

‘NUTRITIONAL TIPS’

GO FISH!

The subject herein is ‘Omega 3’ as an essential nutritional essential. We need to be and keep informed about baseline information that is so rarely provided by either the FDA, the food industry or the pharmaceutical companies. Why? Because they are primarily about money more than our general health!

Let us see if your ‘555 TEAM’ can provide some worthwhile and simple information.

We are what we eat!

What we eat directly and quickly determines the quality of our health and thus the quality of our lives. Worthwhile? We think so.

Omega 3 has primary purpose in the area pH, cholesterol balance, cellular vitality, auto-immune capability, free-radical balance, sugar – insulin balance, nutritional absorption and more. Enough to say it is a good thing!

So how do we get this element and put it into the inside of our bodies. Eat it!

The direct benefits are: 1) Reduces and balances cholesterol, 2) Reduces the tendency for our blood to clot out of balance, 3) reduces risk and prevalence of Alzheimer’s disease, 4) reduces risk of dementia, 5) stroke prevention, 6) reduces incidence of depression, 7) improves memory, 8) reduces ‘Dry Eye’ syndrome, 9) prevents ‘Macular Degeneration’, 10) promotes a healthy ‘Auto-Immune System’, 11) reduces ‘Inflammation’ and thus is a positive influence against arthritis, 12) positive against asthma, 13) lupus, 14) kidney disease, 15) cancer and more.

Here are some priority dietary sources: 1) Mackerel (natural cold water, salt-water fish), 2) Salmon (natural cold water, salt-water fish), 3) most shellfish, 4) walnuts, 5) flax seed, 6) flax seed oil, 7) walnut oil.

These general food groups are all beneficial. You can purchase nutritional supplements and that is recommended. You know ‘It’s your body and your health. Get at it!’

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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