

better nutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

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nutrients
to keep
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plus!
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Smart Omega-3s—Without the Oil!

by Dr. Jacob Teitelbaum

We all need omega-3s. These essential fatty acids strengthen arteries, improve cholesterol profiles, act as powerful anti-inflammatories, elevate mood, alleviate the symptoms of ADHD and menstrual pain, treat depression, and promote brain and vision development in infants and children.

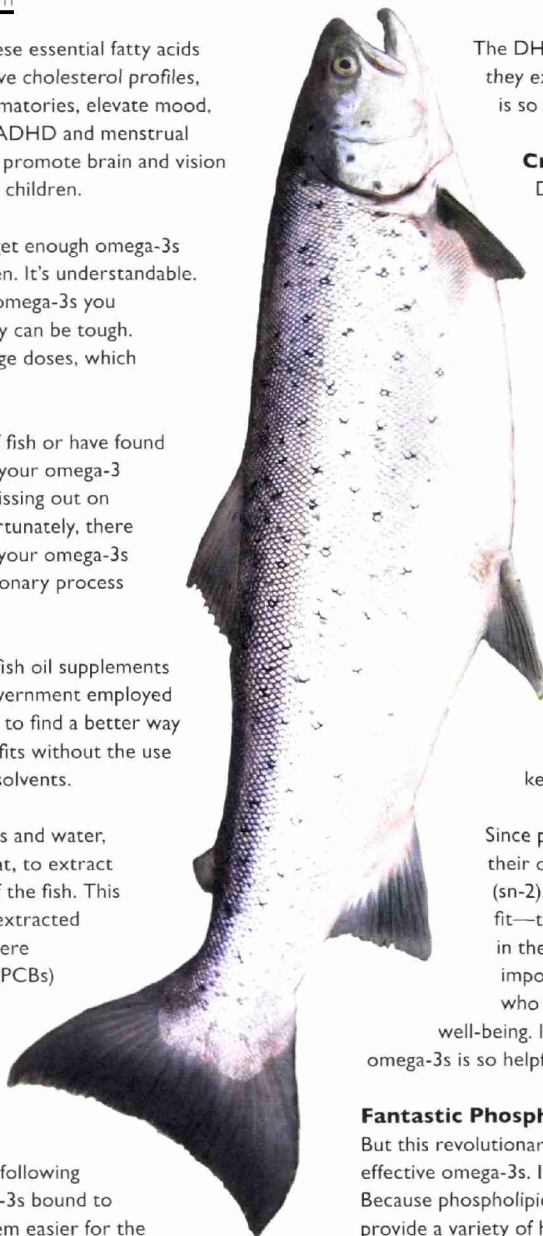
And yet, we usually don't get enough omega-3s in our diets or daily regimen. It's understandable. Getting the supplemental omega-3s you need from fish oil every day can be tough. It usually requires fairly large doses, which just isn't convenient.

But if you don't eat a lot of fish or have found it difficult to keep up with your omega-3 supplementation, you're missing out on some amazing benefits. Fortunately, there is a convenient way to get your omega-3s from fish. It uses a revolutionary process called "vectorization."

This unique alternative to fish oil supplements began when the French government employed three top lipid researchers to find a better way of providing omega-3 benefits without the use of intensive heat or harsh solvents.

Vectorization uses enzymes and water, rather than solvents or heat, to extract omega-3s from the head of the fish. This is preferable to omega-3s extracted from the fat of the fish, where polychlorinated biphenyls (PCBs) are typically concentrated. This process also supplies the natural 2:1 ratio of DHA and EPA you need.

Vectorization immediately following the catch keeps the omega-3s bound to phospholipids—making them easier for the body to absorb and use. They are also incredibly stable, so with this particular supplemental form you don't have to worry about rancidity or fish burps—a common occurrence with triglyceride-bound oils.



The DHA and EPA structure is exactly the way they exist in nature, because the processing is so minimal.

Creating a Better Omega-3

During the processing of fish oil, heat, pressure and solvents change the natural position of the fatty acids. While omega-3s bound to triglycerides are absorbed from fish oil, several grams must be used on a regular basis to achieve results. This is because triglycerides are such ineffective transport mechanisms.

DHA and EPA are carried differently by phospholipids versus triglycerides. Attached to a phospholipid, these valuable nutrients maintain their original positions on the carbon chain—a position called "sn-2". But intensive conventional processing used to manufacture fish oils changes the position to sn-1 and sn-3 on the chain. It's like moving your best players on a team to where they can only be partly effective, instead of keeping them where they play best.

Since phospholipid-bound omega-3s remain in their original positions on the carbon chain (sn-2), they are bioidentical—that is, a perfect fit—to the positioning of omega-3 fatty acids in the human brain. To me, that's especially important, as I've worked with many people who have difficulties with concentration and well-being. It's one of the reasons I think this form of omega-3s is so helpful.

Fantastic Phospholipids

But this revolutionary method provides even more than highly effective omega-3s. It also leaves valuable phospholipids intact. Because phospholipids are fats that contain phosphorus, they provide a variety of health benefits, including:

- **Phosphatidylcholine** (PC) – protects mitochondria, the "engine" of your cells, from oxidative damage, and helps to keep your hearing and vision healthy and sharp.

continued >

- **Phosphatidylethanolamine (PE)** – helps build the myelin sheath that surrounds your nerve cells, keeping those signals firing properly.
- **Phosphatidylinositol (PI)** – also plays a major role in nerve and brain signals, helping to keep your brain healthy and your mood positive.
- **Sphingomyelin (Sph)** – a strong supporter of overall brain health.
- **Phosphatidylserine** – one of the most widespread phospholipids, often recommended as a stand-alone supplement for broad-spectrum brain health.

Powerful Peptides

Along with omega-3s and phospholipids, vectorization provides another benefit—peptides. Formed from amino acids, peptides are activated during the digestive process. If you haven't heard much about peptides in your fish or krill oil supplement, there's a good reason—they don't have them.

But here again, this revolutionary form provides more than the average omega-3 supplement. It supplies an array of bioidentical peptides that can boost your mood and protect your heart. It may also improve the absorption of the omega-3s.

Convenience and Quality

If you've been putting off taking your omega-3s lately, it's time to rediscover the brain and heart benefits you've been missing.

Vectorization provides DHA and EPA which are naturally bound to phospholipids for better absorption within the brain. It also gives you peptides that neutralize free radicals and support immune, digestive, joint and cardiovascular health.

Because vectorization uses the head of the salmon, you won't have to worry about the PCBs found in many fish oils that process their product from the fat or liver of the fish—areas that are notorious for being *exactly* the places where the highest levels of these *dangerous compounds accumulate*.

This unique manufacturing process also creates an easy-to-swallow tablet instead of large oil-filled capsules, making for a convenient supplement that's easy to take. You need just one per day, so getting your omega-3s this way is not only convenient—it's just plain smart! ■



Dr. Jacob Teitelbaum, M.D., is a recognized leader in the natural research and treatment of pain, chronic fatigue syndrome and fibromyalgia.



TRADE IN YOUR TRANS-FATS

There was a time when margarine and other sources of trans-fats were considered the “healthy” alternatives to butter and lard. Today we know better. (Some of us always knew: allegedly, Julia Child kept margarine on hand only to serve to her enemies.)

Margarine is made from hydrogenated vegetable oils, which are chemically modified by adding hydrogen to make them more stable. This, in turn, creates trans-fats.

Hydrogenation makes the fats difficult to break down in the body. These fats can't be used for building healthy cells, making arteries flexible, helping create valuable hormones, or any of the things natural fats do in our diets.

What's more, hydrogenated oils like those in margarine are from vegetable sources that are overly-rich in omega-6 fatty acids and that have only been a major part of our diets for the last 50 or 60 years. They are easily damaged by heat and chemical processing and that leaves them unstable, rancid and ready to do major damage oxidative damage to the cells of the body.

Plus, even small amounts of this so-called “healthy” choice has actually been found to increase the risk of heart disease by up to 23 percent in younger women, according to a review published in the *New England Journal of Medicine*.

In fact, long-term consumption of trans-fats increased risk of coronary heart disease regardless of other dietary factors, according to research reported in the *American Journal of Epidemiology*. The Food and Drug Administration is moving to ban trans-fats from processed foods, so it's time on the shelves may be limited. Do your heart and taste buds a favor—eat real butter and real fats instead.