Fatty acid imbalance has been linked to a diverse group of common disorders, including:

- Hypertension
- Memory Loss
- Elevated triglycerides
- Dementia
- Cardiovascular disease
- Insulin resistance (leading to Type II diabetes)
- Chronic inflammatory conditions (such as arthritis)

**CAN FISH OIL PREVENT SUDDEN DEATH**

In a report just released by the American Heart Association, fish oil supplements were shown to drastically reduce the risk of sudden death. The study consisted of 11,323 patients who had suffered a heart attack within the previous 3 months. All of the patients were told to eat diets rich in fruits, vegetables, olive oil and fish. One group of these patients was also given 1000 mg a day of a fish oil supplement.

After only three months of fish oil treatment, there was an astounding 41% decrease in the risk of sudden death. At the end of the 3.5-year study, those receiving the fish oil supplement were 45% less likely to die from a heart-related disease.

The doctors who published this study stated that the reason fish oil prevented sudden death is that it lowered the risk of fatal arrhythmia. Most sudden death heart attacks are caused by a lethal fibrillation event, where the heart muscle beats wildly out of control and does not pump any blood. The only way of saving a person in a state of “ventricular fibrillation” is to immediately apply a “defibrillator” that shocks the heart back into a normal rhythm. Fish oil functions as an “Anti-arrhythmic” agent to prevent lethal fibrillations.

**EPA versus DHA**

Commercial fish oil supplements consist primarily of EPA. Scientific studies, however, indicate that the DHA fraction of fish oil is more effective in preventing heart arrhythmias. The DHA fraction is preferentially accumulated into heart muscle cells and even low-dose DHA has been shown to have anti-arrhythmia effects compared to EPA.

Most people fail to obtain the optimal balance of fatty acids from their diet or supplement program. Chronic inflammation is the underlying cause of heart disease, stroke and many other age-related disorders. Consumption of specific fatty acids like DHA from fish and GLA from borage oil is the most effective way of protecting against the multiple pathologies.
associated with chronic inflammation