



## SOURCES OF ESSENTIAL FATTY ACIDS: WHAT'S THE DIFFERENCE?

**COD LIVER OIL** provides EPA and DHA plus naturally occurring vitamins A and D.

**FISH OIL** provides EPA and DHA from sources other than cod, such as anchovies and sardines.

**FLAXSEED OIL** only provides alpha-linolenic acid, or ALA. Even when large amounts of ALA are consumed, the body can only convert small amounts of it into EPA and DHA.

BY JOLIE ROOT

# every heart beats stronger with **FISH OILS**

HEALTHY FATS ARE ESSENTIAL

MORE THAN 300,000 AMERICANS DIE EVERY YEAR FROM SUDDEN CARDIAC DEATH. THEIR HEARTBEATS BECOME UNSTABLE FROM DISTURBANCES IN THE RHYTHM.



The situation has become so common that you now see automated external defibrillators (AEDs), devices that shock the heart back to normal, hanging on the wall in airports. Some parents even encourage the placement of these devices in schools and at sporting events, should their child suffer cardiac arrest on the playing field or the basketball court.

Are portable defibrillators the answer? It's inarguable that they can save lives, but a natural, preventive approach is also effective. Research finds that consuming more of the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) from fish oils could do more to save people from sudden death than placing AEDs in homes and public places. Not only do omega 3s beat out AEDs in the lifesaving business but these fats also bested implanted cardioverter defibrillators, another device designed to keep the heart beating normally in people with heart problems. Researchers estimate that omega-3 fatty acids would have eight times the impact of AEDs and double the impact of implanting defibrillators on preventing sudden deaths.

#### **FOR A HEALTHY HEART**

EPA and DHA are involved in healthy cardiovascular and immune systems and help support the formation of prostaglandins (hormone-like molecules involved in a variety of actions, including smooth muscle

contraction and blood pressure control). DHA is a vital component of the retina, brain, and neurons. Based on two decades of studying EPA and DHA research, I have come to believe that living without fish oils is living dangerously. Regarding heart health, experts now believe that the presence of omega 3s in heart cells stabilizes the electrical activity of the heart, helping to maintain normal heartbeats.

A new Australian study supports this theory. In this trial, participants who took fish oils for only four weeks experienced a 71 percent reduced risk of sudden cardiac death due to irregular heart rhythms. The lead author of the study concludes that dietary supplementation with fish oil may reduce susceptibility to sustained abnormalities in heart rate or rhythm.

#### **EVERYONE BENEFITS**

Even the American Medical Association endorses fish oils, recommending that every person at risk of heart disease consume omega 3s. Several well-conducted, randomized, controlled trials report that, in people with a history of heart attack, regular consumption of oily fish or fish oil/omega-3 supplements reduces the risk of fatal and nonfatal heart attack, sudden death, and all-cause mortality (death due to any cause.)

In 2006 a group of researchers conducted one of the most thorough reviews of fish oil research to date. They found that increased consumption of omega-3

Be sure to only choose products that state right on the label that they have been independently tested and found to be free of detectable levels of contaminants like mercury, lead, cadmium, and PCBs.

fatty acids from fish or fish oil supplements, but not from alpha-linolenic acid sources, reduces the rates of all-cause mortality, cardiac and sudden death, and possibly stroke.

A 2005 analysis in the *Archives of Internal Medicine* found that omega-3 fatty acids were even more protective than statins, the blockbuster cholesterol-lowering drugs. Swiss researchers reviewed 97 randomized, controlled studies of the effectiveness of statins, diet, fish oil, and other therapies (including diet and niacin supplementation) in preventing cardiac

deaths. Researchers found that omega 3s reduced the risk of overall and heart-related death more than statin drugs or any other therapy.

#### DOSAGE AND QUALITY

The question is not, “should I take fish oils?” The question is “how much fish oil should I take?” If you have elevated triglycerides, the American Heart Association recommends 2,000 to 4,000 mg of EPA and DHA combined. For anyone with heart disease, the recommendation is 1,000 mg of EPA and DHA. For everyone else:

Eat two servings of oily fish (such as salmon, sardines, or albacore tuna) per week to provide about 500 mg of EPA and DHA per day.

Be sure to only choose products that state right on the label that they have been independently tested and found to be free of detectable levels of contaminants like mercury, lead, cadmium, and PCBs. Statements claiming “pharmaceutical grade” or “molecularly distilled” are not giving you enough information—look for the “no detectable level” statement to be safe. ⚙️

“Effect of Different Antilipidemic Agents and Diets on Mortality: A Systematic Review” by M. Struder et al., *Arch Intern Med*, 4/05 • “Fish Consumption, Fish Oil, Omega-3 Fatty Acids, and Cardiovascular Disease” by P. M. Kris-Etherton et al., *Arteriosclerosis, Thrombosis, and Vascular Biology*, 2003 • “n-3 Fatty Acids from Fish or Fish-Oil Supplements, but not Alpha-Linolenic Acid, Benefit Cardiovascular Disease . . .” by C. Wang et al., *Am J Clin Nutr*, 7/06 • “Preventing Sudden Death with n-3 (Omega-3) Fatty Acids and Defibrillators” by T. E. Kottke et al., *Am J Prev Med*, 10/06



## The Vital Energy Nutrient for Peak Performance



Life is made of little moments. Live each one healthy.

Every cell in your body needs **CO•Q<sub>10</sub>**. Without this vital energy nutrient, your cells become weak, fatigued and die. Think of **CO•Q<sub>10</sub>** as the spark plug in your engine helping to ignite and burn fuel efficiently for peak performance.

Active people of all ages need more **CO•Q<sub>10</sub>**. Strenuous activities significantly increase the body's demand for **CO•Q<sub>10</sub>**. Athletes and statin drug takers have increased demand for the energy producing **CO•Q<sub>10</sub>**. Carlson **CO•Q<sub>10</sub>** can help achieve the vital energy needed for peak performance.

For more information, call:

**888-234-5656**

**Carlson**<sup>®</sup>

J. R. CARLSON LABORATORIES, INC.

15 College Drive, Arlington Heights, IL 60004-1985

847-255-1600 • Fax: 847-255-1605 • E-mail: [carlson@carlsonlabs.com](mailto:carlson@carlsonlabs.com) • Web-site: [www.carlsonlabs.com](http://www.carlsonlabs.com)