



OH B
Optimal Health Bridge
877-572-3444



True Story of True Omega-3

How and Why It Works

About the Author



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Omega-3: Very Popular Among Fitness Enthusiasts and Body Builders... Why?



Quick Recovery From Exercise Routines!

CHAPTER 01

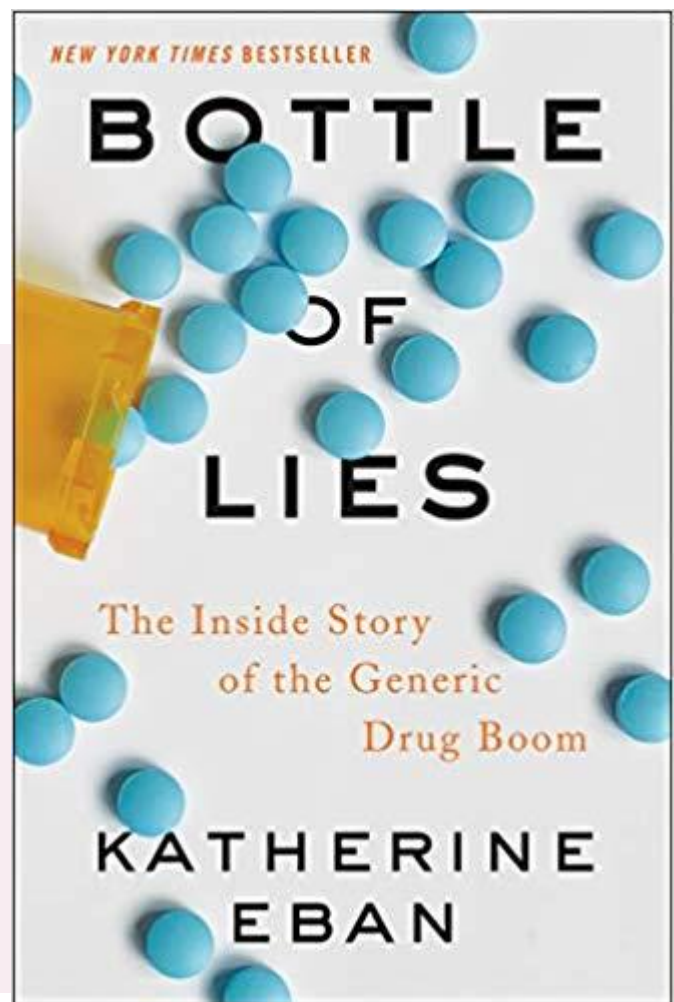
True Story About True Omega-3®

How I learned about True Omega-3®

Introduction

It's important to note that chronic diseases are the cause of death of more than one million people each year in the USA. In approximate numbers, about 600,000 perish from cancer and about the same from heart disease. If we were to consider other chronic diseases, such as diabetes, the numbers only get larger.

We assume it's the job of doctors and hospitals to treat these illnesses, but all pharmaceutical medicines, the main means of treatment, not only carry high risks themselves but the manufacture of our pharmaceuticals in China and India are under severe suspect. (See the book *Bottle of Lies, The Inside Story of the Generic Drug Boom...* 2019)



Chronic Disease Information that Scares Us...

Six in ten adults in the US have a chronic disease and **four in ten adults** have two or more.



HEART
DISEASE



CANCER



CHRONIC LUNG
DISEASE



STROKE



ALZHEIMER'S
DISEASE



DIABETES



CHRONIC
KIDNEY DISEASE



Courtesy of Centers for Disease Control and Prevention

Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States. They are also leading drivers of the nation's \$3.3 trillion in annual health care costs.

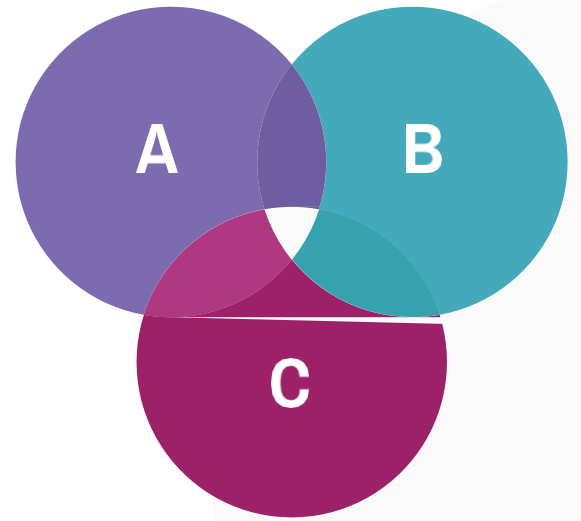
In order of related deaths: Heart Disease, Cancer, Chronic Lung Disease, Stroke, Alzheimer's Disease, Diabetes, and Chronic Kidney Disease. You Can add to this list Arthritis, Asthma and Depression. 133 million Americans, or 45 percent of the population, have at least one chronic condition.

Causes

What Are The Causes?

Many chronic diseases are caused by a short list of risk behaviors:

- Tobacco use and exposure to secondhand smoke.
- Poor nutrition, including diets low in fruits and vegetables and high in sodium and saturated fats.
- Lack of physical activity.
- Excessive alcohol use.



How to Manage Life on Earth?

Just as there is a few simple mistakes we make in learning how to keep ourselves healthy, there are only four ideas to keep in mind in order to get healthy and stay healthy.

What are they?

Mind State – How we perceive ourselves and what we believe about life and health.

Exercise – Use it or lose it

Diet – What we use to provide energy to our bodies

Sleep – How we manage to recharge our batteries.

If we remember our MEDS, chances are we won't need to use drugs as we age.



Let's Start with Some Super Nutrition

OMEGA-3 CHEAT SHEET – BY GAREY SIMMONS, CHC, AADP
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WebMD: “The benefits of omega-3s include reducing the risk of heart disease and stroke while helping to reduce symptoms of hypertension, depression, attention deficit hyperactivity disorder (ADHD), joint pain and other rheumatoid problems, as well as certain skin ailments. Some research has even shown that omega-3s can boost the immune system and help protect us from an array of illnesses including Alzheimer’s disease.”

Here’s the kicker: Scientists say it’s “**Essential**” that means you need it! You can’t live without this **anti-inflammatory** fat. While the liver can make many of the vitamins and hormones we need to live including cholesterol, it cannot make Omega-3 fatty acids. You do have to eat fish or take supplements. What kind of fish to eat and what kind of supplements to take is vital. Not all are created equal! Plants and some nuts have small amounts of Omega-3 but the conversion from ALA (plant based Alpha Linoleic Acid) to EPA/DHA is not easily accomplished. Eicosapentaenoic acid (EPA) and Docosahexaenoic acid, or DHA are the types of omega-3 fat that we can more easily absorb. That’s why we are encouraged to eat fish. Small fish eat plankton. Plankton is rich in ALA. Small fish convert the long-chain fatty acids to EPA and DHA. These are the two molecules that create abundant health.

Wake Up Call & Commitment



In 2005, I had a diagnosis of high-risk factors for heart disease. I was diagnosed with a fatty liver. I had a reading of 508mg of triglycerides per dl of blood. This blood fat was the high risk. This happened and I need to start my quest for a solution. I wasn't keen on doctors or pharmaceutical drugs.

I met Joe Theisman, the former NFL Quarterback. He was the keynote speaker at a nutrition tradeshow I attended. He's the guy who got his leg twisted backwards while playing for the Washington Redskins.

After listening to Joe and much needed study, I decided I had to eat healthier. And begin to exercise.

That, of course, was another huge change for me. I joined a gym and found out they offered free classes included in the price of membership, and I became a gym rat. I had to decide I was willing to do what's hard. I decided to act despite my fears. I committed that I was bigger than any obstacle and that I would never give up. (Mind State, remember?) These were powerful commitments.

Health or Wealth?

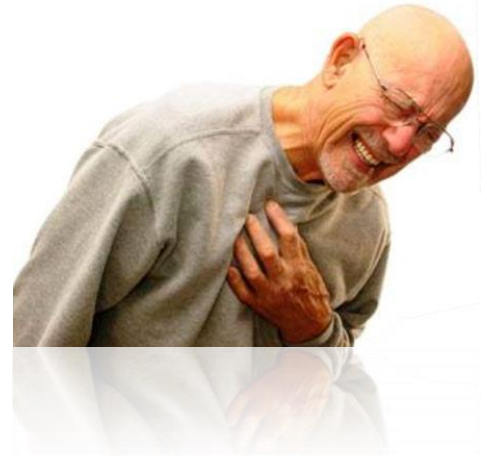


Was it hard to shell out my hard-earned money to try something new? I figured it was a lot cheaper than paying doctors and hospitals tens of thousands were I to have that imminent cardiac incident that was brewing. That little voice in my head said, “Don’t be penny-wise and pound foolish.” In fact, if you survive a heart attack at all, the costs involved have grown to nearly one million dollars! That includes all the doctor costs, hospital costs, pharmaceutical costs, lost wages, etc. Yes, an ounce of prevention is worth far more than a pound of cure.

For a lot of people, the first symptom of heart disease is a heart attack! A full 50% of those end in a medical condition known as “sudden death”. Did I really want to suffer a heart attack or was I going to stop being chintzy and playing around with my health and my heart?

After 3 months of taking Omega-3 fish oil capsules, I went for a retest. My triglycerides dropped 308 points to a mere 200, borderline instead of a stroke ready to happen. I lost 15 lbs. Healthy “good oils” and going to the gym can help you lose weight! I lost 3 inches off my waist and pant size. I became a believer. I had to go out and buy new clothes. That was a great feeling!

Will The First Sign of Heart Disease Be Sudden Death?



Will these supplements do it all? The daily habit of taking premium nutritional supplements like Omega-3s and a high-grade multivitamin is what fitness experts call a “Gateway Activity.”

That means the act of paying attention to your health by taking a supplement opens the door to new knowledge and brings the intention of optimal health to the fore. I started filtering my decisions on long-term goals instead of short-term pleasures.

Moving my body, studying nutrition, choosing better foods, developing better habits took me off the brink of the cliff and put me into a position of better and may I say, optimal health.

The benefits of Omega-3 are extensive and have been substantiated by thorough clinical studies. From protecting the health of the heart to strengthening the immune system, the benefits of using Omega-3 are too important for anyone interested in their health to ignore them. A person taking omega-3 supplements generally look younger and feel more energetic, ages better, has better skin and less mood issues!

The Omega-3 Best Sources: The Champions



The Omega-3 fatty acids are polyunsaturated fats, also known as “good fats”. The human body cannot produce these desirable fats, so they need to be acquired from various foods or supplemental sources. The good fats are necessary for the normal growth of the eyes, brain, and nerve tissue and hormone production. A number of clinical studies indicate that Omega-3 benefits primarily come from the docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA).

The best sources of Omega 3 are not plants, but animal foods. For instance, even though flaxseed is a source of ALA, a type of Omega-3, the body has to convert the ALA flax oil to DHA and EPA. This can be somewhat difficult for elderly people or for those with a poor health.

Three of the best sources of Omega 3 are wild caught fish and fish oil, truly grass-fed beef, venison and eggs from free-range chickens. These sources contain Omega-3 oils with DHA and EPA in a natural form, so your body will assimilate them easily, as no conversion is required.

Most clinical studies targeting the benefits of Omega-3 are based on consuming fish, fish oil and fish oil supplements.

Better Mood Better Brain Function

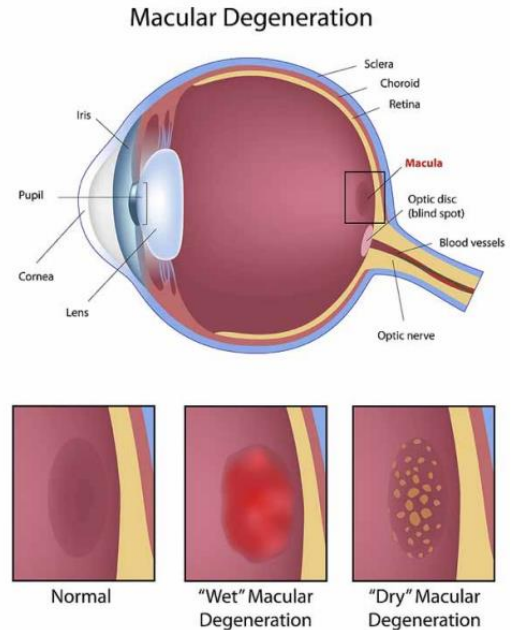


As it is known for improving mood, people who have been diagnosed with depression may take great benefit from supplementation with Omega 3 fish oil. The lack of Omega-3 fatty acids (especially DHA) was proven a trigger for depression. Dr. Andrew Stoll published a landmark book, “The Omega-3 Connection” in 2002 that shows ample evidence of the need for Omega-3 fatty acids in the diet and demonstrates the ability to lift depression without drugs.

These supplements enhance memory and brain function. Research shows the DHA molecule found in fish oil stimulates both memory and the learning ability. Research has also shown that mothers who take extra DHA during pregnancy and lactation can successfully increase the IQ of their babies. In fact 40% of brain cells are made from DHA Omega-3 fatty acids.

Fish oil provides protection against the symptoms of sinus infections, asthma, hay fever, symptoms of rheumatoid arthritis. The advantages of Omega-3 in treating inflammatory diseases come from the EPA and DHA in fish oil that diminishes the quantity of compounds that cause inflammation in arthritis. Most inflammation can be traced to extremely high amounts of Omega-6 oils, commonly used in baking and cooking in the American diet.

Eyesight & Women's Issues



Consuming fish oil is linked to a lower risk of developing macular degeneration, which is an increasingly common eye disease in people over 50. Studies also indicate that Omega-3 supplements may reduce the risk of Alzheimer's.

Several clinical studies indicate that fish oil and DHA are responsible for protecting the nervous system in humans. One of the primary purposes of fats in the body is to insulate the organs and nerve tissue from deterioration. By consuming Omega 3 on a regular basis, women may experience a significant reduction of PMS symptoms, according to a study published by the Journal of Reproductive Health.

Omega-3 also improves the health of skin and hair and fish oil protects the skin against harmful UV rays. At the same time, fish oil supplements can be a treatment option for skin disorders such as psoriasis. Studies of Omega-3 Krill Oil have shown great promise in alleviating such conditions.

Prostate/Breast Cancer & Kids



Studies on Omega 3 benefits show that there is a lower risk of breast and prostate cancer in people who use to consume fish oil on a regular basis. A number of studies also indicate attention and concentration are improved in people who consume omega 3 supplements regularly.

People are able to recall things better when they consume a daily supplement of omega-3 as well. For this reason, many parents choose to give their children omega-3 supplements as this helps them do better in school and other extracurricular activities.

It sure is better for them than candy and ice cream, although it can be a tough sell to kids. Those who start their children on Omega-3s early in life can expect the habit to continue as the kids grow up.

I became convinced that we could source and provide these oils at a better price and more reliably than online stores I encountered. Please give us a try.

If you want to know how much you should take, then give me a call 877-572-3444. I'll ask a few questions and we'll decide on an appropriate regimen for you. Best of health, Garey Simmons, Certified Nutritional Health Coach.

Invitation

Call Me at 877-572-3444

True Omega-3® High Potency Omega-3 Fish Oil 2.5 times more active ingredient than regular store-bought fish oil. By far True Omega-3® is our #1 best seller. High value, high potency, low price. Adequate dosages cost about \$1 a day. Use Welcome to Get 10% off on your first order.

Visit our Welcome Page online

www.OptimalHealthBridge.com

