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Innate Choice - Healthy News Volume 2 - Fish Oil and Heart Health Article

It's February and we all know what that means. LOVE! At this time of year we are reminded of the power of loving others, being loved and of course loving ourselves. It is said that "love does the heart good" and that's true, but there is something less romantic but equally powerful for your heart: Omega-3 fish oil! That's right. Without sufficient amounts of this vital nutrient you have a very real risk of suffering the type of "broken heart" that even Cupid's arrow can't repair.

Heart attacks and strokes kill more people in North America than anything else and, although there are a number of risk factors involved, a deficiency in Omega-3 fish oil is proving to be one of the most important. Being deficient in this vital nutrient makes your blood vessels more prone to inflammation, negatively alters your cholesterol balance, makes your blood clot excessively and even disturbs the rhythm of your heart (Connor, Am J Clin Nutr, Vol 71, 2000, 171S-175S).

The good news is that research proves that daily supplementation with Omega-3 fish oil helps you maintain a healthy cardiovascular system and PREVENTS heart disease; it also improves your overall health! Being healthy PREVENTS ALL ILLNESS! People with sufficient intakes of Omega-3 fish oil significantly have significantly less risk of heart disease and sudden death as shown in a recent review published in the American Journal of Clinical Nutrition (Breslow, Am J Clin Nutr, Vol 83, 2006, 1477S-1482S). Another study indicated that supplementing with fish oil like Innate Choice™ Omega Sufficiency™ reduced the risk of all-cause mortality by 21%, cardiac death by 35% and sudden death by 45% (Wang, Am J Clin Nutr, Vol 84, 5-17).

The benefits of following the Innate Lifestyle™ are proven again - doing what supports the natural balance of the body works every time! When you are sufficient in what your body needs and avoid those things that are toxic you will naturally gravitate towards health and avoid disease. It's that simple!