



FISH OIL STINKS: Omega-3 Derivative Oils from Fish Extract Finally Put in their “Proper” Place

The following video will show you beyond the shadow of a doubt that fish oils are harmful to your health, decrease your immune system, and actually worsen atherosclerosis:

Copy and paste the following url into your browser to watch the video:
healthyforlifeusa.com/video/Fish-Oil-2/index.html

If you are unable to view the video at the link above, view on YouTube
<http://www.youtube.com/watch?v=By8icw-ua8g>

Everyone has been told that fish oil, commonly called omega-3, is good for your health. **This has now been proven wrong. Fish oil consists only of an inferior and potentially harmful form of omega-3s called “derivatives.”** Omega-3 derivatives are NOT essential EFAs.

There are only **two true essentials** humans **must** consume from food or supplements every day—“parent” omega-6 and “parent” omega-3. Your body cannot manufacture them. Be aware these parent EFAs **are not found in fish oil!** Your body only needs a very small amount of those derivatives and it makes those out of parent EFAs **as needed**. Just 1%-5% of the parent EFAs turn into derivatives; 95% STAY in parent form. **Overloading on omega-3 derivatives from fish oil can be extremely harmful to health (causing severe physiologic overdose).** Preliminary research often overlooked these critical facts, but landmark new research in 2009 and 2008 enlightened the medical community.

Real-life clinical results prove that patients **show marked improvements** when they change their daily EFA supplementation from fish oil (omega-3 derivatives) to a much more **complete and biochemically correct** blend of **PARENT ESSENTIAL OILS (PEOs)**. Based on the latest, most **comprehensive new science** in 2009-2008, it is clear that a proper combination of *parent omega-6 and parent omega-3 is so far superior to fish oil* and other EFA supplements, that it **completely replaces everything else**.

2009/2008 IMPORTANT REVERSALS you need to know:

2009 Major Newsflash: American College of Cardiology:

- Fish Oil DOES NOT STOP heart attacks. — “we saw no beneficial effect.”

2009 Major Newsflash: American Heart Association Champions Omega-6:

- “[P]owerful anti-inflammatory...’
- “To reduce omega-6 ...more likely to increase risk for CHD [heart attack].”

2008 Newsflash: The Importance of Parent Omega-3:

- Greater parent omega-3 = **fewer heart attacks**.
- Fish consumption didn’t stop heart attacks.

2008/2005 Major Newsflash: EFA Derivatives Made “As Needed”:

- “[E]ffectiveness of ALA [parent omega-3] conversion....”

2008 Newsflash - WARNING: Diabetics need to know...

- “*Diabetic patients have the highest risk of coronary artery disease.*”

Summary

- **Your body makes** EFA derivatives from Parents as needed
- The **American Heart Association** (♥) clearly states:
 - The need for Anti-Inflammatory Parent Omega-6 in your diet
 - Parent Omega-3, NOT fish oil, lowers risk of heart attack risk
 - **Diabetics are at greater risk for Coronary Artery Disease**

Please watch the following video to understand exactly how damaging to your body and overall immune system fish oils really are:

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The next time someone recommends fish oils to you, you can turn up your nose at them with confidence!

References

1. March 30, 2009, *Bloomberg News*, Orlando, Florida Cardiology Convention.
2. *Heartwire* 2009, © 2009 *Medscape*, January 28, 2009 (Dallas, Texas), based on *Journal of the American Heart Association*, Ref.: AHA Science Advisory, Harris WS, Mozaffarian D, et al., “Omega-6 Fatty Acids and Risk for Cardiovascular Disease: A Science Advisory From the American Heart Association Nutrition Subcommittee of the Council on Nutrition, Physical Activity, and Metabolism; Council on Cardiovascular

Nursing; and Council on Epidemiology and Prevention"; *Circulation*, February 17, 2009; 119(6): 902 - 907; and American Academy of Anti-Aging Medicine referenced February 2, 2009 at worldhealth.net/news/concern_about_omega-6_fatty_acids_lead.in.

3. Hannia Campos, PhD; Ana Baylin, MD, Dsc; Walter C. Willett, MD, DrPh, *Circulation*, 2008; 118:339-345.

4. *American Journal of Clinical Nutrition*, Vol. 88, No. 3, 801-809, September 2008 and Hussein, Nahed, et al., "Long-chain conversion of linoleic acid and alpha-linolenic acid in response to marked changes in their dietary intake in men," *Journal of Lipid Research*, Volume 46, 2005, pages 269-280.

5. 2008 meeting of the Society for Nuclear Medicine—Advancing Molecular Imaging and Therapy (reported New York (Reuters Health) June 23, 2008).

This Month's Low-Carb Recipe: London Broil

INGREDIENTS

- 3/4 cup organic coconut oil
- 3/4 cup red wine
- 2 Tablespoons shallots, finely chopped
- 2 Tablespoons red wine vinegar
- 2 Tablespoons minced garlic
- 1/2 teaspoon marjoram leaves, dried
- 1/2 teaspoon oregano leaves, dried
- 1/2 teaspoon basil leaves, dried
- 1/2 teaspoon black pepper
- 8 ounces of sliced mushrooms
- 2 pounds top round London broil, 1.5 inches thick
- 1 medium red onion, cut to 1/4 inch slices
- 1 medium red bell pepper, cut to strips
- 1 medium zucchini, cut to 1/4 inch thick slices

PREPARATION

1. Blend coconut oil, wine, shallots, vinegar, garlic, marjoram, oregano, basil and pepper in a medium bowl, whisk.
2. Blend London Broil and 3/4 cup marinade in large sealable plastic food storage bag. Seal bag thoroughly and turn over and over to coat. Let it marinade in the refrigerator for up to 24 hours, turning occasionally.
3. Blend mushrooms, bell pepper, onion, zucchini, and remaining marinade in a separate sealable food storage bag. Seal bag and turn over and over to coat. Let it marinade in the refrigerator for up to 24 hours, turning occasionally.

4. Preheat broiler. Remove meat from marinade and place on broiler pan. Discard leftover marinade. Broil 4-5 inches from heat for about 9 minutes per side or until done to taste. Let it stand for about 10 minutes then cut into thin slices.
5. As meat stands, drain marinade from the vegetable bag and arrange on broiler pan. Broil 4-5 inches from heat for about 9 minutes or until edges of vegetables just start to turn brown. Serve meat and vegetables right away.

Serves 4 - 6 Enjoy!