

Patient Fact Sheets

ESSENTIAL FATTY ACIDS FOR A HEALTHY HEART, HEALTHY JOINTS, A HEALTHY PROSTATE, HEALTHY SKIN AND HAIR

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The body can't make essential fatty acids and must take them in from the diet. From essential fatty acids (EFAs) also known as omega-3's, the body makes important byproducts that promote healthy arteries, joints, prostate, skin and hair.

EFAs are major sources of energy for the body. They help burn saturated fats, producing energy and aiding in weight loss. EFAs help promote healthy skin and hair. Deficiency Symptoms: acne, eczema, increased allergies, dry hair and skin, brittle nails, rashes, and tiny lumps on the backs of arms.

EFAs lower total cholesterol, reduce hardening of the arteries, relax arteries, and prevent harmful clotting.

EFAs help lower blood pressure and have anti-inflammatory effects.

Some people with nutrient deficiencies have difficulty processing EFAs. Eczema, premenstrual syndrome, and diabetes are all conditions that can block the processing of essential fatty acids into useful forms. Such people may have to take GLA and EPA from other sources such as Evening Primrose oil and Fish Oil to get all of the benefits of EFAs.

EFA supplements are helpful in the treatment of Prostate enlargement.

EFAs have been found to be valuable in preventing arthritis, helping reduce inflammation, pain, and swelling.

The heat of cooking and food processing damages EFAs. Cold water fish, raw nuts and seeds are good dietary sources of EFAs. Of all the cold pressed oils, flaxseed oil, is the best source of omega-3 EFAs.

TOTAL FLAXSEED OIL™

Each capsule contains: Cold pressed flaxseed oil 1000 mg.

Directions for use: One capsule daily, or as directed by your health care professional.

Flaxseed Oil is one of the best natural sources of omega-3 Essential Fatty acids (EFAs).

Omega-3 EFAs may help prevent blood clotting. The ALA omega-3 oil of flaxseed oil partly converts into EPA, which reduces blood clotting and has anti-inflammatory activity. Ninety percent of heart attacks have been linked with blood clots.

EPA has also been linked with significant improvements in eczema.

Omega-3's may help lower excess homocysteine and reduce homocysteine's potential toxic effects in oxidizing LDL cholesterol.

Omega-3's have been shown useful in reducing LDL cholesterol levels. Omega-3's may also prevent heart attacks by reducing arterial damage caused by cholesterol.

Flaxseed oil has also been shown to relax smooth muscle tissue.

Flaxseed oil supplementation helps most men with prostate enlargement retain less urine, reduce nighttime urination, experience less fatigue and leg pain, increase sexual activity, and eliminate dribbling.

The EFAs of flaxseed oil are needed in large amounts for the healthy functioning of the prostate gland.

Flaxseed oil has also helped reduce constipation.

The EFAs of flaxseed oil help reduce inflammation, pain, and swelling in arthritis.

Flaxseed oil topically applied to the eyes has resulted in prevention of the formation of cataracts and in significant improvement in vision.

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References for all statements are available from Nutri-West, call 307 358 5066

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