

NEWS OF NUTRITION

Why Your Heart Needs Certain Fats

by Ronald Lawrence, M.D., Ph.D.

(NAPSA)—One of the main dietary trends in American society today is to avoid the consumption of fat. Too much fat clogs our arteries and makes us, well, too fat, right? Now there's a growing body



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of scientific evidence suggesting that a certain type of fat may actually be beneficial for the heart. It's called Omega-3 and it's an essential fatty acid (EFA) that's found in fish and certain plant oils.

Several years ago, epidemiological studies were performed on Eskimos, who consume a diet rich in Omega-3 fatty acids. Their superior blood lipid profiles were hypothesized to be the result of Omega-3 fatty acid consumption.

The reality is that a balance of certain types of fat in the diet is essential for the proper functioning of the body, namely the control of blood pressure, blood clotting and inflammation. Diets that are deficient in essential fatty acids have been linked to a variety of ailments, particularly coronary heart disease.

In fact, new research has led the Federal Drug Administration to recently rule it will allow supplement manufacturers to promote evidence that "suggests" Omega-3 essential fatty acids may reduce the risk of coronary heart disease. However, all supplements are not created equal.

Conventional supplements such as fish oil and flaxseed oil are good sources of Omega-3's, but a lot of their valuable essential fatty acids are destroyed by the harsh environment in the stomach before they can be absorbed. Conventional supplements are also very unstable. They must be refrigerated or they can become rancid, leading to stomach upset—the biggest reason consumers stop taking EFA supplements.



A new supplement is helping many Americans get the essential fatty acids their bodies need.

So, besides eating more fish, how do we make sure we get our Omega-3's? One way is to use supplements that do a better job of delivering essential fatty acids to the system. For instance, a new product called Entrox features a patented enteric coating that protects the Omega-3's from being destroyed in the stomach so more are available for absorption by the body. The coating also prevents the product from becoming rancid and causing stomach upset.

Entrox contains perilla seed oil, one of nature's richest sources of Omega-3 fatty acids. Gram for gram, perilla oil contains more Omega-3 than commonly used flaxseed oil.

The good news is that all fats are not bad, and now there are even better ways of ensuring that you get the good fats—the Omega-3 essential fatty acids. For more information, or to receive a free copy of the booklet "It's All About Good Fat," call 1-866-4ENTROX.

Dr. Ronald Lawrence has spent more than 40 years as a practicing physician, and is also a lecturer and author. He is executive director of the Council on Natural Nutrition and has spent much of his career in the study of nutrition and natural remedies.