

**From:** Physio4All [info=physio4all.com.au@mail338.us3.mcdlv.net] on behalf of Physio4All [info@physio4all.com.au]  
**Sent:** Friday, 13 January 2012 2:04 PM  
**To:** << Test First Name >>  
**Subject:** PHYSIO4ALL E-News: The Benefits of Fish Oil

Learn about how Fish Oil can help YOU! PLUS Special Offer - 15% off BioCeuticals OmegaSure Liquid Fish Oil!!

Email not displaying correctly?  
[View it in your browser.](#)



# PHYSIO4ALL E-News

## The Benefits of Fish Oil

There has been an increasing amount of research recently to support the use of fish oil. Fish oil contains two main Omega-3 fatty acids known as Eicosapentaenoic acid (EPA) and Docosahexaenoic Acid (DHA). It is well documented that these fatty acids work on the cells in the body, **providing anti-inflammatory properties as well as specific benefits for our brain, heart and general joint health.**

Signs and symptoms that you may be deficient in omega-3 fatty acids include chronic joint pain and inflammation, general fatigue, poor memory and concentration, mood swings, depression and finally poor circulation to your extremities.



Health benefits from taking the recommended dose of fish oil includes:

- Relief from musculoskeletal pain and inflammation
- Maintenance of healthy cholesterol, triglycerides and heart health
- Lowers blood pressure in people with hypertension
- Maintenance of healthy eye and brain function
- May assist in cognitive function and memory
- Adequate omega-3 levels are beneficial during pregnancy to ensure optimal development of the foetus brain
- Enhances general wellbeing



At PHYSIO4ALL we recommend 'BioCeuticals OmegaSure Liquid Fish Oil' due to its high concentration of DHA and EPA and its pleasant orange flavour. Furthermore, BioCeuticals fish oils are very pure as they source their oil from small fish that are naturally high in Omega-3s.

All products are tested for heavy metals (including mercury) and pesticides,

ensuring they meet Global Organisation for EPA and DHA Omega 3's purity standards.

Add **one teaspoon (5mL) daily** to juice or food. This will provide you with a total Omega-3 (DHA and EPA) source equivalent to 2250mg as fish oil which is the recommended daily dose. If you would like to purchase the product, would like advice regarding this product or if you have an injury please call one of our physiotherapists on **9922-2212**.

## SPECIAL OFFER!!!

Download the following voucher, and receive 15% off BioCeuticals OmegaSure Liquid Fish Oil!

Click here for [15% Off Bioceuticals OmegaSure Liquid Fish Oil!](#)



Check out our Latest Video on our **PHYSIO4ALL Video Channel!**

For a great PHYSIO4ALL video on a Pilates Exercise for Back Pain, [click here!](#)

[follow on Twitter](#)  | [friend on Facebook](#)  | [follow on YouTube](#)  | [forward to a friend](#) 

*Copyright © 2012 Physio4All, All rights reserved.*

Hi! You signed up because you wanted to receive the fantastic newsletter from PHYSIO4ALL, or you were referred by a friend to receive our newsletter. Remember, there are special offers that only those in the PHYSIO4ALL family receives, and we love that you are a part of the PHYSIO4ALL family.

**Our mailing address is:**

PHYSIO4ALL

Shop P16 NorthPoint Plaza

100 Miller St

North Sydney

NSW 2060

[unsubscribe from this list](#) | [update subscription preferences](#)