe) to eat enough fresh fish to get the omega-3 you require, you need a supplement that most closely resembles the natural form. That rules out any oil that has been fractionalized, winterized, ethyl-etherized or any other "-ized," because each "minor modification" creates potential weak links in the fatty acid chain.

The bottom line is this: any fish oil able to survive a hot cargo hold, a musty warehouse, or a fluorescent-lit store shelf for not just months, but years, has got to be good and boiled first. (And we all know what that does to, say, fresh vegetables.)

Even worse than the boiling is the skimming away of any solidifying fat particles, a sleight of hand done not for health, but aesthetic purposes. You see, true fish oil – like any virgin oil – will congeal when refrigerated. Most companies think people like clear oil better, despite losing countless active micro nutrients plus the full family of omega-3s. Who knows? Maybe this skimming (aka: fractionalizing) is why several o-3 studies show that manipulated fish oils offer less than 1/3 the bio-potential of the real deal.

Rest assured, a nice, fresh bottle of chilled Omega Cure is positively thick with user-friendly, full-spectrum omega-3.

3. The Great "Something's Fishy" Cover Up

Want to know where all the old unsold vats of fish oil go? Not down the drain, that's for sure.

Low quality fish oil, and even high quality oil that's gone rancid, are so common that the tricks of the cover-up trade are now the norm: put the oil in capsules and add copious amounts of flavoring, preservatives and emulsion. But bad oil can't fool a human body. That's what those "urpy reminders" are all about.

4. Beware of Inflation

Of course, in this "more is better" world of ours, pharmaceutical "health" companies have been having a field day finding ways to crank up the EPA/DHA numbers. Just remember this: There is a natural order and balance to omega-3. The benefits come as much from that balance as from the "stars" of the omega-3 family. As a rule of thumb, no natural fish oil contains more than 30% EPA/DHA; if a label says it does, it means the oil has been artificially amped up, undermining the delicate balance and bio-interactive power. For example a 1000 mg dose of fish oil would not, in its natural state, have more than 260 mg combined EPA/DHA.

5. Beware of Delusions

Say you find a brand that has omegas 6 are simply a whole lot cheaper to produce than omega-3.

Even more egregious, they're presuming you don't know enough about essential fatty acids to know that the very reason people are in such dire need of omega-3 right now is to compensate for the glut of omega-6 in the Western diet. They could throw in a shot of French fry grease and it wouldn't be any worse for you than ingesting more omega-6 on a daily basis. Truly.

6. Consider the Source

Flax seed oil is another popular form of omega-3. It is a lovely, simple PLANT DERIVED fatty acid, but it contains no EPA/DHA . In a nutshell, FIshoil can do everything that flaxseed oil can, but flax seed can only do a small part of what fish oil can.

7. Just How Many Doses Do They Expect You To Take?

It's a very curious thing. Almost every brand of o-3 capsules claims a dose is two a day. Okay, let's do the math: if a natural fish oil can only give you 260 mg EPA/DHA per gram, then the actual dose required to achieve the levels used to get all the wonderful health benefits you've been reading about would be more like 8 to 12 capsules a day. But a detail like that is hardly stimulating to sales. No, better just to let folks think that 1 or 2 capsules is enough. After all, what are the odds you'll ever read the professional studies showing that a daily dose smaller than 2gram is no more effective than placebo.





THE BENEFITS OF OMEGA 3

Omega 3 What a gift of nature!

Feed your entire body throughout your life. Without that, we just do not work so well. So, what exactly is Omega 3 and why do we need it?

Speaking of science, it is a polyunsaturated essential long chain fatty acid. It's called essential because we can not do it on our own. We can convert sunlight into vitamin D, for example, but the only way to get Omega 3 is by eating it.

WHAT DOES OMEGA 3 DO TO THE BODY?

Once you have finished the table spoon of Zinzino fish oil the Omega 3 fatty acids go through a series of chemical reactions as your body converts them into compounds you can use. However, both EPA and DHA work in different ways.

EPA: A potent anti-inflammatory, EPA is used to diminish the effects of a family of compounds known communally as eicosanoids. The extra EPA you have in your diet, the less inflammatory eicosanoids you will produce in the first place. And that's good news when it comes to the treatment and prevention of conditions related to inflammation such as arthritis and eczema.

DHA: Used to build cell membranes, particularly the nerve cells of the brain and eyes, DHA is crucial for proper brain development. It is highly concentrated in the brain, constituting around 40% of the organ's polyunsaturated fats.

DHA studies shows it protect against depression and Alzheimer's disease, while insufficiencies have been linked to ADHD. DHA has a role to play in the heart; DHA seems to lower blood pressure and increase HDL cholesterol.

WHAT IS OMEGA 3 USED FOR?

Omega 3 is good for our hearts, brain, and eyes and helps keep our joints and skin healthy. The American Journal of Clinical Nutrition in 2008, published three studies showing low concentrations of EPA and DHA in the elderly, which increased the risk of death from all causes.

Some other studies shows that Omega 3 can benefit and is recommended for, a lot of health conditions. They range from joint problems such as rheumatoid arthritis and skin disorders such as eczema and acne. There are also hundreds of promising trials that record the positive effects of Omega 3 on Alzheimer's, ADHD, depression, blood pressure and children's learning and behavior.

Just 150 years ago, the ratio of Omega 3 to 6 in our diets was 1: 1; now it is closer to 1:15 and as high as 1:25 in the US That imbalance is really not good for us. Actually its a global health problem.

Global health issue – to much Omega 6

Omega 6 Fatty Acids

Omega 6 fatty acids are an essential fatty acid that the body needs for normal growth and development. The body needs a healthy balance of omega-6 and omega-3 fatty acids. Excess consumption of omega-6s can trigger the body to produce pro-inflammatory chemicals.

Omega 6 is of vital importance to us as well and is also used for the growth and development of the brain. The problem is that we eat too MANY of them. It's hard not to do it; they're practically everything we eat. These fatty acids are found in oils such corn, safflower, sunflower, grapeseed, soy, peanut, and vegetable; mayonnaise; and many salad dressings. Often used by the industry as they are cheap.

It can be found in the healthy-looking granola and the oils we cook with. It can also be found in the animals we use for meat are fed grain rich in Omega 6 instead of their normal grass diet.

Too much Omega 6 in our diets prevents Omega 3 from working and is a major cause of disease and inflammation.

THE IMPORTANCE OF THE RATIO OF OMEGA 3 TO OMEGA 6

Just 150 years ago, the ratio of Omega 3 to 6 in our diets was 1: 1; now it is closer to 1:15 and as high as 1:25 in the US. That imbalance is really not good for us because once you've eaten all the Omega 6 you need, the excess becomes a type of prostaglandin that stimulates inflammation in the body.

With so many inflammatory compounds to contend with, the body enters a state of low-grade inflammation that “turns on” its immune system, something it is not designed to do for long periods of time.

HOW MUCH OMEGA 3 DO YOU NEED?

Although conditions such as arthritis, coronary heart disease, and depression have their own recommended therapeutic doses, there is no established standard for the amount of Omega 3 we need for overall health. Suggestions range from 200 mg to 1,000 mg, including up to 13,000 mg of total Omega 3. It also depends on who you ask.

It may also depend on the amount of Omega 6 you receive in your diet. If you know you are eating too many processed foods and vegetable oils, you may need to be closer to the upper limit of the recommended amounts of Omega 3 to provide the correct balance.

HOW CAN YOU MAKE SURE YOU GET ENOUGH OMEGA 3?

In a perfect world, your diet will provide you with all the Omega 3 fatty acids you need to be healthy. Realistically, when was the last time you sat down to a good plate of sardines? And how often do your children eat blue fish? In places like Japan and Iceland, where bluefish is a staple (a bit like bread for us), people are much less prone to diseases such as heart disease and rheumatoid arthritis. Skin conditions such as acne are virtually unknown.

To obtain 500 mg of Omega 3 per day, an amount that is in the middle of the average range suggested for good health, you would still have to eat a portion of salmon every day, and that if you choose wild salmon, because the fish of Farm contains only about half of Omega 3 levels (as well as worrying levels of antibiotics).

Even if you manage to eat a portion of fish every day, there is also concern about the amount of environmental toxins that could expose it, such as mercury and heavy metals.

WHAT IS THE BEST SUPPLEMENT TO TAKE?

The finest Omega 3 fish oil supplement will have decent amounts of EPA and DHA. Do not be fooled by any 1,000 mg claim, since this usually refers to the weight of the capsule. The amounts of EPA and DHA can often be much lower, which means that you may have to take up to 10-15 capsules per day to achieve a similar amount to the recommended amount.

It is vital to read the product label before buying fish oil supplements because it varies enormously in quality and strength.

Zinzino balance fish oil contains a real hit, with 2,500 mg (2000 mg EPA and DHA) of Omega 3 and the most important part is the polyphenols (antioxidants) and the D-vitamins. this together will ensure you the best effect. Other fishoil do not normally contain the important polyphenols and the D vitame.

GET IT HERE

Six good reasons to take OMEGA 3 Fish Oil

1. FOR BRIGHT BRAINS

Did you know that about 60% of your brain is fat? A large part of which is Omega 3. It is called 'brain food' for a good reason. It is essential for healthy brains, especially young people in development. Studies shows it helps reduce memory loss related to age and counteracts depression. And it is used to help autism, ADHD, Alzheimer's and dementia.





2. TO BOUNCE BABIES

Pour kindness into those small growing bodies. Omega 3 has essential nutrients for the development of brains, eyes and the nervous system of babies. It also helps maintain the brain of healthy mothers and stable mood. A happy mother is equal to a happy child. As an added benefit, it can also help reduce allergies and asthma in children.

3. FOR STRONG HEARTS

Keep your ticker pumping like a champion. Omega 3 reduces blood pressure and triglycerides. Reduces the risk of “hairy” arteries (atherosclerosis) by reducing inflammation and thinning the blood to help it flow smoothly. It is the number one supplement for healthy and strong hearts.





4. FOR JOYFUL JOINTS

Stay agile and on tiptoe. The high dose of Omega 3 helps with arthritis (rheumatoid and osteoarthritis) by reducing inflammation and keeping joints lubricated. Arthritis.org recommends 2,700mg per day. It is also ideal for fitness enthusiasts, which helps reduce the risk of injury during intense exercise and can soothe annoying aching knees.

5. FOR BRIGHT EYES

Be aware. Dry eyes can be a symptom that you need a little more Omega 3 in your life. DHA forms a large part of the eye tissue and can maintain the proper functioning of the tear ducts. It can also help avert age-related macular deterioration. We have a habit of taking our eyes for granted, do not do it.





6. FOR FABULOUS SKIN, HONEY

Keep your skin supple, plump and shiny. Dry skin and the back of bumpy arms are often a sign that you need to increase your Omega 3. It helps the skin stay hydrated and elastic. It helps protect against sun damage and increases repair of the cell membrane. By reducing inflammation, it can have a dramatic effect on eczema, acne, and psoriasis.



17 science-Based Benefits of Omega-3 Fatty Acids

Omega-3 fatty acids are incredibly important.

They have many powerful health benefits for your body and brain.

In fact, few nutrients have been studied as thoroughly as omega-3 fatty acids.

Here are 17 health benefits of omega-3 fatty acids that are supported by science.

1. Omega-3s Can Fight Depression and Anxiety

Depression is one of the most common mental disorders in the world.

Symptoms include sadness, lethargy and a general loss of interest in life (1, 2).

Anxiety, also a common disorder, is characterized by constant worry and nervousness (3).

Interestingly, studies indicate that people who consume omega-3s regularly are less likely to be depressed (4, 5).

What's more, when people with depression or anxiety start taking omega-3 supplements, their symptoms improve (6, 7, 8).

As you already know there is 3 types of Omega 3 fatty acids: ALA, EPA and DHA. Of the three, EPA appears to be the best at fighting depression (9).

One study even found EPA as effective against depression as a common antidepressant drug (10).

SUMMARY : Omega-3 supplements may help prevent and treat depression and anxiety. EPA seems to be the most effective at fighting depression.

2. Omega-3s Can Improve Eye Health

DHA, a type of omega-3, is a major structural component of the retina of your eye (11).

When you don't get enough DHA, vision problems may arise (12, 13).

Interestingly, getting enough omega-3 is linked to a reduced risk of macular degeneration, one of the world's leading causes of permanent eye damage and blindness (14, 15).

SUMMARY: An omega-3 fatty acid called DHA is a major structural component of your eyes' retinas. It may help prevent macular degeneration, which can cause vision impairment and blindness.

3. Omega-3s Can Promote Brain Health During Pregnancy and Early Life

Omega-3s are crucial for brain growth and development in infants.

DHA accounts for 40% of the polyunsaturated fatty acids in your brain and 60% in the retina of your eye (12, 16).

Therefore, it's no surprise that infants fed a DHA-fortified formula have better eyesight than infants fed a formula without it (17).

Getting enough omega-3s during pregnancy is associated with numerous benefits for your child, including (18, 19, 20):

- Higher intelligence
- Better communication and social skills
- Fewer behavioral problems
- Decreased risk of developmental delay
- Decreased risk of ADHD, autism and cerebral palsy

SUMMARY: Getting enough omega-3s during pregnancy and early life is crucial for your child's development. Supplementing is linked to higher intelligence and a lower risk of several diseases.

4. Omega-3s Can Improve Risk Factors for Heart Disease

Heart attacks and strokes are the world's leading causes of death (21).

Decades ago, researchers observed that fish-eating communities had very low rates of these diseases. This was later linked to omega-3 consumption (22, 23).

Since then, omega-3 fatty acids have been tied to numerous benefits for heart health (24).

These benefits address:

- Triglycerides: Omega-3s can cause a major reduction in triglycerides, usually in the range of 15–30% (25, 26, 27).
- Blood pressure: Omega-3s can reduce blood pressure levels in people with high blood pressure (25, 28).
- "Good" HDL cholesterol: Omega-3s can raise "good" HDL cholesterol levels (29, 30, 31).
- Blood clots: Omega-3s can keep blood platelets from clumping together. This helps prevent the formation of harmful blood clots (32, 33).
- Plaque: By keeping your arteries smooth and free from damage, omega-3s help prevent the plaque that can restrict and harden your arteries (34, 35).
- Inflammation: Omega-3s reduce the production of some substances released during your body's inflammatory response (36, 37, 38).

For some people, omega-3s can also lower "bad" LDL cholesterol. However, evidence is mixed — some studies find increases in LDL (39, 40).

Despite these beneficial effects on heart disease risk factors, there is no convincing evidence that omega-3 supplements can prevent heart attacks or strokes. Many studies find no benefit (41, 42).

SUMMARY: Omega-3s improve numerous heart disease risk factors. However, omega-3 supplements do not seem to reduce your risk of heart attacks or strokes.

5. Omega-3s Can Reduce Symptoms of ADHD in Children

Attention deficit hyperactivity disorder (ADHD) is a behavioral disorder characterized by inattention, hyperactivity and impulsivity (43).

Several studies note that children with ADHD have lower blood levels of omega-3 fatty acids than their healthy peers (44, 45).

What's more, numerous studies observe that omega-3 supplements can reduce the symptoms of ADHD.

Omega-3s help improve inattention and task completion. They also decrease hyperactivity, impulsiveness, restlessness and aggression (46, 47, 48, 49).

Recently, researchers observed that fish oil supplements were one of the most promising treatments for ADHD (50).

SUMMARY: Omega-3 supplements can reduce the symptoms of ADHD in children. They improve attention and reduce hyperactivity, impulsiveness and aggression.

6. Omega-3s Can Reduce Symptoms of Metabolic Syndrome

Metabolic syndrome is a collection of conditions.

It includes central obesity — also known as belly fat — as well as high blood pressure, insulin resistance, high triglycerides and low "good" HDL cholesterol levels.

It is a major public health concern because it increases your risk of many other illnesses, including heart disease and diabetes (51).

Omega-3 fatty acids can improve insulin resistance, inflammation and heart disease risk factors in people with metabolic syndrome (52, 53, 54).

SUMMARY: Omega-3s can have numerous benefits for people with metabolic syndrome. They can reduce insulin resistance, fight inflammation and improve several heart disease risk factors.

7. Omega-3s Can Fight Inflammation

Inflammation is a natural response to infections and damage in your body. Therefore, it is vital for your health.

However, inflammation sometimes persists for a long time, even without an infection or injury. This is called chronic — or long-term — inflammation.

Long-term inflammation can contribute to almost every chronic Western illness, including heart disease and cancer (55, 56, 57).

Notably, omega-3 fatty acids can reduce the production of molecules and substances linked to inflammation, such as inflammatory eicosanoids and cytokines (58, 59).

Studies have consistently observed a connection between higher omega-3 intake and reduced inflammation (8, 60, 61).

SUMMARY: Omega-3s can reduce chronic inflammation, which can contribute to heart disease, cancer and various other diseases.

8. Omega-3s Can Fight Autoimmune Diseases

In autoimmune diseases, your immune system mistakes healthy cells for foreign cells and starts attacking them.

Type 1 diabetes is one prime example, in which your immune system attacks the insulin-producing cells in your pancreas.

Omega-3s can combat some of these diseases and may be especially important during early life.

Studies show that getting enough omega-3s during your first year of life is linked to a reduced risk of many autoimmune diseases, including type 1 diabetes, autoimmune diabetes and multiple sclerosis (62, 63, 64).

Omega-3s also help treat lupus, rheumatoid arthritis, ulcerative colitis, Crohn's disease and psoriasis (65, 66, 67, 68).

SUMMARY: Omega-3 fatty acids can help fight several autoimmune diseases, including type 1 diabetes, rheumatoid arthritis, ulcerative colitis, Crohn's disease and psoriasis.

9. Omega-3s Can Improve Mental Disorders

Low omega-3 levels have been reported in people with psychiatric disorders (69).

Studies suggest that omega-3 supplements can reduce the frequency of mood swings and relapses in people with both schizophrenia and bipolar disorder (69, 70, 71).

Supplementing with omega-3 fatty acids may also decrease violent behavior (72).

SUMMARY: People with mental disorders often have low blood levels of omega-3 fats. Improving omega-3 status seems to improve symptoms.

10. Omega-3s Can Fight Age-Related Mental Decline and Alzheimer's Disease

A decline in brain function is one of the unavoidable consequences of aging.

Several studies link higher omega-3 intake to decreased age-related mental decline and a reduced risk of Alzheimer's disease (73, 74, 75).

Additionally, one study found that people who eat fatty fish tend to have more gray matter in the brain. This is brain tissue that processes information, memories and emotions (76).

Keep in mind that more research is needed on omega-3s and brain health

SUMMARY: Omega-3 fats may help prevent age-related mental decline and Alzheimer's disease, but more research is needed.

11. Omega-3s May Help Prevent Cancer

Canceris one of the leading causes of death in the Western world, and omega-3 fatty acids have long been claimed to reduce the risk of certain cancers.

Interestingly, studies show that people who consume the most omega-3s have up to a 55% lower risk of colon cancer (77, 78).

Additionally, omega-3 consumption is linked to a reduced risk of prostate cancer in men and breast cancer in women. However, not all studies give the same results (79, 80, 81).

SUMMARY: Omega-3 intake may decrease the risk of some types of cancer, including colon, prostate and breast cancer.

12. Omega-3s Can Reduce Asthma in Children

Asthma is a chronic lung disease with symptoms like coughing, shortness of breath and wheezing.

Severe asthma attacks can be very dangerous. They are caused by inflammation and swelling in the airways of your lungs.

What's more, asthma rates in the US have been rising over the past few decades (82).

Several studies associate omega-3 consumption with a lower risk of asthma in children and young adults (83, 84).

SUMMARY: Omega-3 intake has been associated with a lower risk of asthma in both children and young adults.

13. Omega-3s Can Reduce Fat in Your Liver

Non-alcoholic fatty liver disease (NAFLD) is more common than you think.

It has increased with the obesity epidemic to become the most common cause of chronic liver disease in the Western world (85).

However, supplementing with omega-3 fatty acids effectively reduces liver fat and inflammation in people with NAFLD (85, 86).

SUMMARY: Omega-3 fatty acids reduce liver fat in people with non-alcoholic fatty liver disease.

14. Omega-3s May Improve Bone and Joint Health

Osteoporosis and arthritis are two common disorders that affect your skeletal system.

Studies indicate that omega-3s can improve bone strength by boosting the amount of calcium in your bones, which should lead to a reduced risk of osteoporosis (87, 88).

Omega-3s may also treat arthritis. Patients taking omega-3 supplements have reported reduced joint pain and increased grip strength (89, 90).

SUMMARY: Omega-3s may improve bone strength and joint health, potentially reducing your risk of osteoporosis and arthritis.

15. Omega-3s Can Alleviate Menstrual Pain

Menstrual pain occurs in your lower abdomen and pelvis and often radiates to your lower back and thighs.

It can significantly affect your quality of life.

However, studies repeatedly prove that women who consume the most omega-3s have milder menstrual pain (91, 92).

One study even determined that an omega-3 supplement was more effective than ibuprofen in treating severe pain during menstruation (93).

SUMMARY: Omega-3 fatty acids can reduce menstrual pain and may even be more effective than ibuprofen, an anti-inflammatory drug.

16. Omega-3 Fatty Acids May Improve Sleep

Good sleep is one of the foundations of optimal health.

Studies tie sleep deprivation to many diseases, including obesity, diabetes and depression (94, 95, 96, 97).

Low levels of omega-3 fatty acids are associated with sleep problems in children and obstructive sleep apnea in adults (98, 99).

Low levels of DHA are also linked to lower levels of the hormone melatonin, which helps you fall asleep (100).

Studies in both children and adults reveal that supplementing with omega-3 increases the length and quality of sleep (98, 100).

SUMMARY: Omega-3 fatty acids — especially DHA — may improve the length and quality of your sleep.

17. Omega-3 Fats Are Good For Your Skin

DHA is a structural component of your skin. It is responsible for the health of cell membranes, which make up a large part of your skin.

A healthy cell membrane results in soft, moist, supple and wrinkle-free skin.

EPA also benefit your skin in several ways, including (101, 102):

- Managing oil production and hydration of your skin.
- Preventing hyperkeratinization of hair follicles, which appears as the little red bumps often seen on upper arms.
- Reducing premature aging of your skin.
- Reducing the risk of acne.

Omega-3s can also protect your skin from sun damage. EPA helps block the release of substances that eat away at the collagen in your skin after sun exposure (101).

SUMMARY: Omega-3s can help keep your skin healthy, preventing premature aging and safeguarding against sun damage.

Omega 3 Fatty acids are vital for optimal health.

Getting them from whole foods — such as fatty fish two times per week — is the best way to ensure robust omega 3 intake

However, if you don't eat a lot of fatty fish, then you may want to consider taking an omega-3 supplement. For people deficient in omega-3, this is a cheap and highly effective way to improve health.

8 Proven Benefits of Polyphenols - Olive Oil

1. Olive Oil Is Rich in Healthy Monounsaturated Fatshare on Pinterest

Olive oil is the natural oil extracted from olives, the fruit of the olive tree.

About 14% of the oil is saturated fat whereas 11% is polyunsaturated, such as omega-6 and omega-3 fatty acids (1).

But the predominant fatty acid in olive oil is a monounsaturated fat called oleic acid, making up 73% of the total oil content.

Studies suggest that oleic acid reduces inflammation and may even have beneficial effects on genes linked to cancer (2, 3, 4, 5).

Monounsaturated fats are also quite resistant to high heat, making extra virgin olive oil a healthy choice for cooking.

SUMMARY: Olive oil is rich in monounsaturated oleic acid. This fatty acid is believed to have many beneficial effects and is a healthy choice for cooking.

2. Olive Oil Contains Large Amounts of Antioxidants

Extra virgin olive oil is fairly nutritious.

Apart from its beneficial fatty acids, it contains modest amounts of vitamin E and K.

But olive oil is also loaded with powerful antioxidants.

These antioxidants are biologically active and may reduce your risk of chronic diseases (6, 7).

They also fight inflammation and help protect your blood cholesterol from oxidation — two benefits that may lower your risk of heart disease (8, 9).

SUMMARY: Extra virgin olive oil is loaded with antioxidants, some of which have powerful biological effects.

3. Olive Oil Has Strong Anti-Inflammatory Properties

Chronic inflammation is thought to be a leading driver of diseases, such as cancer, heart disease, metabolic syndrome, type 2 diabetes, Alzheimer's, arthritis and even obesity.

Extra-virgin olive oil can reduce inflammation, which may be one of the main reasons for its health benefits.

The main anti-inflammatory effects are mediated by the antioxidants. Key among them is oleocanthal, which has been shown to work similarly to ibuprofen, an anti-inflammatory drug (10).

Some scientists estimate that the oleocanthal in 3.4 tablespoons (50 ml) of extra virgin olive oil has a similar effect as 10% of the adult dosage of ibuprofen (11).

Research also suggests that oleic acid, the main fatty acid in olive oil, can reduce levels of important inflammatory markers like C-reactive protein (CRP) (2, 3).

One study also showed that olive oil antioxidants can inhibit some genes and proteins that drive inflammation (12).

SUMMARY: Olive oil contains nutrients that fight inflammation. These include oleic acid as well as the antioxidant oleocanthal.

4. Olive Oil May Help Prevent Strokes

Stroke is caused by a disturbance of blood flow to your brain, either due to a blood clot or bleeding.

In developed nations, stroke is the second most common cause of death, right behind heart disease (13).

The relationship between olive oil and stroke risk has been studied extensively.

A large review of studies in 841,000 people found that olive oil was the only source of monounsaturated fat associated with a reduced risk of stroke and heart disease (14).

In another review in 140,000 participants, those who consumed olive oil were at a much lower risk of stroke than those who did not (15).

SUMMARY: Several large studies demonstrate that people who consume olive oil have a much lower risk of stroke, the second biggest killer in developed countries.

5. Olive Oil Is Protective Against Heart Disease

Heart disease is the most common cause of death in the world (16).

Observational studies conducted a few decades ago showed that heart disease is less common in Mediterranean countries.

This led to extensive research on the mediterranean diet, which has now been shown to significantly reduce heart disease risk (17, 18).

Extra virgin olive oil is one of the key ingredients in this diet, protecting against heart disease in several ways (19).

It lowers inflammation, protects "bad" LDL cholesterol from oxidation, improves the lining of your blood vessels and may help prevent excessive blood clotting (20, 21, 22, 23, 24, 25).

Interestingly, it has also been shown to lower blood pressure, which is one of the strongest risk factors for heart disease and premature death. In one study, olive oil reduced the need for blood pressure medication by 48% (26, 27, 28).

Dozens — if not hundreds — of studies indicate that extra virgin olive oil has powerful benefits for your hearth.

If you have heart disease, a family history of heart disease or any other major risk factor, you may want to include plenty of extra virgin olive oil in your diet.

SUMMARY: Extra virgin olive oil has numerous benefits for heart health. It lowers blood pressure, protects "bad" LDL cholesterol particles from oxidation and improves the function of blood vessels.

6. Olive Oil Is Not Associated With Weight Gain and Obesity

Eating excessive amounts of fat causes weight gain

However, numerous studies have linked the Mediterranean diet, rich in olive oil, with favorable effects on body weight (29, 30, 31).

In a 30-month study in over 7,000 Spanish college students, consuming a lot of olive oil was not linked to increased weight (32).

Additionally, one three-year study in 187 participants found that a diet rich in olive oil was linked to increased levels of antioxidants in the blood, as well as weight loss (33).

SUMMARY: Consuming olive oil does not appear to increase the likelihood of weight gain. Moderate intake may even aid weight loss.

7. Olive Oil May Fight Alzheimer's Disease

Alzheimer's disease is the most common neurodegenerative condition in the world.

One of its key features is a buildup of so-called beta-amyloid plaques inside your brain cells.

One study in mice showed that a substance in olive oil can help remove these plaques (34).

Additionally, a human study indicated that a Mediterranean diet rich in olive oil benefitted brain function (35).

Keep in mind that more research is needed on the impact of olive oil on Alzheimer's.

SUMMARY: Some studies suggest that olive oil may combat Alzheimer's disease, but more research is needed.

8. Olive Oil May Reduce Type 2 Diabetes Risk

Olive oil appears to be highly protective against type 2 diabetes.

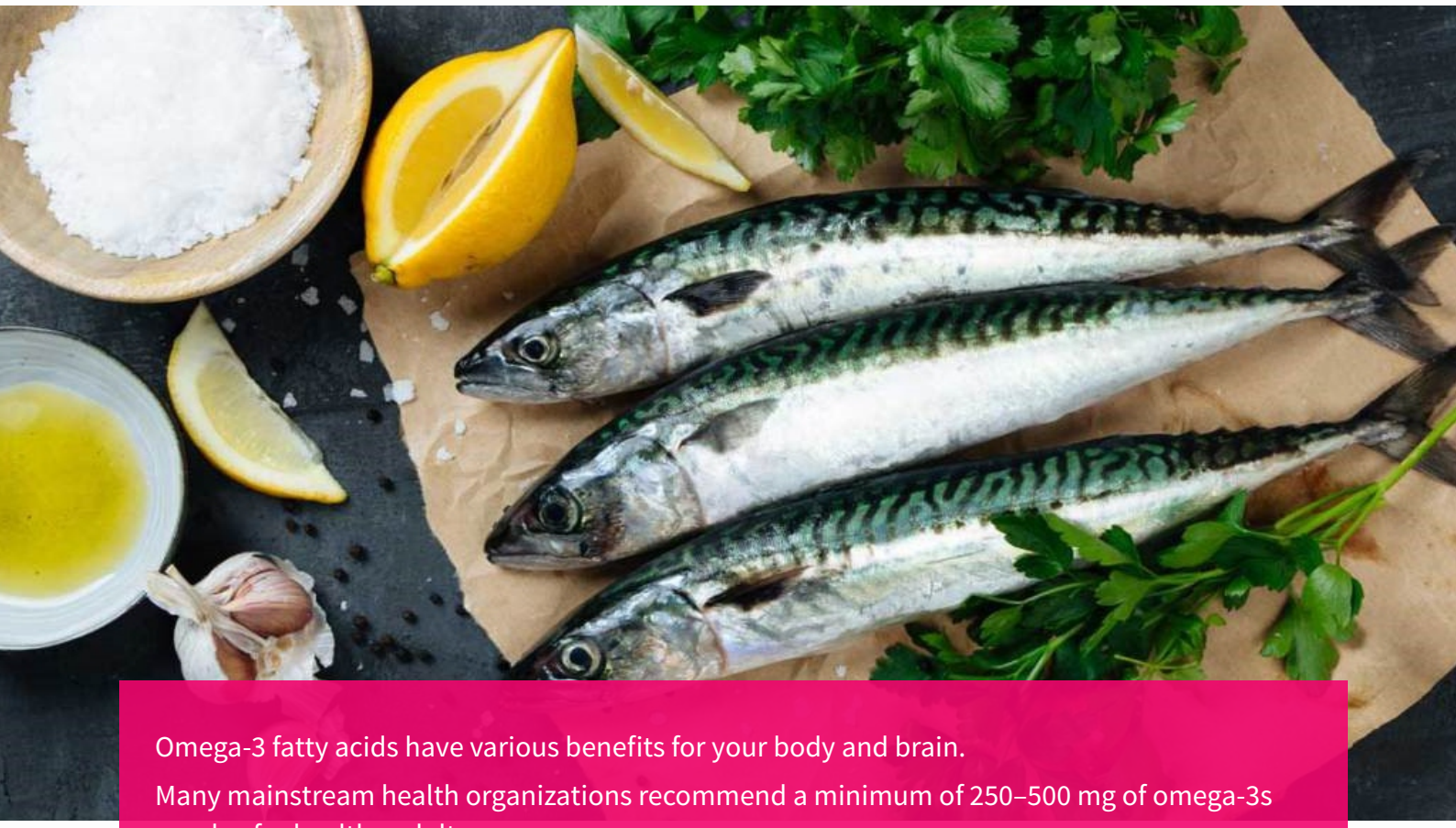
Several studies have linked olive oil to beneficial effects on blood sugar and insulin sensitivity (36, 37).

A randomized clinical trial in 418 healthy people recently confirmed the protective effects of olive oil (38).

In this study, a Mediterranean diet rich in olive oil reduced the risk of type 2 diabetes by over 40%.

SUMMARY: Both observational studies and clinical trials suggest that olive oil, combined with a Mediterranean diet, can reduce your risk of type 2 diabetes.

FOODS THAT ARE VERY HIGH IN MARINE OMEGA-3



Omega-3 fatty acids have various benefits for your body and brain.

Many mainstream health organizations recommend a minimum of 250–500 mg of omega-3s per day for healthy adults.

You can get high amounts of omega-3 fats from fatty fish, algae and several high-fat plant foods.

Here is a list of 12 foods that are very high in omega-3.

1. Mackerel (4,107 mg per Serving)

Mackerel are small, fatty fish.

In Western countries, they are commonly smoked and eaten as whole fillets.

Mackerel are incredibly rich in nutrients — a 3.5-ounce (100-gram) serving packs 200% of the Reference Daily Intake (RDI) for vitamin B12 and 100% for selenium (4).

On top of that, these fish are delicious and require little preparation.

Omega-3 content: 4,107 mg in one piece of salted mackerel, or 5,134 mg per 3.5 ounces (100 grams) (4).

2. Wild Salmon (about 2,850 mg per Serving)

Wild salmon is one of the most nutrient dense foods on the planet.

It contains high-quality protein and a variety of nutrients, including large amounts of magnesium, potassium, selenium and B vitamins (5, 6).

Studies show that people who regularly eat fatty fish, such as wild salmon, have a lower risk of diseases like heart disease, dementia and depression (7, 8, 9, 10).

Omega-3 content: about 2,850 mg in half a fillet of cooked, wild Atlantic salmon, or about 1,850 mg EPA + DHA in 3.5 ounces (100 grams) (5).

3. Cod Liver Oil (2,664 mg per Serving)



Cod liver oil is more of a supplement than a food.

As the name implies, it is oil extracted from the livers of cod fish.

Not only is this oil high in omega-3 fatty acids, but a single tablespoon is loaded with vitamins D and A — 338% and 270% of the RDIs, respectively (11).

Therefore, taking just one tablespoon of cod liver oil more than satisfies your need for three incredibly important nutrients.

However, don't take more than one tablespoon at a time, because too much vitamin A can be harmful.

Omega-3 content: 2,664 mg per tablespoon (11).

4. Herring (3,181 mg per Serving)

Herring is a medium-sized, oily fish. It is often cold-smoked, pickled or precooked, then sold as a canned snack.

Smoked herring is a popular breakfast food in countries like England, where it's served with eggs and called kippers.

A standard smoked fillet contains almost 100% of the RDI for vitamin Dand selenium and 50% of the RDI for vitamin B12 (12).

Omega-3 content: 3,181 mg per fillet of raw Atlantic herring, or 1,729 mg per 3.5 ounces (100 grams) (12).

5. Oysters (565 mg per Serving)

Shellfish are among the most nutritious foods you can eat.

In fact, oysters contain more zinc than any other food on the planet. Just 6–7 raw oysters (3.5 ounces or 100 grams) pack 600% of the RDI for zinc, 200% for copper and 300% for vitamin B12 (13, 14).

Oysters are usually eaten as an appetizer, snack or whole meal. Raw oysters are a delicacy in many countries.

Omega-3 content: 565 mg in 6 raw, eastern oysters, or 672 mg per 3.5 ounces (100 grams) (13).

6. Sardines (2,205 mg per Serving)

Sardines are very small, oily fish that are commonly eaten as a starter, snack or delicacy.

They're highly nutritious, especially when eaten whole. They contain almost every nutrient your body needs.

One cup (149 grams) of drained sardines provides over 200% of the RDI for vitamin B12 and over 100% for vitamin D and selenium (15).

Omega-3 content: 2,205 mg per cup (149 grams) of canned Atlantic sardines, or 1,480 mg per 3.5 ounces (100 grams) (15).

7. Anchovies (951 mg per Serving)

Anchovies are tiny, oily fish often bought dried or canned.

Usually eaten in very small portions, anchovies can be rolled around capers, stuffed in olives or used as pizza and salad toppings.

Because of their strong taste, they are also used to flavor many dishes and sauces, including Worcestershire sauce, remoulade and Caesar dressing.

Anchovies are a great source of niacin and selenium, and boned anchovies are also rich in calcium (16).

Omega-3 content: 951 mg per can (2 ounces, or 45 grams) of European anchovies, or 2,113 mg per 3.5 ounces (100 grams) (16).

8. Caviar (1,086 mg per Serving)

Caviar consists of fish eggs, also called roe.

Widely regarded as a luxurious food item, caviar is most often used in small quantities as a starter, taster or garnish.

Caviar is high in choline and exceptionally low in omega-6 fatty acids (17).

Omega-3 content: 1,086 mg per tablespoon (14.3 grams), or 6,789 mg per 3.5 ounces (100 grams) (17).



7 Best Plant Sources of Omega-3 Fatty Acids

Here are 7 of the best plant sources of omega-3 fatty acids.

1. Chia Seeds

Chia seeds are known for their many health benefits, bringing a hefty dose of fiber and protein with each serving.

They're also a great plant-based source of ALA omega-3 fatty acids.

Thanks to their omega-3, fiber and protein, studies have found chia seeds could decrease the risk of chronic disease when consumed as part of a healthy diet.

One study found that consuming a diet with chia seeds, nopal, soy protein and oats decreased blood triglycerides, glucose intolerance and inflammatory markers (7).

A 2007 animal study also found that eating chia seeds decreased blood triglycerides and increased both “good” HDL cholesterol and omega-3 levels in the blood (8).

Just one ounce (28 grams) of chia seeds can meet and exceed your daily recommended intake of omega-3 fatty acids, delivering a whopping 4,915 mg (9).

The current daily recommended intake of ALA for adults over age 19 is 1,100 mg for women and 1,600 mg for men (10).

Boost your chia seed intake by whipping up a nutritious chia pudding or sprinkle chia seeds on top of salads, yogurts or smoothies.

Ground chia seeds can also be used as vegan substitute for eggs. Combine one tablespoon (7 grams) with 3 tablespoons of water to replace one egg in recipes.

SUMMARY: One ounce (28 grams) of chia seeds provides 4,915 mg of ALA omega-3 fatty acids, meeting 307–447% of the recommended daily intake.

2. Brussels Sprouts

In addition to their high content of vitamin K, vitamin C and fiber, Brussels sprouts are an excellent source of omega-3 fatty acids.

Because cruciferous vegetables like Brussels sprouts are so rich in nutrients and omega-3 fatty acids, they have been linked to many health benefits.

In fact, one study found that an increased intake of cruciferous vegetables is associated with a 16% lower risk of heart disease (11).

A half cup (44 grams) of raw Brussels sprouts contains about 44 mg of ALA (12).

Meanwhile, cooked Brussels sprouts contain three times as much, providing 135 mg of omega-3 fatty acids in each half-cup (78-gram) serving (13).

Whether they're roasted, steamed, blanched or stir-fried, Brussels sprouts make a healthy and delicious accompaniment to any meal.

SUMMARY: Each half-cup (78-gram) serving of cooked Brussels sprouts contains 135 mg of ALA, or up to 12% of the daily recommended intake.

3. Hemp Seed

In addition to protein, magnesium, iron and zinc, hemp seeds are comprised of about 30% oil and contain a good amount of omega-3s (18, 19).

Animal studies have found that the omega-3s found in hemp seeds could benefit heart health.

They may do this by preventing the formation of blood clots and helping the heart recover after a heart attack (20, 21).

Each ounce (28 grams) of hemp seeds contains approximately 6,000 mg of ALA (22).

Sprinkle hemp seeds on top of yogurt or mix them into a smoothie to add a bit of crunch and boost the omega-3 content of your snack.

Also, homemade hemp seed granola bars can be a simple way to combine hemp seeds with other healthy ingredients like flaxseeds and pack in extra omega-3s.

Hemp seed oil, which is made by pressing hemp seeds, can also be consumed to provide a concentrated dose of omega-3 fatty acids.

SUMMARY: One ounce (28 grams) of hemp seeds contains 6,000 mg of ALA omega-3 fatty acids, or 375–545% of the daily recommended intake.

4. Walnuts

Walnuts are loaded with healthy fats and ALA omega-3 fatty acids. In fact, walnuts are comprised of about 65% fat by weight (23).

Several animal studies have found that walnuts could help improve brain health due to their omega-3 content.

A 2011 animal study found that eating walnuts was associated with improvements in learning and memory (24).

Another animal study showed walnuts caused significant improvements in memory, learning, motor development and anxiety in mice with Alzheimer's disease (25).

Just one serving of walnuts can fulfill an entire day's requirements of omega-3 fatty acids, with a single ounce (28 grams) providing 2,542 mg (26).

Add walnuts to your homemade granola or cereal, sprinkle them on top of yogurt or simply snack on a handful to increase your ALA intake.

SUMMARY: One ounce (28 grams) of walnuts contains 2,542 mg of ALA omega-3 fatty acids, or 159–231% of the daily recommended intake.

5. Flaxseeds

Flaxseeds are nutritional powerhouses, providing a good amount of fiber, protein, magnesium and manganese in each serving.

They're also an excellent source of omega-3s.

Several studies have demonstrated the heart-healthy benefits of flaxseeds, largely thanks to their omega-3 fatty acid content.

Both flaxseeds and flaxseed oil have been shown to reduce cholesterol in multiple studies (27, 28, 29).

Another study found that flaxseeds could help significantly lower blood pressure, particularly in those with high blood pressure (30).

One ounce (28 grams) of flaxseeds contains 6,388 mg of ALA omega-3 fatty acids, surpassing the daily recommended amount (31).

Flaxseeds are easy to incorporate into your diet and can be a staple ingredient in vegan baking.

Whisk together one tablespoon (7 grams) of flaxseed meal with 2.5 tablespoons of water to use it as a handy substitute for one egg in baked goods.

With a mild yet slightly nutty flavor, flaxseed also makes the perfect addition to cereal, oatmeal, soups or salads.

SUMMARY:One ounce (28 grams) of flaxseeds contains 6,388 mg of ALA omega-3 fatty acids, or 400–580% of the daily recommended intake.

6. Perilla Oil

This oil, derived from perilla seeds, is often used in Korean cuisine as a condiment and cooking oil.

In addition to being a versatile and flavorful ingredient, it's also a good source of omega-3 fatty acids.

One study in 20 elderly participants replaced soybean oil with perilla oil and found that it caused ALA levels in the blood to double. In the long term, it also led to an increase in EPA and DHA blood levels (32).

Perilla oil is very rich in omega-3 fatty acids, with ALA making up an estimated 64% of this seed oil (33).

Each tablespoon (14 grams) contains nearly 9,000 mg of ALA omega-3 fatty acids.

To maximize its health benefits, perilla oil should be used as a flavor enhancer or dressing, rather than a cooking oil. This is because oils high in polyunsaturated fats can oxidize with heat, forming harmful free radicals that contribute to disease (34).

Perilla oil is also available in capsule form for an easy and convenient way to increase your omega-3 intake.

SUMMARY: Each tablespoon (14 grams) of perilla oil contains 9,000 mg of ALA omega-3 fatty acids, or 563–818% of the daily recommended intake.



IS YOUR FISH OIL RANCID?

Think of fish oil. If your intestinal reaction is "disgusting", you are in good company. Whether it's about remembering Grandma's cod liver oil or taking horse pills in the closet, most of us believe that fish oil should have a bad taste.

We endure the unpleasant taste and horrible smell of fish oil because, well, it is difficult to discuss the health benefits demonstrated in thousands of research studies.

But the truth is that omega-3 supplements should not have the flavor of the salmon of yesteryear. If your omega-3 supplement smells fishy or produces nauseating belching throughout the day, chances are you have a rancid product on your hands.

This is what you need to know about freshness and fish oil:

What is Rancidity?

If you eat fish regularly, you probably know that fish breaks down more easily than other foods if it is not kept cold or consumed quickly. The same goes for fish oil. The reason why fish and fish oil spoil quickly (or "rust," as the scientific community calls it) is that they are rich sources of omega-3 EPA and DHA.

EPA and DHA are the main workhorses of the omega-3 family. They are known for their anti-inflammatory properties and their role in promoting good brain health, to name just a few benefits. But their chemical structure also makes them highly prone to oxidation.

If EPA and DHA molecules are oxidized, their molecular structure begins to change and the molecules are broken down into byproducts. These by-products, known as lipid peroxides, give off the unpleasant smell and taste of fish in poor condition.

The speed with which the omega-3 molecules are oxidized depends on several factors. For example, the oxidation process usually begins as soon as the fish are trapped, but it can be verified depending on the speed of capture of the fish and the temperature.

How fish oil is processed and distributed also makes a difference. The more you can reduce the exposure of the oil to oxygen, heat and light, the better. And adding antioxidants to the oil can also help.

But, if the oil has already begun the oxidation process, there is no turning back. At that time, it is only a matter of time before the oil becomes rancid.

Purity Is Not the Same As Freshness

Often, marketers will focus on "purity" as the primary indicator of how to evaluate the quality of fish oil. For purity, manufacturers are talking about low levels of toxins, such as mercury, in oil, although for the consumer, purity by association evokes an impression of freshness.

The low levels of toxicity are certainly important, whether we are talking about eating fish or taking fish oil supplements. With all the contaminants in the water, we do not always know what we put in our mouths.

Fortunately, the most respectable fish oil manufacturers today purify their oil and provide a certificate of analysis that shows the levels of toxins and heavy metals in the oil. However, the "purity" of a product says nothing about the freshness of the oil. These are separate quality measures.

Rancid Fish Oil May Hurt More Than Help, Research Shows

The effectiveness of omega-3 supplements has been controversial for some years. How good are we really?

It seems that every two weeks, there is a new study that shows the benefits of fish oil for brain health, dry eyes or children with allergy problems. And then, as soon as we

feel comfortable popping those fish oil capsules, another study appears that shows "no benefit" or, what is worse, negative effects.

Why Are There Such Different Results?

Often, the media will discuss the different doses used, the poor study designs or the increased use of medications to explain the confusion. And the omega-3 industry could counter by saying that the media sensationalized science. However, there is another factor that scientists are beginning to increase, and that is the level of rancidity of the oils used in the studies.

In 2016, a new review and study on Alzheimer's disease was published. These documents are added to the body of scientific literature that shows that rancid fish oil could explain why some omega-3 fish oil studies find positive effects and others do not.

In addition, these studies create a solid case to explain why rancid supplements of omega-3 could be considered a serious health problem.

Freshness Matters for Omega-3 Fish Oil

As consumers, freshness is something that we must take into account, and we must look for quality oils. For fish oil, consumers should demand higher standards of freshness. Ask to see the peroxide and anisidine values of your omega-3 supplement. Be aware of how it is stored. And, at a minimum, use the taste and odor test to evaluate the quality of your oil.

By following these principles, you can ensure that you are getting a fresh oil and experiencing all the benefits of omega-3 fatty acids.





UNDERSTANDING PEROXIDE, ANISIDINE & TOTOX VALUES

Thanks to scientists around the world who expressed concern about the volume of rancid fish oil capsules of poor quality, the omega-3 industry recently began to refuse. Many fish oil manufacturers, such as the one who visited our office, are beginning to talk about the oxidative status of their oil. And this, I think, is a positive change.

For the consumer, however, it can also be confusing, especially when many fish oil products claim to be fresh. What does it mean if an oil is fresh? What is the best fish oil to drink? How do we know what to trust?

Basic concepts of freshness and rancidity

Many people are not aware that freshness (or, on the contrary, rancidity) is not a purely subjective issue. It is something that you can measure. In terms of omega-3 oils, the three most common measures of rancidity are the peroxide, anisidine and TOTOX values.

What do the values of peroxide, anisidine and TOTOX mean for oxidation?

When oils are oxidized, they create new byproducts that do not exist in fresh oil. These by-products typically give off the fishy taste and smell associated with old fish or turpentine. The peroxide and anisidine measurements give an indication of how many of these by-products have formed in the oil. The TOTOX value, which is calculated using peroxide and anisidine measurements, provides an overview of how fresh the oil is.

What should the peroxide, anisidine and TOTOX values of a fresh oil be?

As a general rule, the lower the oxidation numbers, the fresher the oil. GOED (the commercial association of omega-3) recommends a peroxide value of 5 mEq / kg and an anisidine value of 20 mEq / kg as the upper limit (5).

But it is worth noting that some experts believe that the values should be lower. Omega Cure® generally has a peroxide value of 0.1 to 0.3 mEq / kg, which explains why the oil has no fishy taste or smell. For a more in-depth discussion about optimal oxidation numbers.

What is the problem if an oil's oxidation numbers are too high?

As oxidation occurs, the EPA and DHA content of an oil also decreases. Since the molecules of EPA and DHA are the main workhorses of the omega-3 family, a reduced content of EPA / DHA means a lower efficacy of the oil. In addition, many scientists believe that excessively oxidized lipids could cause adverse health problems.

The values of peroxide, anisidine and TOTOX are not the only ways to measure the oxidation levels of an oil. However, these numbers are relatively easy to measure and require minimal equipment.

Still, the tests are not perfect. For example, if an oil contains many flavors or additives, it may affect the correct reading of the value of anisidine and TOTOX.

Using the Taste and Smell Test

As useful as oxidation values are to determine the freshness of an oil, you can not simply rely on the reported value to determine the quality. This is because the oxidation values are constantly changing. An oil can have a peroxide value well below the 5 mEq / kg recommended before encapsulation and bottling.

But by the time the product has gone through its final processing and has waited on the shelf of a supermarket for several months (or years, as the case may be), that number will probably be much higher.

In fact, a study from Poland (Kolanowski et al) found that fish oil capsules developed peroxide levels 20% higher than their initial values within 22 days of storage. And these were fish oil supplements that had been stored at room temperature in airtight containers with limited exposure to light.

How Do You Know If A Fish Oil Is Still Good?

While not infallible, testing and smelling oil is probably the best way to evaluate a product for a regular consumer. Like fresh fish, a really fresh fish or cod liver oil should not have a fishy taste or smell. And it should not be covered by an intense flavoring or a gelatin capsule.

Zinzino's Zinzino BalanceTest is an easy self-test for analyzing the fatty acids in your blood. All it requires is a tiny drop of blood from your fingertip on a filterpaper and it takes less than a minute to complete. You send the test, anonymously, to one of the leading Nordic laboratories who will analyze your blood, with a 98% certainty. The test results will show the content of 11 fattty acids in you blood and your Omega-6:3 balance. You can access your results online anonymously after about 20 days. You may read more about it at www.ZinzinoTest.com.

Dry blood spot self-test

Measures 11 fatty acids in your blood

Informs about your Omega-6:3 balance

GET IT HERE



What Makes The Zinzino Balance Oil So Good?

As mentioned in the post, The Perfect Omega 6:Omega 3 Ratio, the problem with Omega 3 supplements is that, through the refining process of the oil, all of the naturally occuring polyphenols are removed. Polyphenols are antioxidants. They stabilize the oil both in the bottle and in the body and optimize the bioavailability of the Omega 3. To put it simply, without the polyphenols, the oil quickly goes rancid, and even while it is good, the body can't effectively metabolize it.

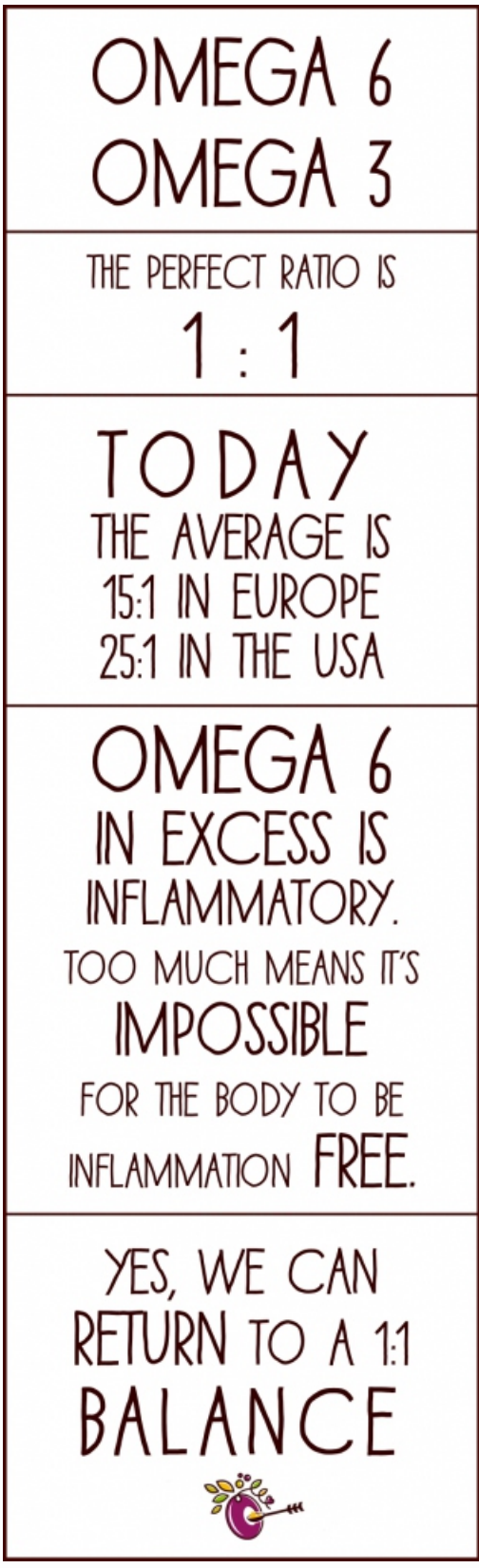
Omega 6 and Omega 3 need to be in balance. When Omega 6 is in excess, it's impossible for the body to be inflammation free.What this means is that you need to ensure that your Omega 3 supplement is enriched with polyphenols.

Zinzino has worked out a way to get the polyphenols and the Omega 3 both into your body at the same time through integrating extra virgin olive oil, as well as Vitamin D. This blend is so effective that the body continues to receive the benefits for up to 30 hours after the supplement has been taken. Through this synergistic effect, 95% of those who take the supplement are much, much closer to an Omega 6:Omega 3 ratio of 4:1 within just 120 days.

4:1 is a recommended ratio for cardiovascular health. Zinzino recommends striving for a 3:1 balance. The Paleo Diet and Lifestyle community recommends we return to the ratio that our evolution designed us for, that is, 1:1.

How Do We Know Zinzino Balance Oil Works?

We know that the Zinzino Balance Oil Omega 3 supplement can take us back to or close to the 3:1 ratio within 120 days because Zinzino provides a blood test which reveals the interplay of all the fatty acids in your body. It's a pin-prick test that comes in a kit and which you do at home. You just pop the blood tests into a pre-addressed envelope, stick a stamp on it, and post it. The tests are anonymous, and they're analysed at VITAS, an independent laboratory with an impressive customer base that includes the World Health Organisation and Cambridge University. Between 10 and 20 days, you can check your results online, and your Zinzino provider will help you understand the numbers. The whole process is very easy, very personal, and very friendly.



The results of those first tests are astounding. Over 95% of people exhibit vast imbalances in their Omega 6:Omega 3 ratios. Across the board, 75% of those who don't take an Omega 3 supplement are seriously unbalanced. In Northern Europe the average is 12:1, in Central Europe the average is 15:1, and in the USA the average is an astounding 25:1. Of those who already take an Omega 3 supplement by another provider, 20% are semi-balanced with an average ratio of 7:1. Only 5% of all those tested are in balance at 3:1.

Customers are encouraged to take the test, and then to start taking the Balance Oil Omega 3 supplement. After 120 days, a second test arrives in the mail. Again, you take the test, send it off to be analysed… and wait for the new results.

The results of those second tests are clear and worth repeating: 95% of people who were unbalanced before taking the Balance Oil have reached or are close to the recommended ratio of 3:1 after just 120 days.

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The results of those second tests are clear and worth repeating: 95% of people who were unbalanced before taking the Balance Oil have reached or are close to the recommended ratio of 3:1 after just 120 days.

Zinzino BalanceOil is a synergistic blend of highgrade fish oil, rich in the Omega-3 fatty acids EPA and DHA, with specially selected extra virgin olive oil with a high content of polyphenols. BalanceOil safely adjusts and maintains EPA+DHA levels and the Omega-6:3 balance in your body*.

BalanceOil supports optimal brain function and normal heart function, and boosts the immune system*.

Choose between fresh lemon, delicious vanilla or an exciting blend of orange, lemon and mint flavour.



** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

KEY BENEFITS*:

- Optimal brain function
- Good for your heart
- Boosts your immune system
- Helps maintain optimal EPA and DHA in your body
- Helps maintain optimal Omega-6/Omega-3 levels in your body
- Helps maintain polyphenol levels in your body to support blood lipids from
- oxidative stress
- Supports healthy and optimal eye function, helps maintain triglyceride and blood pressure levels that are already within normal limits and promotes healthy bones, muscles, teeth and cells.

* These statements have not been evaluated by the Food and Drug Administration.This product is not intended to diagnose, treat, cure, or prevent any disease.

INGREDIENTS

Fish oil (from anchovy, mackerel, sardine), cold-pressed olive oil, mixed tocopherols (antioxidants), flavor, vitamin D3 (cholecalciferol).

Supplement Facts

Body Weight	175 lb
Serving Size	2.5 tsp (12.5 mL)
Serving per Container	24

Amount per Serving		% DV
Total Calories	110	
Total Fat	12 g	18%
Polyunsaturated Fat	3 g	†
Monounsaturated Fat	5 g	†
Vitamin D	20 mcg	100%
Omega-3 Fatty Acids	2500 mg	†
EPA (Eicosapentaenoic Acid)	1336 mg	†
DHA (Docosahexaenoic Acid)	711 mg	†
Olive Oil	4262 mg	†
of which oleic acid (Omega-9)	3197 mg	†
of which Olive Polyphenols	3.7 mg	†

* Percent daily value (DV) are based on a 2.000 calorie diet.
† Daily Value (DV) not established

THE BOTTOM LINE

Omega-3 fatty acids are an important part of the diet and essential to your health.

If you don't eat fish because of dietary reasons or personal preferenceZinzino BalanceOil It is a synergistic blend of high-quality fish oil, rich in omega-3 EPA and DHA, with specially selected extra virgin olive oil with a high polyphenol content. BalanceOil safely adjusts and maintains EPA + DHA levels and Omega-6: 3 balance in your body. BalanceOil supports optimal brain function and normal heart function and strengthens the immune system. Choose from fresh lemon, delicious vanilla or an exciting combination of orange, lemon, and mint. BalanceOil is not intended to diagnose, treat, cure or prevent any disease. Balance Oil comes in a bottle protected from sunlight and dosed according to your body weight. The BalanceOil contains oil from wild fish and is combined with an olive oil with a high polyphenol content for maximum absorption and synergy. GET IT HERE in your diet.

By either incorporating a few omega-3-rich foods into your diet or opting for a plant-based supplement, it's possible to meet your needs, seafood-free.

Noomi Kajsa



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