

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Omega Zone Diet and Fish Oil

By Iulia Pascanu

The Omega Zone Diet and Fish Oil

by: **Iulia Pascanu**

Is high-dose fish oil the magic pill? Dr. Barry Sears claims that Zone diet, combined with daily supplements of high-dose fish oil ("pharmaceutical grade"), antioxidants and vitamins is the passport to a long, healthy and successful life.

The Omega Zone Diet and specialists' opinion

"Omega RX Zone – The Miracle of High-dose Fish Oil" is considered the best contribution that Dr. Barry Sears has yet made to a healthy diet. The benefits of fish oil are well-known. Species such as mackerel, lake trout, herring, sardines, albacore tuna and salmon are rich in two kinds of Omega 3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These fatty acids have had proven beneficial effects in complaints such as arrhythmia, high triglyceride levels, atherosclerotic plaque and high blood pressure.

The recommendations of the American Heart Association meet Dr. Sears' up to a point

Both the AHA and Dr. Sears recognise the benefits of Omega 3 fatty acids.

Both parties tell us that fish is nowadays contaminated with various toxins like mercury, DDT or other harmful substances. See the AHA special report

People with a high risk of coronary heart disease or of high-level triglyceride cannot obtain enough Omega 3 fatty acids from dietary fish. They may therefore need to supplement their diet with pharmaceutical fish oil.

Nevertheless, opinions vary on some points.

The Omega Zone Diet and Fish Oil

High doses of fish oil are good for health, but the doses Dr. Sears recommends are much higher than those which AHA considers to be safe.

Dr. Sears warns us to pay attention to what we buy. This is pharmaceutical fish oil preliminarily tested by International Fish Oil Standards program (IFOS). The AHA's lab studies certified that all brands of pharmaceutical fish oil, even the cheapest, were free from toxins, at the moment of testing. But some of them did not meet the doses advertised on the label.

Dr. Sears prescribes fish oil capsules for healthy people. The AHA does not.

Dr. Sears claims that his fish oil supplements, Omega RX Zone™, will prevent and help cure heart and brain diseases. They will also maintain healthy kidneys, immune system, joint movement, maintain cholesterol safe levels, stamina, strength, mood and general well-being. The American Food and Drug Administration did not evaluate any of these statements;

Iulia Pascanu writes for

where you can find more information about

the Zone Diet.

Please feel free to use this article in your Newsletter or on your website. If you use this article, please include the resource box and send a brief message to let me know where it appeared:

New Health Miracle -- Pharmaceutical Grade Fish Oil

By Bev Storer

"High-dose pharmaceutical-grade fish oil is as close to a medical miracle as we will see in the 21st century." - Dr. Barry Sears

Dr. Barry Sears revolutionized nutritional thinking around the world with his 1995 landmark #1 New York Times best seller *The Zone*. With *The Zone*, and his subsequent bestselling *Zone* books, Dr. Sears describes how a scientifically proven plan of moderate carbohydrate consumption balanced with appropriate amounts of protein and fat may help you live a longer and better life.

In his latest best seller, *The Omega Rx Zone*, Dr. Sears greatly expands the potential of the *Zone* to alter how we think about optimal health in general. Drawing upon his own research, as well as recently published studies, he reveals how a revolutionary new technological advance in fish oil manufacturing, never before available to the general public, may be the magic bullet...

This new high-dose, pharmaceutical-grade fish oil is very rich in omega-3 fatty acids. Scientific

The Omega Zone Diet and Fish Oil

evidence reveals a diet rich in long-chain Omega-3 fatty acids helps support: a healthy brain a healthy heart a healthy immune system healthy joint movement healthy kidneys balanced mood and sense of well being and, helps maintain cholesterol levels that are already within the normal range.

This new generation of fish oil is much different from the historical, impure, terrible-tasting cod-liver oil. As Dr. Sears points out, the fish oil doled out by our mothers and grandmothers, and currently sold at health food stores, has never been pure enough to be used in the quantities it takes to realize its potential benefits. The new pharmaceutical-grade fish oil is more concentrated, free of dangerous toxins, and has been clinically tested with spectacular results.

By following the Zone Diet and adding pharmaceutical grade fish oil to your daily routine, Dr. Sears believes that each of us will reach our maximum potential for optimal health.

For more information about pharmaceutical grade fish oil, please visit

or

call 503-244-5941.

Bev Storer is a writer and researcher in the field of nutrition and nutritional supplements. To learn more about pharmaceutical-grade fish oil, go to

or e-mail me directly at

.

Related Content:

New Health Miracle -- Pharmaceutical Grade Fish Oil
Does Omega-3 Lowers High Blood Pressure?
Flax Seed: Does Omega-3 Reduce Cancer Risk
What Can A Little Fish Each Day Do For You?
The Benefits of Fish Oil and Omega-3 fatty acids

Read more Content at

Related Products:

1000 Atkins Diet Recipes
Success Secrets
101 Recipes For The Deep Fryer
Beat that Fat
Complete Library Of Cooking

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!