



NORDIC  
NATURALS

# NORDIC NEWS

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

Vol. VII Omega Resolutions

## Eight Great Omega Resolutions to Celebrate a New You!

### 1 Give Your Heart A Break!

Omega-3 fatty acids play an important role in promoting heart health. The benefits include reduced triglycerides, increased good cholesterol, decreased risk of irregular heart beats which can lead to sudden cardiac death, improved blood vessel function, and lower blood pressure. Cardiovascular disease and its various forms still rank as America's number onecrippler and killer. So check your fish oil dosage. The American Heart Association recommends 2–4 grams of EPA and DHA daily for individuals with elevated triglycerides, and 1 gram of EPA and DHA daily for individuals with risk factors for heart disease. To achieve 1–4 grams of EPA and DHA daily requires taking 2–8 soft gels of a concentrated fish oil supplement yielding 650 mg of EPA and 450 mg of DHA per serving. Read the label so you know exactly how much of these Omega-3 fatty acids you are getting. To satisfy minimum intake required for heart health maintenance, international experts recommend 500 mg of EPA and DHA.

### 2 Keep Your Joints Jumpin' by Changin' Your Oil!

**Not all fats are bad fats.** Omegas 3, 6, and 9 are important fats to integrate for good health. Fish oil supports the body's natural anti-inflammatory response and may reduce joint pain and swelling. Although it may take a few days or weeks to feel a lessening of symptoms, fish oils have proven to be a healthy and effective choice with no adverse side effects.

### 3 Forget the Face Lift

**Try Essential Fatty Acids–Edible Beauty!** Two omega fatty acids, omega-3s found in fish oil and omega-6s found in evening primrose oil and borage oil, are a great defense for your skin and hair. Dr. Keri Marshall makes this recommendation: "For dry and aging skin, particularly in winter, I always recommend a teaspoon of Nordic Naturals Arctic Cod Liver Oil. It is a superior oil that also has naturally occurring vitamins A and D, two important antioxidants for skin health." Author of *The Truth About Beauty*, expert, Kat James, offers this advice: "Because hair follicles are considered appendages of the skin, most researchers and practitioners believe that many essential fatty acid (EFA) benefits extend to the hair, contributing to shinier, healthier, more lubricated hair. I certainly have experienced this effect in my own transformation, witnessing my hair transition from brittle and puffy to silky and smooth, within months of beginning EFA supplementation."

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## 4 Add a Little Sunshine to Your Life with Vitamin D!

Scientists are calling for a dramatic increase in vitamin D recommendations. A new study, undertaken at the Mayo Clinic in Rochester, Minnesota, found that one in four patients who suffer from chronic pain also have inadequate blood levels of vitamin D, suggesting that a vitamin D deficiency is possibly a major contributor to the ongoing pain. Another study indicated that the median adult intake of vitamin D in the US is only 230 IU per day, versus the Mayo researchers' recommended 2000 IU per day. As winter approaches, the risk for vitamin D deficiency increases. Researchers feel that 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. Arctic-D Cod Liver Oil and Omega-3D Liquid are two high quality fish oil products with added D3 (cholecalciferol), a natural form of vitamin D that is easily absorbed and utilized by the human body.

## 5 Stay Fit and Stay "Lit" with Tips from our Weight Lifting Experts!

Todd Scarborough, Mr. Arkansas 1984, 2003 and Masters Mr. Arkansas in 2005, along with his wife, Kathleen Scarborough, Ms. Arkansas 2006, have a few things to say when it comes to keeping fit. •**Be Consistent**—daily work, over months, is the only way to make lasting changes in the way you look. •**Get Moving**—Pick an activity that you like to do—but it can't be easy. Walk a faster mile, ride a steeper incline, rest less in between sets. •**Eat Often**—Five small meals per day balanced between protein, carbohydrates, and good fats keep the metabolic rate high and ensure the fat-burning process never stops. •**Rest**—Stress, both physical and mental, increases the need for more and deeper sleep. The quality and quantity of sleep are both important. •**Supplement**—Supplementing with minerals, a food-based vitamin, and fish oil every day is imperative for optimal health.

## 6 Avoid Bad Foods to Avoid Bad Moods!

Registered Pharmacist, Suzy Cohen, author of the newly released book, *The 24-Hour Pharmacist* (Collins, July 2007), makes these suggestions to fight the blues. Eat small, regular meals and snacks to keep your stomach full and your blood sugar level. Make sure your diet is rich in the following foods: whole grains and legumes; nuts and seeds; lots of fresh fruits and vegetables, especially green leafy ones; and low or nonfat dairy. Eat small amounts of high quality, low fat protein like fish, organic chicken, tofu, and omega-3 rich eggs if you've been diagnosed with "agitated" depression, and eat large amounts if you have been diagnosed with "sluggish" depression. Suzy suggests cutting back on sugar, refined carbs, alcohol, caffeine, and processed foods. Some of her favorite supplements include fish oil, magnesium, St. John's wort, and vitamins C and D.

For research studies on Omega-3 fish oils, visit: [omega-research.com](http://omega-research.com) • 800.662.2544 • [nordicnaturals.com](http://nordicnaturals.com)

## NORDIC NATURALS: PURITY, POTENCY, AND PALATABILITY!



## 7 It's Never Too Late to Start Thinking About Your Gray Matter!

According to Douglas MacKay, ND, Nordic Naturals Research Advisor, the more you exercise the mind, the more efficient it becomes, no matter when you start. MacKay cites a study showing that learning to juggle increases the volume of gray matter in the brain. The gray matter is an extremely important contributor to memory and mental function. Even more interesting is that when the study participants stopped juggling, the gray matter began to atrophy. His suggestions (besides juggling!) include chess, sudoku, learning a new language, and most of all, turn off the TV! In addition, he says it is critical to provide the brain with the correct nutrients and protective antioxidants. At the top of his list is fish oil, rich in the essential fatty acids, EPA and DHA, which are major structural components of nervous and brain tissue. In fact, a study was done showing that consuming fish oil increased the gray matter in the brain.

## 8 Make a Smarter Baby...and Beyond!

According to recent research, maternal DHA supplementation resulted in improved eye-hand coordination at 2.5 years of age, and improved attention skills at 5 years. Children of women who took cod liver oil during pregnancy and while nursing had higher IQs at age 4 than children of the mothers who received the placebo. And it doesn't stop there! Fish oil has also been linked to improved learning, memory, and spelling ability in children aged 6 to 9. What can help the teenagers? In a UK study, 184 teenagers 15–16 years, at a school for the behaviorally challenged, were given fish oil supplements for 12 weeks prior to taking the usual standardized test. Results showed improvements in test scores. ■