



NORDIC NEWS

NORDIC
NATURALS

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

Vol. VI Managing Stress During the Holidays

Managing Stress During the Holidays

Stress is the body and mind's response to any stimuli that disrupts its normal balance, and acts as a wonderful "warning" mechanism to let us know when to "fight" or "take flight."

It's that time of year!

Feeling pressed, depressed, and compressed? We often know that the "season to be jolly" has arrived when we begin to feel the mounting tension associated with "decking the halls." To top it all off, "the season" just keeps on creeping up sooner and sooner, making it an even greater challenge to minimize overwhelming feelings as the holidays come crashing down.

Fish oil offers underlying support & prevention

Fish oil has a proven track record of supporting the body in numerous ways: improving stress management while increasing our overall state of well-being. At this time of year, it is particularly important to take your purified fish oil supplement every day at a dosage that gives results to ensure a healthy intake of omega-3 fatty acids.

Stress relief!

A preliminary study in humans suggests that fish oil helps muscles respond to stress without effecting heart rate or blood pressure. This beneficial effect was demonstrated in a double-blind study with 18 young adults who took 500 mg EPA+DHA for one month.

Monahan K, Wilson T, *et al.* Omega-3 Fatty Acid Supplementation Augments Sympathetic Nerve Activity Responses to Physiological Stressors in Humans. *Hypertension* 2004;44:732.

Norepinephrine is released from the adrenal glands in response to stress. Studies in healthy, young, chronically stressed adults suggest that fish oil supplementation may lower blood norepinephrine levels. This is one more method by which fish oil may help reduce stress response.

Hamazaki K, Itomura M, *et al.* Effect of omega-3 fatty acid-containing phospholipids on blood catecholamine concentrations in healthy volunteers: a randomized, placebo-controlled, double-blind trial. *Nutrition* 2005;21(6):705-710.

Keeping anger in check

Nordic Naturals EPA was chosen for use in a study on reducing anger conducted at the Veterans Administration New York Harbor Healthcare System in Brooklyn. Twenty-four patients with a history of substance abuse were divided into two groups. Patients receiving Nordic Naturals fish oil showed a clinically significant progressive decrease in their anger scores while the placebo group showed no change.

L Buydens, M Branchey, A Roy. N-3 Polyunsaturated Fatty Acids Decrease Feelings Of Anger In A Population Of Substance Abusers. *Neuropsychopharmacology* 2005;30(1):S87-S88.

Reduced aggression

Great news: According to Japanese researchers, you are less likely to exhibit stress-induced aggression if you are taking fish oil. In a double-blind test of 41 adult students, those taking the supplement for 3 months did not become more socially aggressive during mental stress, as opposed to the placebo group that did show significant jumps in social aggression as measured by psychological tests.

Stress can be hard on your immune system

Investigators are learning more about how fish oil improves immune response.

Zhang P, Smith R, *et al.* Dietary (n-3) Polyunsaturated Fatty Acids Modulate Murine Th1/Th2 Balance toward the Th2 Pole by Suppression of Th1 Development. *J Nutr* 2005;135:1745-1751.

Check out the study at www.omega-research.com.



Fish Oil is Mood Food

A lack of omega-3 fatty acids correlates to a person's mood. In 2003, the Rotterdam study showed that community-dwelling adults aged 60+ who had been diagnosed with depression exhibited lower levels of omega-3s in their bodies.

A study published in Europe in 2004 showed patients taking fish oils had significantly decreased scores on the Hamilton Rating Scale for Depression than those in the placebo group, suggesting that omega-3 fatty acids could improve major depressive disorder.

Researchers say taking a daily fish oil supplement may boost the effectiveness of, or even replace, antidepressants for treating depression in some people. In a 2002 study conducted in Sheffield, England, people who added a daily dose of omega-3 fatty acids to their regular antidepressant treatment had significant improvement in symptoms, including anxiety, sleeping problems, sadness, decreased sexual desire, and suicidal tendencies.

How Much is Enough?

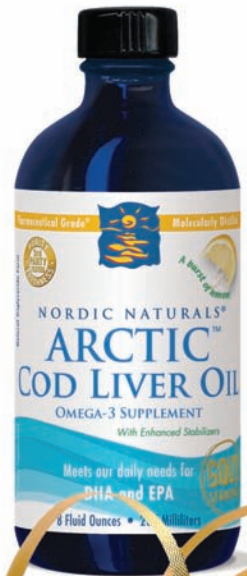
Nordic Naturals' Medical Advisor, Dr. Joseph Maroon, suggests taking about 2 grams of fish oil per day. Check out his new book, *Fish Oil, The Natural Anti-Inflammatory*, available at inflammationsolutions.com or amazon.com.

PRODUCT SPOTLIGHT

ARCTIC COD LIVER OIL

Setting the Standards for Cod Liver Oil

Nordic Naturals is the only company in the world that uses 100% Arctic Cod livers for all of its cod liver oil products, always bringing you the freshest and purest fish oil available. Fish body oils and synthetic additives are never used. Available in delicious lemon, orange, peach, or strawberry flavors, or unflavored.



For more information, visit www.nordicnaturals.com and www.omega-research.com.

Seven gifts you can give yourself this season to avoid stress

Holidays always find us coming up short in the nutrition department, not to mention exercise and rest! Try these suggestions for added support.

1. Pass up dessert most nights, and add an organic green salad with spinach, arugula, and bitter greens instead. Top with pumpkin seeds and sliced almonds, then choose a special dressing like creamy miso or olive oil with herbs.
2. Increase your daily intake of Vitamin B.
3. Treat yourself to two teaspoons of Nordic Naturals Arctic Cod Liver Oil every day at breakfast. The delicious lemon, orange, peach, or strawberry flavor will make your taste buds happy.
4. Make your holiday "to do" list one evening, and then the next night chop it in half! You'll be happier and healthier— a great gift to your family and friends.
5. Choose 3 or 4 simple yoga postures and/or dance creatively for 5 to 10 minutes every morning until the New Year arrives. Put a gold star on the calendar for every day you remember.
6. Meditate 5 minutes before falling asleep with this visualization: imagine a large chalkboard in your mind with all the day's tensions listed, then release them one by one with an eraser in your hand.
7. Chamomile tea with a twist of lemon is a great "sipper" on cold days or nights. Pleasant relaxation!



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