

‘NUTRITIONAL TIPS’

OMEGA 3

If you are concerned with the ‘Health Of Your Heart’, you will be interested in the influence of ‘Omega 3 Fatty Acids’ as opposed to any coral calcium pitch that you might have heard. Of interest, the ‘Barefoot’ promo spiel has been sanctioned by the FDA and courts so it was likely potent and worthwhile. I was personally impressed by the message. He and Kevin Trudeau were a formidable ‘Carnie Team’. Emptor Caveat? Fish oils and vegetables have been scientifically proven to be cardio-vascular beneficial.

If you are concerned with the risk of cancer, you may want to take a look at the benefits of fresh vegetables and known antioxidants. If you are in need of calcium supplementation, you can always fall back upon good old calcium carbonate or calcium citrate. There are many good tablet forms as well. Don’t get snookered by chatter. You know, if it sounds too good to be true, it likely is.

‘Fatty Acids’! Fat! This little word gets constant reprimand! Who wants it? The fact is we all absolutely need it! Fats help nutrient absorption, nerve transmissions (‘synapsis’), the maintenance of cellular membrane continuity and much more. However, fats must not be consumed in excess. If this is the case, weight gain, heart disease and certain types of cancer can result. Saturated and trans fatty acids are the negative contributors. Poly-unsaturated fats such as ‘Omega 3’ are found to offer a protective effect.

Traditional Eskimos and the Inuit, who consume very high fat rich diets, have a lower rate of heart disease than any other genetic group of peoples. Thus the numerous studies! A diet rich in ‘Omega 3 Fatty Acids’ tend to lower blood triglycerides and boost ‘HDL’ (‘High Density Lipoprotein’) as well as act as an anticoagulant. There is even scientific indication that ‘O3FA’ helps lower blood pressure.

Sources are of interest. This substance again is found in all fish, but is more prevalent in fatty fish tissues such as mackerel, tuna, salmon, sardines and herring. Another source is leafy green fresh vegetables, nuts, flax seed, canola oil, soybean and tofu. One daily serving of fresh salmon over a twenty-day study (‘WHNRC-SFO’) increased ‘HDL’ by an average of 10%. If you intend to adopt any new food regimen, it is wise to consult your trusted physician or nutritionist.

Bottom line? Consume these useful foodstuffs two to three times a week! Not once a month or less! **‘We Are What We Eat’!**

“Welcome Aboard!”
“Enjoy The Ride!”

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