

Premium Blend

Newsletter

What are *your* cells made of?

Why everyone needs Omega-3 oils

20 March

‘You are what you eat’ has never been more true than when we talk about the types of fats and oils we consume.

Usually, we want to get our nutrition from whole foods, however in this case there are 2 reasons why this is becoming more of a challenge than ever before when it comes to Omega 3 fats. Firstly, the oceans fish supply is becoming increasingly contaminated with toxins such as mercury, and secondly the amount of fish you would need to consume to get the optimal amount is simply not practical. Supplementation is now your best option, and I’ll tell you why.



There is compelling evidence that humans evolved by the sea, eating seafood as major constituent of their diet. This resulted in the human physiology developing a need to have ratio of Omega 3 to Omega

6 fats between 1:5 and 1:1. The modern diet simply can’t provide this and hovers around the shockingly low levels of 1:11 to 1:50.

It is important to understand that the essential fatty acids Omega 3 and Omega 6 fats are considered *essential* because our bodies can’t manufacture them and therefore we must consume them in our diet.

There are 2 types of Omega-3 fats, the ones from plants and the ones from animals. The plant-sourced fats are called ALA (Alpha-Linolenic Acid) and these are primarily consumed when eating flax, chia and hemp seeds as well as some nuts such as walnuts. The issue with the plant-based sources is the conversion that it must undergo in the body to make it biologically available is extremely inefficient. Recent studies suggest *less than 1% of ALA is converted*, if you are consuming the typical Western diet. Therefore it is highly recommended to get your Omega-3 in the form in which the body will use it. This form can be found as the EPA and DHA (Eicosapentaenoic and

Docosahexaenoic acids) of animal-based Omega-3 oils such as fish, grass-fed beef and krill.

The body is comprised of many trillion cells, and each one of these cells has what is known as a *phospholipid membrane* surrounding it. This membrane acts as the brain of the cell, deciding when and when not to allow communication between cells and their environment. The efficiency and success in which this occurs is determined by several factors, one of which is the quality of the fat which makes up the membrane (the ‘lipid’ part of *phospholipid* is the fat part).

Do you realise that the fat that you eat, will 100% determine the fat that makes up your cell membranes? This is an astonishing fact when you grasp what the benefits OR the consequences can be. Let’s take this as an example: If you eat one small packet of potato or corn crisps per day for a year, you’ve consumed 2.5 liters of trans fat, and that’s assuming you don’t eat any other packaged or restaurant foods. This fat becomes the building blocks for each and every one of the cells of your body, including most importantly, your *brain*.

The only way you can change this is to flood your body with the good oil. According to Clinical Biochemist Chris Astill-Smith:

“You can change a persons brain within a month”

This becomes remarkably evident in children with learning problems that begin to change their character when the right oils are being consumed.

This concept shouldn't be too much of a stretch to understand when you consider this question; how can you be truly healthy if your body is forced to use inferior oils to build the structure of its cells? The old adage 'you are what you eat' comes to mind.

It's no surprise then when you learn that of clinical depression may be helped when adequate Omega 3 is consumed.

The benefits of bringing your ratio back to optimum include:

- A healthy heart
- Support for concentration, memory and learning
- Blood sugar health
- Healthy joints, with an increase in joint comfort
- Fighting your signs of aging
- Healthy brain and nervous system function and development
- Protection for cell membranes
- Cholesterol and other blood lipid health
- Healthy liver function
- Bolstering your immune system
- Healthy mood support
- Optimal skin health

Keep in mind that because it helps protect against all of those issues, that when you are deficient, you increase the risk of having any and all of those complications with your own health.

Why I never recommend fish oil anymore

My personal preference when consuming an Omega-3 is in the form of *Krill Oil*. There are a number of reasons why:

Better Absorption Than Fish Oil

Krill oil is formed in a phospholipid binding (Just like in our cell membranes) which increases the bioavailability of the omega-3s, and supports healthy cell membrane functioning.

Superb Antioxidant Protection

Unique antioxidants - including Astaxanthin and a novel marine flavonoid. Astaxanthin is now known to be the most potent antioxidant on earth meaning its ability to protect you from the damaging effects of free radicals is second-to-none. We produce free radicals in response to a wide variety of both normal body functions and external environmental influences.

For example they are extremely necessary and beneficial for the immune system to kill harmful invaders then on the negative, we produce free radicals when our body experiences stress in the form of chemical toxins from food or additives and even emotional and physical stress. Amongst Astaxanthin's long list of benefits are that it is a powerful UVB absorber and prevents DNA damage, may increase sports performance, eye health and is a natural anti-inflammatory, and of course will protect against the physical effects of everyday stress.

Minimized Effects of Pollution

Krill are at the bottom of the food chain and collected far from pollution, in the pristine seas surrounding Antarctica. So you can have peace of mind about the safety of your supplement from pollutants.

Ongoing Supply

Krill are a highly renewable, sustainable and environmentally positive nutrition source. They are the largest biomass on earth (more of them on the planet than any other creature) and there is simply no risk of causing them to perish from over-harvesting due to careful farming practices.

Stability

Antarctic Pure Krill Oil is more stable and more resistant to rancidity than conventional fish oils. This means it has longer shelf life to protect your investment. It will last for 2 years at room temperature. (Please don't refrigerate.)

No Fishy Aftertaste, Reflux Or Other Side Effects

Antarctic Pure Krill Oil avoids the common problems of fishy aftertaste, reflux or belching of fish flavors.

For more information on how Omega 3 and other fats play an essential role in our health, please go to www.premiumhealththerapies.com.au and find my article "*Everything you need to know about fat*", or feel free to ask us any questions you may have at your next consult.

I personally take 1-2 Krill Capliques every day to ensure my ongoing wellness.

I have spent some time researching what I consider to be the best source of Krill Oil available so we can provide it to our patients. Ask at reception about the Krill we stock here at Premium Health.

Dr David Pierotti