

Not a Magic Pill... But Close!



Doug Chadwick

There is no magic pill that will solve all your health problems, but if I were to pick one that comes close, it would be Omega-3 essential fatty acids (EFAs). That's why it is one of my top five supplement recommendations for almost everyone. Omega-3s help with everything from brain to mood to immune system to joints and more. Today I will focus on the benefits of Omega-3s to your heart. Unfortunately, your body can't make them, you must consume them.

Sources of Omega-3 EFAs

There are three main Omega-3 EFAs:

1. A-linolenic acid (ALA)
2. Eicosapentaenoic acid (EPA)
3. Docosahexaenoic acid (DHA)

You can consume ALA through plant sources such as chia, flax seed, vegetable oils (such as canola, soybean, flaxseed, linseed, and olive oils), and walnuts. EPA and DHA are typically consumed through animal sources: herring, kipper, mackerel, menhaden, pilchard, salmon, sardine, trout, and tuna.

Cardio-Protective Benefits

Consuming fish oil from dietary sources such as fatty fish, two servings per week, is associated with a reduced risk of developing cardiovascular disease (primary prevention). Most of the population studies also show a reduced risk of all-cause mortality, cardiovascular death, sudden death, and heart attacks. These benefits are also seen in patients with existing cardiovascular disease (secondary prevention). Clinical and population research shows that consuming fatty fish two to three times per week reduces the risk of mortality in patients with a history of heart attack.

For your body to receive enough of these EFAs, you need to be consuming the foods listed above multiple times throughout the week. However, clinical research also shows that taking a fish oil supplement (one gram daily) significantly decreases your risk of heart attack and death.

Two additional analyses of studies in patients with cardiovascular disease show that consumption of EFAs, whether in the diet or by taking supplements, reduces risk of overall mortality by 16% to 23% and death due to cardiovascular causes such as heart attack by 24% to 32%. By comparison, prescription statins only lowered overall mortality by 13% and cardiovascular mortality by 22%.

Triglyceride Management

I have seen amazing results in using fish oil supplements to reduce triglyceride levels by 20% to 50%. In fact, prescription

Lovaza, often prescribed to patients with high triglycerides, is a form of fish oil. I have even seen modest improvements in LDL and HDL levels.

Hypertension Benefits

Taking fish oil orally seems to produce modest, but significant, reductions in systolic and diastolic blood pressure in patients with mild hypertension with or without type 2 diabetes.

Heart Failure Reduction

An analysis of populations studies shows that higher intake of fish oil from dietary sources is associated with a significantly reduced risk of heart failure.

Dosage

The research speaks for itself. For any of you with cholesterol, blood pressure, triglyceride, or any other heart issues, I highly recommend a quality Omega-3 supplement. The starting dosage is 1,000mg per day, but for those of you with more heart related issues, I may recommend a dose as high as 4,000mg per day. Just beware, not all fish oils are created equal.

Quality Counts

I hear many people complain about the way fish oil tastes. A quality fish oil supplement should not have a taste. If you are extremely sensitive to taste, you can try freezing the supplement and taking it with food. I recommend Ocean Blue Professional Omega-3. When you compare the amount of EPA, DHA, and total Omega 3s, you will find that Ocean Blue usually has **three times** the amount of other supplements:

Other Brand

Serving size: 2 softgels
Total Omega-3: 690mg
EPA: 330mg
DHA: 220mg

Ocean Blue

Serving size: 2 softgels
Total Omega-3: 2,100mg
EPA: 1,350mg
DHA: 600mg

So with Ocean Blue, you can take just one softgel compared to two or more of the competitors'. That keeps the cost down significantly to, just 41¢ per day.

Be sure to check the label and quantities when you are looking for your supplement. If you have questions about Omega-3s, please don't hesitate to stop in and ask our supplement specialist, Tracie, or any of our knowledgeable pharmacists.





Attention Diabetics

Diabetes affects millions of Americans and is growing at epidemic rates. There is some good news, however. According to the American Diabetes Association, by making some lifestyle changes, many people can delay or prevent Type 2 diabetes. Here's a quiz to find out what you know about Type 2 diabetes.

Answer true or false to each of the following statements.

1. Reducing your body weight by 5-10% can produce a 58% reduction in diabetes.
2. Just 30 minutes a day of moderate physical activity can significantly reduce Type 2 diabetes symptoms.
3. A healthy diet for Type 2 diabetics is basically just an overall healthy diet.
4. Diabetes is more common in African Americans, Latinos, American Indians, Asian Americans and Pacific Islanders.
5. An unexplained or unusual weight loss is a symptom of diabetes.
6. Products listed as low fat are always good choices for a diabetic.
7. Nearly all adults with Type 2 diabetes are overweight, and more than half are obese.

Answers: 1) True; 2) True; 3) True; 4) True; 5) True; 6) False. They are often high in sugar or sodium. 7) True

Source: National Diabetes Education Program

If you are already living with Type 2 diabetes, you may have questions. Here are some of the common questions we get at the pharmacy:



What are my blood glucose goals? The fasting blood glucose levels should be between 70-130mg/dL. The postprandial (1-2 hours after a meal) and before bedtime glucose levels should be <180mg/dL.

What is a hemoglobin A1C test? It is a test that measures your average blood glucose control for the past three months.

When should the A1C test be performed? The test should be performed at least two times per year in patients who are meeting their treatment goals and quarterly in patients whose therapy has changed or are not meeting their treatment goals

What is my goal A1C? Most diabetics typically should maintain their A1C to below or around 7% depending on the situation.

What is my goal blood pressure? For people with diabetes, kidney disease, or coronary artery disease have a goal of less than 130/90 mmHg.

What lifestyle modifications can I do to manage my blood pressure? Weight reduction. Adopting a DASH diet that is rich in fruits, vegetables, and low fat dairy products with a reduced saturated and total fat content. Reduce sodium intake to less than 2400 mg per day, which is about 1 teaspoon of table salt per day. Stop smoking. Increase physical activity to at least 30 minutes per day, most days of the week if approved by healthcare provider. Limit alcohol consumption to no more than two drinks per day for men and one drink per day in women and lighter weight persons.

What immunizations do I need to get? Everyone six months of age or older with diabetes should receive an annual influenza vaccine. All diabetics two years of age or older should be vaccinated with the pneumococcal vaccine. Anyone over 64 years of age who received the pneumococcal vaccine more than five years ago should be revaccinated one time. All adults with diabetes should be vaccinated with the hepatitis B series.

What supplements should I use to help with my diabetes? Current research would suggest that if you have diabetes or *even if your fasting blood sugar is above 90*, it's time to do something about it. The following supplements are highly recommended:

Vitamin D3: 2,000-5,000iu of D3 will help control blood sugar and protect against complications. Have your D3 levels checked, it should be between 40-65ng/dl.

Multivitamin rich in B vitamins: many diabetes medications deplete you of B vitamins which are needed for energy and protection from complications.

Magnesium: 150-300mg two times per day helps with glucose utilization and insulin sensitivity.

Fish oil: 1-2 grams two times per day of omega-3 essential fatty acids found in fish oil help protect the heart.

Chromium: 500-1,000mcg two to three times per day before meals will help with glucose utilization.

If you need help selecting nutritional products or want to know more about other supplements for diabetes, please stop in the pharmacy and ask.

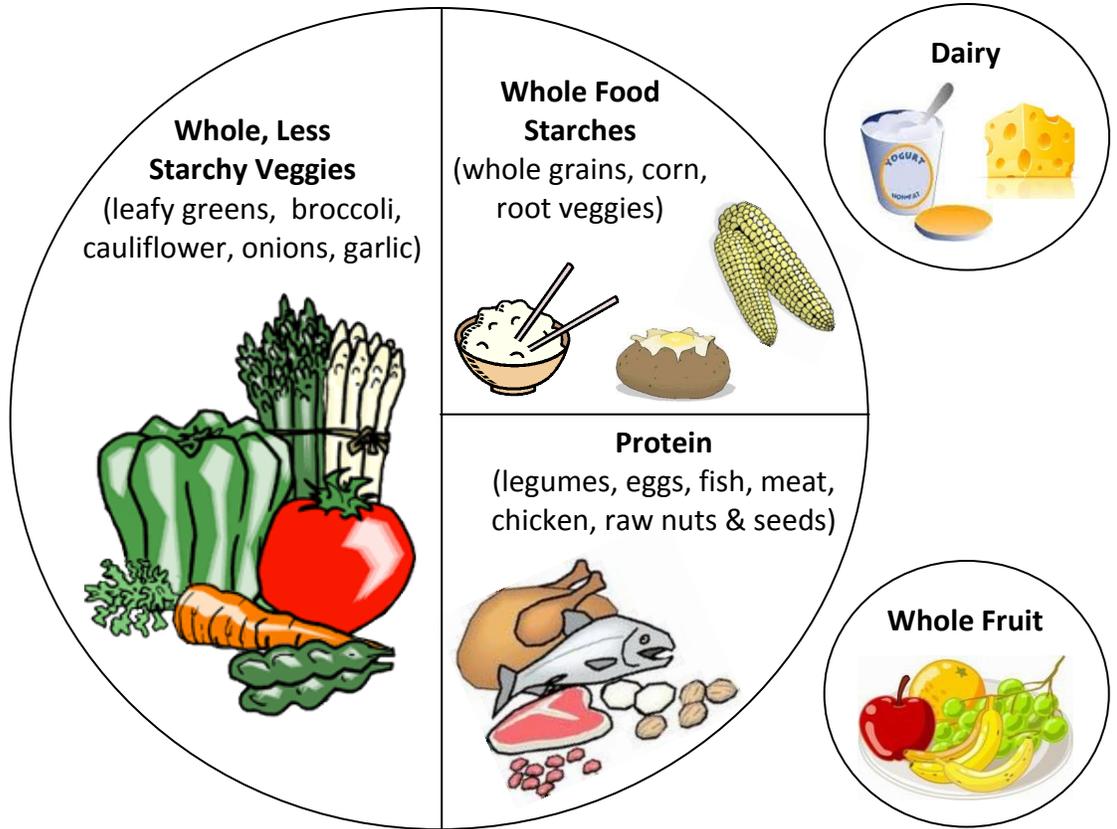
How Much Can You Eat?

When determining what you should eat it's important to note the difference between portion size and **proportions**. You'll feel better and have a better quality of life if you eat healthy **proportions**.

Eat twice as much whole veggies as you eat of meat or starchy veggies and whole grains.

You can eat these proportions on a larger plate, or on a small plate. If half of what you eat is veggies and fruits, it will be hard to ever overeat because you'll feel more satisfied at the end of a meal.

They say a picture is worth a thousand words... I hope this helps. If you have any questions please let us know!



“Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies, and lack of physical exercise.”

- Mike Adams

MOOD SWINGS? HOT FLASHES?

If your hormones have you feeling out of control, it's time to get your life back!

FREE SEMINAR

Monday, March 23rd, 6:30pm

Please call Sharon to reserve your seat: (325) 655-3146.

THE BEST MEDICINE... LOL

A man speaks frantically into the phone, “My wife is pregnant, and she is about to have the baby!”

“Is this her first child?” the doctor asks.

“No!” the man shouts. “This is her husband!”

Biblical Health Tip... Faith & Your Health

Faith eliminates fear and tension, two of the greatest causes of disease and ill health. When you have faith, you can have peace of mind and can just rest in the Lord, knowing that He is going to take care of everything. The elimination of fear by faith gives peace of mind and rest to your nervous system, stomach and vital organs, including your heart. Faith also eliminates bitterness, hatred and a negative attitude toward life – all of which can cause the build-up of actual poisons in your body.

Romans 1:17 – For in the gospel a righteousness from God is revealed, a righteousness that is by faith from first to last, just as it is written: “The righteous will live by faith.”



Taking a Statin? Read this...

CoQ10 is one of our top recommendations because of the many benefits it offers. Here are just a few:

- It boosts your heart health and helps strengthen your overall cardiovascular system.
- It jump-starts energy production in your cells.
- It provides your body with an added defense against oxidation stress to your cells, tissues, and organs by acting as an antioxidant to help protect you from free radicals.
- It helps reduce normal signs of aging and maintains vitality.
- It helps you maintain ideal blood pressure levels by promoting healthy blood circulation and a more efficient heart.

There's another very strong reason to take CoQ10 supplements. If you or anyone you know is taking a statin drug, it is absolutely essential to start taking a CoQ10 supplement immediately. Why? Statin drugs deplete your CoQ10 levels because they work to lower your cholesterol in the same pathway your body uses to produce CoQ10.

Our favorite is Myers Drug CoEnzyme Q10. Take one softgel daily. If you want more information on CoQ10, stop in and ask one of our knowledgeable team members.



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Good through February 28, 2015.



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