

Chiropractic Works

“THE ULTIMATE IN SPINAL CORRECTION”



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 - > Fad Diets: The Facts

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FISH OIL SUPPLEMENTS: THE IMPORTANCE OF ESSENTIAL/ OMEGA 3 FATTY ACIDS

To begin the discussion of essential fats we must first understand what they are. Essential fats are fats that the body **must** have but cannot make on its own so they must come from the diet. They are often referred to as **Omega 3** and **Omega 6** fatty acids. The Omega 6 fatty acids are well represented in our diets since they are found in animal meats and vegetable oils. There are several types of Omega 3 fats with **DHA** and **EPA** being the most important. DHA and EPA are **only** found in fish and can be lacking from our diet. The **ideal ratio** of Omega 6 fats to Omega 3 fats is **1:1**, however the typical American diet is **20-40:1!**

In this day of heightened awareness of our diet people may be concerned about adding fat to their diet but it should be recognized that these essential fats **do not** increase the risks of heart disease. In fact they do quite the **opposite**.(1,2) Studies that have compared native diets of different areas have consistently shown that those with higher intakes of fish have a **reduced** rate of heart attack and stroke. In fact the native Inuit eat a diet extremely high in fat yet have a low incidence of heart disease. This is due

to the fact that almost all of their fat comes from whale and seal which is high in DHA and EPA. (3)

The reason DHA and EPA lower cardiovascular disease is due to their **anti-inflammatory** effects. A rise of inflammatory markers causes plaques to build up in the blood vessels and leads to heart disease.

This anti-inflammatory effect of DHA and EPA is the reason fish oils can be helpful in so many other diseases. Studies have shown that increasing DHA and EPA intake helps reduce the **incidence and symptoms** of type 2 diabetes, kidney disease, rheumatoid arthritis, ulcerative colitis, and Crohns disease. (4) These essential fats have even been shown to **decrease** the size of cancerous tumors, **enhance** the effects of radiation therapy and **reduce the incidence of cancer!** (5,6)

Fish oils benefits extend beyond the prevention of disease and reduction of symptoms. DHA and EPA have **profound** effects on the function of our brain. One key to understand is that every nerve cell in our brain is **surrounded** by fat. By supplementing with essential fats we ensure that the fats surrounding our nervous system are of the



best type. Supplementing with DHA and EPA has shown to increase the general function of the brain (7), **reduce** the risk of Alzheimer's disease(8), and help with **depression** (9). These effects are due to a change in the structure of our brain cells and the anti-inflammatory effects of the fish oils. It is **always** a good time to start supplementing with essential fats but no time is more important than in the first few years of life while the brain is still **developing**. One study found that mothers who supplemented with Omega 3s during pregnancy and lactation had children with **higher IQs at age 4!** (10)

As we can see there are many reasons to start increasing your intake of these **essential fats**. The question now is what is the best way to get them into our diets. For that answer see the article on page 2.

Now has never been a better time to take charge of your health what are you waiting for!

For more information attend our complimentary and informative "introduction to chiropractic" class held every Monday evening at 6:15.

Please register online or call the office as seating is limited.

OKTOBERFEST AND PUMPKINFEST!

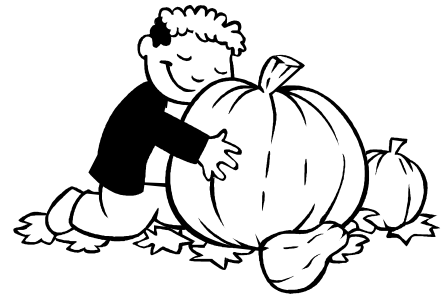
October is a busy month here in the Chiropractic Works office.

First we are having our fifth annual **Oktoberfest** in the office. During the month of October patients can earn points by bringing in pictures of the beautiful fall scenery we are blessed with here in New England, by coming in dressed in costume on Halloween, and for other activities going on in and out of the office. The patient with the most points will win one of the all new **iPod nanos** with a Belkin

FM transmitter. The second place prize is a gift basket from **Hair We Are** and third place is a gift certificate to **EMS**.

We are also having our **Patient Appreciation Pumpkinfest 2005!**

All current patients and their immediate families are invited to join us at **Macks Apples** in Londonderry for pumpkin picking. We will all be meeting on Saturday October 22nd at 10 AM. This is



our way to say thank you to all of our patients for choosing our office to help them better their health through natural chiropractic care.

SOURCES OF OMEGA 3 FATTY ACIDS

The tastiest way to add DHA and EPA to our diet is to eat fish on a more regular basis. One major problem with this is we have **polluted** our oceans and much of the fish we buy has dangerously high levels of **Mercury** and **PCBs**, which are known **carcinogens**. For the most recent report on the mercury content of different fish visit **www.oceana.org**.

The only choice left, then,

is to supplement with fish oil capsules. When choosing a brand make sure that it is **molecularly distilled** to remove all of the mercury and PCBs. As of right now this is the **only** effective way to get enough of the essential fats we need without the **toxins** typically found in fish. That is why our office carries the **Pure Encapsulations** brand but there are others out there.

One source of Omega 3s that is commonly referred to are flax. Flax seeds contain the compound that DHA and EPA are made from but our body does a **poor** job of converting it to the EPA and DHA we need. That only leaves **occasional** fish meals and **supplementation** with high quality fish oils.

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