



Fish Oil--"A Medical Miracle"

Omega-3 fatty acids are crucial to the health of our brain and body. According to Dr. Barry Sears, originator of the revolutionary dietary approach called *The Zone* and author of *The Omega RX Zone*, omega-3 fatty acids in the form of "high-dose pharmaceutical-grade fish oil is as close to a medical miracle as we will see in the 21st century." This advanced form of fish oil (which provides a very pure form of the fatty acids EPA and DHA), is believed by researchers around the world to offer extraordinary health benefits in treating chronic diseases, improving athletic performance, and enhancing emotional well-being. It apparently does so by helping to reduce inflammation and increase blood flow throughout the brain and body.

Why Not Eat More Fish?

You might ask why you cannot just eat more fish to get sufficient omega-3 for your health. The answer is, unfortunately, simple: many of the fish we now find in the oceans, lakes, and streams around the world contain dangerously high levels of mercury and other toxins. The health risks of these toxins may well outweigh the potential benefits of the omega-3 we can get by eating more fish. What's more, you would have to eat much more fish than is feasibly possible to help treat some of the many diseases for which high-dose fish oil is being used today.

Medical researchers and practitioners from around the world are using high-dose fish oil (from 2 grams to 25 grams or more a day) not only for health maintenance, but also to help treat a variety of health conditions, including **asthma, bronchitis, emphysema, high blood pressure, heart disease, arthritis, depression, hot flashes, Crohn's disease, ulcerative colitis, Alzheimer's, attention deficit disorder (ADD), MS, Parkinson's disease, dyslexia, and many more.**

High-dose, ultra-refined fish oil is also recommended by many health professionals before, during, and after a woman's pregnancy to help ensure proper brain development of the child, and to ensure that the mother has enough omega-3 fatty acids (which the fetus takes from her for its own developmental needs) for her own health. It is even being used by some in cancer treatments and to help reduce the risk of metastases.

If you are using more than a gram or two a day of fish oil (higher doses are needed for working with the medical problems and issues listed above), however, it is important from the standpoint of your health to use only ultra-refined fish oil--fish oil that adheres to strict quality control standards to ensure maximum purity and the most potent and effective levels of EPA and DHA. Otherwise you may be taking in mercury, dioxins, and other toxins, as well as excessive saturated fat, which can be harmful to your health.