

OMEGA 3 FATTY ACIDS AND CARDIAC HEALTH

NADINE THE NATUROPATH'S TOP 3 REASONS WHY FISH OIL IS GOOD FOR HEART HEALTH

DECREASED SUDDEN CARDIAC DEATH

More Salmon = Healthier Heart

The New England Journal of Medicine published a study in 2002 that analyzed participants' omega 3 content in the blood and compared it to their risk for sudden death due to a cardiovascular event. The authors concluded that fish consumption and fish oil supplementation may reduce the risk of sudden death from cardiac causes, even among men **without** a history of cardiovascular disease.

IMPROVED CHOLESTEROL LEVELS

Lowers Triglycerides and makes LDL less Dangerous

In a 2009 review done by the American College of Cardiology, they reported on the many benefits of omega 3 fatty acids for cardiovascular diseases. They found that **triglycerides are lowered** with high enough doses of fish oil supplementation and the quality of LDL cholesterol shifts from pattern B to Pattern A- a type that is larger and more buoyant making it less likely to be detrimental to your arteries.

30% REDUCTION IN ALL-CAUSE DEATH

More Omega 3s = a Longer Life!

The Journal of the American College of Cardiology published *The Heart and Soul Study*, which looked at omega 3 blood levels of people with heart disease. After a 6 year follow up they determined that people who had higher baseline EPA and DHA (types of omega 3 fatty acids) were associated with **increased survival time**. What is very interesting is that these findings are independent of other risk factors like high cholesterol levels and increased inflammation markers in the blood. Omega 3 levels can be taken to give a more comprehensive look at your cardiovascular health.

THE OMEGA-SCORE™

THIS IS A DIAGNOSTIC TEST THAT ANALYSES THE FATTY ACID COMPOSITION OF YOUR BLOOD TO DETERMINE YOUR RISK OF DEVELOPING CARDIOVASCULAR DISEASE (CVD) OR DYING FROM A CARDIOVASCULAR RELATED EVENT

RESULTS INCLUDE:

- A COMPLETE FATTY ACID PROFILE OF YOUR BLOOD
- HS™OMEGA-3 INDEX
- OMEGA SCORE™ AND HEART DISEASE RISK CUT-OFF
- OMEGA SCORE™ AND DEATH FROM HEART ATTACK RISK CUT-OFF
- EPA+DHA SCORE™ AND DEATH FROM HEART ATTACK RISK CUT-OFF
- AA:EPA RATIO, OMEGA-3: OMEGA-6 RATIO, OMEGA-6: OMEGA-3 RATIO

SXS WELLNESS IS NOW OFFERING IN OFFICE OMEGA SCORE™ TESTING. BOOK AN APPOINTMENT TO GET YOUR OMEGA SCORE AND ASSESS YOUR CARDIAC HEALTH!

To learn more about CARDIAC HEALTH book a free 15 minute consultation

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