



[Check out our NEW WEBSITE!!!
www.physio4all.com.au](http://www.physio4all.com.au)

[Appointment](#) | [Contact & Feedback](#) | [Contact us NOW!! 02 9922 2212](#)

October 2009

The Magic Of Fish Oil

OMEGA 3 **Concentrated triglycerides EPA DHA** **(Fish oil)**

Omega-3 fatty acids constitute the two families of essential fatty acids (EFAs). EFAs are considered essential because they are needed throughout the human life cycle, cannot be manufactured in the human body, and therefore for optimal health and wellbeing they must be acquired through our diet. Omega oils play a crucial role in maintaining optimal mental and physical health. The body must receive a constant supply of EFAs to ensure proper prostaglandin production. Prostaglandins are beneficial hormone-like compounds that affect virtually every system in the body. They regulate pain and swelling and help maintain cholesterol and blood pressure levels. EFAs are made up of primarily EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)

In the past decade, there has been an increasing amount of research to support the use of Omega fatty acids. Higher concentrations of (EPA) and (DHA) are of great therapeutic benefit.

Health Benefits of EPA

- Relief from musculoskeletal pain and inflammation
- Promotes a healthy circulatory system and heart
- Promotes healthy triglyceride levels (reduce cholesterol and therefore the risk of heart disease and stroke)
- Supports immune function
- Promotes good mood and emotional well-being
- Improves joint flexibility

Health Benefits of DHA

- Essential for healthy brain function
- Supports a healthy pregnancy and brain development in fetuses/infants
- Promotes good mood and emotional well-being
- Improves behaviour, focus and emotional well being in children
- Reduces harmful effects of stress

Dosage

Most countries recommend that adults consume between **1000-2000mg of Omega-3s daily**. The American Heart Association recommends a fish oil supplement daily dosage of 2000 - 4000 mg for high triglycerides (reducing cholesterol), while for coronary heart disease they recommend a daily dosage of at least 1000 mg of EPA and DHA Omega 3s.

The best Omega supplements contain *higher concentrations* of DHA and EPA per capsule

and the liquid Omega's are even more concentrated. The higher quality products allow you to take much smaller dosages to get the prescribed recommended dose. If you are currently taking fish oil supplements, **CHECK** how much DHA and EPA they contain to ensure the capsules are of high quality and you are therefore getting the recommended dose.

Check if you are getting the best from your fish oils:

- ***For EPA benefits: 1500mg - 2000mg p/day***
- ***For DHA benefits: 400mg - 800mg p/day***

If you are taking more than 6-8 tablets daily to achieve the above dosages you should change to a better quality & higher concentrated Fish Oil product.

**PHYSIO4ALL advises that you discuss dosages with your health care practioner prior to starting a course of Omega-3 Fish Oils.*

Nordic Naturals and PHYSIO4ALL

The Nordic Natural range of Fish Oils offers the highest quality Omega-3 fish oils from Norway. These award-winning omega oils are unmatched in freshness, purity, and taste, and are virtually contaminant free. Their fish oils are available in natural fruit flavoured capsules and great tasting liquids to illuminate the fishy taste many consumers complain of.



Nordic Naturals manufactures all their fish oil products in Norway, where high manufacturing standards are guaranteed, ensuring exceptional product purity and freshness levels. They have a direct relationship with smaller boats and independent fishermen to ensure optimal raw and sustainable material quality. Nitrogen is used to minimise oxidation, and thus protecting the fish oil from decomposition. Freshness is crucial for several reasons. Firstly it eliminates the fishy taste and fishy repeat, and it prevents free radical formation which has been shown to have a negative effect on the human body.

PHYSIO4ALL retails the Nordic Natural range which a practioner product offering high concentrations of both EPA and DHA.

How soon will I see results?

It will vary depending on the concentration of the fish oil, and your current health and nutritional state. Often consumers "feel better" and experience "clearer thinking" and "an enhanced well being" within 2 weeks. For best results it is recommend you take EFAs daily for at least **THREE** months to evaluate their benefits.

Some Interesting Studies

Several studies have been conducted to analyse the effect of fish oils.

- Omega-3 fatty acids have been shown to reduce the incidence of cardio vascular disease. Large-scale studies suggest that individuals at risk for coronary heart disease benefit from the consumption of Omega-3 fatty acids. Evidence from prospective secondary prevention studies suggests that EPA and DHA supplementation ranging from 500mg to 1800mg significantly reduces subsequent cardiac and all-cause mortality (Penny et al., 2002).
- One study involving 11, 324 patients with pre-existing coronary heard disease, were

randomized to either 300 mg of vitamin E, 850 mg of Omega-3 fatty acid, both, or neither. After 3.5 years of follow-up, the group given the Omega-3 fatty acids alone experienced a 15% reduction in the primary end point of death, myocardial infarction and stroke. There was a 20% reduction in all-cause mortality and a 45% reduction in sudden death and 4% reduction in cholesterol compared with the control group. The vitamin E group had no additional benefit (Lancet, 1999).

- Another large study using lower and more practical intakes of Omega-3 fatty acids (55% EPA and DHA) has been reported. 223 patients presenting for coronary angiography were randomized to either placebo or Omega-3 fatty acids. The latter group exhibited significantly less progression, more regression, and a trend toward fewer clinical events (Von Schacky et al., 1999).

SPECIAL OFFER!!!

<p>Family & Friends</p> <p>Gift Certificate</p> <p><u>Special Deal on Nordic Natural Product!!!</u></p> <p>This voucher entitles the bearer to 10% off the Nordic Natural range of Omega3 Fish Oils!</p> <p>Call NOW or present this voucher to receive this very special offer.</p> <p>Expiry date: 13th November, 2009</p>	 <p>PHYSIO4ALL</p> <p>revitalise - bounce - be healthy</p> <p>Offer only valid at the PHYSIO4ALL clinic in North Sydney.</p> <p>Appointments: 02 9922 2212</p> <p><small>No obligation for future care Please mention this voucher when claiming your discount.</small></p>
--	--

	<p>PHYSIO4ALL</p> <p>Ph: 02 9922 2212</p> <p>F: 02 9922 5577</p> <p>W: www.physio4all.com.au</p> <p>E: info@physio4all.com.au</p>
---	---

This email was sent by PHYSIO4ALL, Physio 4 All (vs349688), Shop P16 North Point Plaza 100 Miller St, North Sydney, Australia to [Email]

[Unsubscribe](#)