



NORDIC NEWS

NORDIC
NATURALS

The Industry Leader in Essential Fatty Acids for Optimum Health & Wellness

HOW TO BEAT THE WINTER BLUES

Give Your Immune System *an* Omega Boost

Your immune system works 24/7 to keep you healthy by protecting you from infectious organisms and other unwanted invaders, working to keep allergies in check, and slowing down the aging process. It's not as hard as you may think to give your immune system the "fuel" it needs to operate efficiently and effectively. Try adopting the tips in this newsletter, and feel the difference this winter season and all year long!

IMMUNO-TIP #1

Maintain regular fish oil supplementation.

Scientific research shows that the consumption of omega-3 essential fatty acids modulates inflammatory and immune reactions, and that among the omega-3s, those from fish oil, EPA and DHA, are more biologically potent than the omega-3, ALA, found in plant sources such as flax seed. Since the body cannot produce EPA and DHA, they must be obtained daily through diet or supplementation. A high quality purified fish oil supplement offers the immuno-modulating benefits of EPA and DHA without the risk of environmental toxins such as mercury.

To learn more about the research on omega-3 essential fatty acids and the immune system, please visit www.omega-research.com and click on "Immune Health."

IMMUNO-TIP #2

Stress weakens the immune system. Try these stress reduction techniques.

- Get creative about exercising every day. Try a wide variety of activities including swimming, hiking, dancing, kick boxing, cross-country skiing, frisbee, and racquetball.
- Find your sleep quotient and stick to it every night
- Enjoy immune-friendly supplements like vitamin C, vitamin E, zinc, probiotics, and omega-3-rich cod liver oil
- Avoid environmental contaminants in water, air, and food whenever possible

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IMMUNO-TIP #3

Keep a positive outlook on life by adding two or three of these mood boosters to your life.

- Establish a regular practice of meditation and yoga
- Enjoy pilates
- Join a support group, or start one
- Volunteer to serve in your community
- Carpool with friends
- Plant an indoor herb garden
- and Don't forget the fish oil

IMMUNO-TIP #4

Say “no” to the big “no-no’s”:

- Sugar, alcohol, trans fats
- Smoking, known food allergens

IMMUNO-TIP #5

Redefine your comfort foods

Chocolate ice cream topped with chocolate sprinkles and whipped cream is lots of fun but doesn't support the immune system with the nutrients it needs. Try snacking on a few “tried and true” munchables, organic preferred, and stick with it until you've acquired some new tastes: no-oil popcorn, celery sticks, raw cashews, unsweetened chocolate-covered nuts, goji berries, dried apricots, homemade guacamole with veggies, apple slices, hummus and whole wheat pita, roasted pepitas, homemade “high antioxidant” juice popsicles like pomegranate blueberry, jicama and carrot sticks, almond butter on whole grain crackers, lightly sweetened granola with raw nuts, raisins, and sunflower seeds. These healthy treats are perfect for kids and adults any time the munchies hit! ☀️

PRODUCT SPOTLIGHT

Hello, Sunshine!



Omega-3 fatty acids and vitamin D have a powerful synergistic effect. Nordic Naturals offers several solutions for getting this important vitamin while taking your fish oil. Several Nordic Naturals products include D3 (cholecalciferol), a natural form of vitamin D that is easily absorbed and utilized by the human body. ☀️

Edible Insights

What's for dinner? Stir frying is easy, plus a great way to get your “immune-boosting foods.” You'll need a large pan or wok, a variety of vegetables, and a pinch or two of creativity. Serve with a warm cup of green tea. Follow these guidelines by simply selecting some of your favorites, or create some new combinations.

**Items with asterisks are best bets—so go for it!*

Vegetables—Choose five or more:

- | | | |
|-------------|----------|--------------------|
| Onion | Spinach | *Red Bell Pepper |
| Leek | Carrot | *Parsley |
| Green Beans | Tomato | Curly Kale |
| Cabbage | Bok Choy | Squash |
| Cauliflower | Sprouts | Broccoli |
| *Garlic | Celery | *Shitake mushrooms |

Oil—Choose one:

- | | | |
|-------|--------|---------|
| Olive | Sesame | Coconut |
|-------|--------|---------|

Protein—Choose one:

- | | | |
|--------|---------|---------|
| Shrimp | *Salmon | Halibut |
| Tempeh | Tofu | |

Optional—Serve with one of these:

- | | | |
|------------|--------|--------|
| Brown rice | Quinoa | Bulgur |
| Couscous | Udon | |

Garnish—Choose two or more:

- | | | |
|-----------------|----------------|----------------|
| Sunflower seeds | *Pumpkin seeds | *Flax Seeds |
| *Cilantro | Fresh Basil | Garbanzo beans |
| Wheat germ | *Almond slices | Pine nuts |
| Watercress | Mustard seed | Gomashio |
| Sesame seeds | Chili Pepper | Soy sauce |

For research studies on omega-3 fish oils, visit: omega-research.com • 800.662.2544 • nordicnaturals.com