

CAN FISH OIL PREVENTS 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**

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)

associated with **chronic**

inflammation