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Who needs to supplement with Omega Sufficiency™?

The answer to this question is easy - everyone! Research is clear that Omega 3 essential fatty acids (EFAs) are some of the most crucial essential nutrients for human and other animal health ever identified.

Omega 3 EFAs are extremely important in the structure and function of every cell in the body and the function of your cells is what determines your health. Your cells are what determines your immune function, healing, hormone levels, heart function, cholesterol levels, blood pressure, digestion, moods etc. Literally, the function and health of your cells determines every aspect of your health.

Everyone needs to consume EPA and DHA Omega 3 fatty acids in order to be healthy and to prevent illness and the modern Western diet is almost void of these nutrients.

What is even more alarming than the pandemic deficiency in EPA and DHA omega 3 fatty acids is that virtually all people living in industrial nations are now toxic with the omega 6 fatty acids and saturated fat that is so common in modern diets. Research indicates that the ratio of omega 6: omega 3 fatty acids in the average modern diet is as high as 20:1. The evidence indicates that the proper healthy ratio is 1:1.

Being toxic with omega 6 fatty acids and deficient in omega 3 fatty acids is a deadly combination that is shown to increase the chances of illness in people of all ages. Illnesses associated with omega 6 fatty acid toxicity and/or omega 3 fatty acid deficiency include ADHD, allergies, eczema, asthma, breast cancer, colon cancer, prostate cancer, lowered immunity, heart disease, strokes, diabetes, high blood pressure, depression, fibromyalgia, ulcerative colitis, Crohn's disease, arthritis, osteoporosis, and Alzheimer's, painful menstruation, back pain, neck pain, and headaches. YIKES!

The data from scientific research and clinical trials is indisputably clear. Everyone needs to ensure that they have sufficient amounts of EPA and DHA from fish in their diets. Sadly, eating fish is not a viable option because of the documented dangerous levels of pollutants and toxins. Supplementing with Omega Sufficiency®, the world's premier purified, toxin and pollutant-free omega 3 EPA/DHA fish oil is not only scientific, it is common sense when it comes to maintaining and/or restoring your health and preventing disease.

This is precisely why we don't advocate treating symptoms with EPA and DHA but rather focusing on supplying your cells with the sufficient amounts of EPA and DHA that science has shown are required for health and the prevention of illness. Furthermore, and very importantly, the significant determining factor regarding who should supplement with Omega Sufficiency® is not whether or not you are symptomatic but whether or not you are supplying your cells with the sufficient amount of EPA and DHA required for health and illness prevention.

Waiting until you or your family become symptomatic or have a diagnosed illness to supplement with Omega Sufficiency® would be absurd considering the fact that science

has shown beyond any reasonable doubt that everyone requires EPA and DHA on a daily basis in order to be healthy and prevent illness.

This is why we stress the importance of supplementation BEFORE illness develops. It is both dangerous and illogical to wait until illness develops to begin to take care of yourself or your children or your pets! How can we PREVENT ILLNESS or PROMOTE HEALTH if we wait until we are already ill before we take action?