



Easy Health Options®

Nature & Wellness Made Simple

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The Omega Secret: Sharper Mind, Stronger Heart and a Bulletproof Immune System

It was March 2010. A young 17-year-old boy, Bobby Ghassemi, had been driving fast along a winding road in Virginia when his car suddenly careened off the pavement.

By the time paramedics arrived, Bobby was barely alive.

Bobby’s mom was told that if her son ever came out of his coma, he might be incapacitated for the rest of his life.

“For all intents and purposes, he was dead on the scene,” said Dr. Lewis, a physician who later advised the family. “I’m looking at the reports, and they report a Glasgow Coma Score of 3. A brick or a piece of wood has a Glasgow Coma Score of 3. It’s dead.”

Bobby Ghassemi was airlifted to a hospital.

For the first three days, it was touch and go.

His brain was so engorged, doctors needed to relieve the pressure by taking out a portion of his skull. He also had what is called diffuse axonal injury: bleeding that flooded nearly every part of his brain.

Ten days later, Bobby lay comatose.

His father, Peter Ghassemi, was frustrated with waiting and desperate to do something to help his son. After a series of phone calls to friends, he ended up speaking with Dr. Michael Lewis, an Army colonel and doctor.

After some discussion, Dr. Lewis did something stunning for someone in today’s medical profession. He proposed something that Peter had never heard about for traumatic brain injuries... a natural solution missing from our stripped-down processed diet, but plentiful in nature if you know where to look.

At that point, Peter Ghassemi was open to anything to help his son.

Dr. Lewis’ colleagues and proponents of strict standard medicine remained skeptical.

Boy were they ever mistaken.

Miracle Acids Cure Brain Injuries?

The types of acids – critical for brain function, especially as babies develop – that Dr. Lewis proposed using had been used only once before to treat a brain injury as devastating as Bobby’s.

That was in 2006, in the case of Randal McCloy, the sole survivor of a mine disaster in West Virginia.

Like with Bobby, once Randal was stabilized, there was little standard doctors could do to stem the tide of inflammation and cell death occurring in his brain.

But Dr. Julian Bailes and other doctors on Randal’s team resisted the “wait and see” approach common in today’s medicine and began an unorthodox treatment regimen.

First, they used hyperbaric oxygen treatments.

Second, they gave **him high doses of omega-3 fatty acids**. “The concept was then trying to rebuild his brain with what it was made from when he was an embryo in his mother’s womb,” Dr. Bailes said.

The theory behind this approach was that high doses of omega-3s could mirror what is already naturally in his brain and facilitate the brain’s own natural healing process.

Less than three weeks after the mine disaster, Randal McCloy started emerging from his coma. Three months later, he was walking and speaking.

Citing Randal McCloy’s dramatic recovery, Dr. Lewis urged Peter Ghassemi to consider introducing the same “acid” therapy for his son. After that conversation, Peter

Ghassemi was convinced and began to pressure Bobby's doctors.

"It was a fight," Peter Ghassemi said.

"They didn't believe, and they said, 'Fine, the West Virginia miner was one case. Bring me 999 more cases, a thousand more cases... before I can give it to your son.'"

But eventually they conceded, and Bobby Ghassemi was started on therapy that mirrored what had been given to Randal McCloy in 2006.

Two weeks after beginning the regimen, Bobby Ghassemi began emerging from his coma.

Around the fifth or sixth week, there was some movement. And then his hands started moving more as well as his leg.

Soon after that, Bobby began to show signs of recognizing his family, his dog, and discerning things like colors and numbers. Slowly, his brain was recovering, and his family strongly believes that the high-dose omega-3s are the reason why.

"His brain was damaged, and this was food for the brain," Peter Ghassemi said.

Three months after his devastating accident, Bobby Ghassemi was well enough to attend his high school graduation.

Tell Big Pharma to Take a Hike When it Comes to Miracle Omega-3s

I shared this dramatic survival story with you to make you aware of something vital to the health of your brain.

The "magic acids" that helped Randy McCloy and Bobby Ghassemi recover from their traumatic brain injuries are the omega-3 essential fatty acids DHA, DPA and EPA.

And the healing and nurturing powers of omega-3s don't just stop with your brain.

As a practicing physician, I've witnessed first-hand how omega-3s have had profound positive impacts in a wide array of health issues with my patients.

Now, I don't expect you to simply take my word for all this.

In this report, I'll share with you the solid research and evidence I uncovered that clearly shows how omega-3s play a critical role in everything from protecting your brain... to lowering your risk of certain types of cancer... to boosting your heart health.

But first, I have to bring up some disturbing news – the government, and more specifically the FDA, don't want you to know all the details behind the astounding omega-3 benefits. How does that make any sense?

Well, it really is quite simple.

The FDA is all about protecting Big Pharma (when they should be spending more time protecting you). And Big Pharma cannot patent natural foods that contain healthy omega-3s. Big Pharma can only patent drugs like Aricept, Donepezil, Exelonl, Rzadyne, galantamine and rivastigmine – all patented profit-generating drugs for treating certain cognitive diseases like Alzheimer's.

A perfect example is the amazing superfood, walnuts. I didn't have to dig too deep to find solid evidence how omega-3 fatty acids found in walnuts help to...

- Lower your cholesterol levels.
- Protect you against heart disease.
- Shield you against stroke and cancer.
- Ease arthritis and other inflammatory diseases.
- Fight depression and mental illness.

One study, published in *The Journal of Nutrition, Health & Aging* (2015), specifically involved walnuts and is well worth emphasizing here.

Researchers from the David Geffen School of Medicine at the University of California, Los Angeles (UCLA), found that consuming less than a handful of walnuts each day helped people of almost all ages perform better on a series of six cognitive tests that looked at brain function.

Despite all these compelling health benefits, it's illegal for walnut producers to put these types of well-researched benefits on a package of walnuts.

Believe me, if Big Pharma could find a way to patent and profit from walnuts, they'd do it in a heartbeat. But they can't... so the next best thing is to deprive us of natural sources of omega-3s in hopes we'll get sick and need Big Pharma's addicting drug solutions.

Or, specifically in this case, Big Pharma created their own drug version of omega-3s to convince you and me that this is the best way to get what your body needs.

But don't be fooled...

An omega-3 drug created in a chemistry lab is not the way to go when there are other natural sources available for significantly less money. I'll have more on these readily available sources coming up.

But first, let's dig deeper into omega-3s and more on the incredible health benefits...

Fix This Ratio to Triumph Over Hypertension, Obesity and Diabetes

In my practice, I constantly emphasize how important omega-3 fatty acids are to my patients.

They're definitely at the top of my list of what you need

to get right to live a healthier life.

I'm certainly not alone here, as other health experts and colleagues stress this as well. To support all this, decades of research have unlocked the extraordinary health benefits behind these essential fatty acids – with more research going on all the time.

Before we get into more of the details on omega-3 health benefits, I think it's important to look closer at omega-3s themselves... find out what's behind these incredible essential fatty acids.

So, what are omega-3s?

Omega-3 fatty acids are polyunsaturated fats essential to your health. Since your body is either unable or very limited in its production of omega-3s, you must get these vital fatty acids through diet or supplements.

The three well-known types of omega-3s are acquired from both animal and plant sources.

Marine animals such as certain fish provide what are called eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). From certain plant-based foods like walnuts, you can obtain omega-3 fats in the form of what's called alpha-linoleic acid (ALA).

There is also another type of omega-3, docosapentaenoic acid (DPA). For some reason, DPA is often overlooked. But this fatty acid found in certain marine animals is just as important as the others. I'll have more on DPA's benefits coming up.

There is some confusion and controversy over which source (animal or plant) is best for you. I for one favor a balance of both because then your body gets to take advantage of all four types of omega-3 essential fatty acids. Research I've thoroughly reviewed bares this approach out.

Now, there is another aspect of essential fats that is real important to your overall health...

And that involves another type of fat called omega-6s.

Just like omega-3s, omega-6s are essential to your health. But due to diet changes over time, Americans typically consume way too much omega-6s and not enough omega-3s. For these fats to work their "magic" in your body, a balance is not only important, it's critical for your overall vitality.

With Americans consuming way too many omega-6 fats, it's one of the main reasons behind the obesity crisis.

See, omega-6s come from foods like: corn, soy, canola, safflower and sunflower oils. Because of the predominance of these foods in U.S. diets, inflammation in your body runs rampant. I doubt I have to remind you what sort of adverse health effects this inflammation from omega-6s/omega-3s imbalance can trigger – conditions like...

- Heart disease
- Hypertension
- Obesity and Diabetes
- Premature Aging
- Cancer

So, what should your omega-6 to omega-3 ratio be to avoid all this?

In early human history, the ratio of omega-6 to omega-3 fats was one to one (1:1). Today, with imbalanced diets in the U.S., the ratio has ballooned as high as 50 to 1 in favor of omega-6s. You already know how unhealthy this is and how it can lead to higher risk of disease.

The lower your ratio of omega-6s to omega-3s the better off you'll be. One to one is ideally what you should shoot for.

And by the way, you won't hear Big Pharma breathing a word of the importance of this ratio to you. Plus the large companies producing all the unhealthy processed foods out there don't want you to know either – these are the manufacturers behind loading you up with omega-6 fatty acids and creating such a wild imbalance in your body.

Again, you don't need to fret over this because I will guide you through all the astounding omega-3 benefits and the best sources readily available out there.

Build a Sharper Brain, Bulletproof Immune System and a Shatterproof Heart Before it's Too Late

The amount of research and studies supporting what I'm saying here is extensive to say the least. And as you'll see, this research is a worldwide event not just restricted to the U.S.

It's easy to see why Big Pharma doesn't want you to know about all this. They're sure to start losing big bucks once the word gets out even more.



Build a Smarter Brain:

You're already well aware of how omega-3s can benefit the health of your brain. And in some cases, might even help people recover from traumatic brain injury.

From the UCLA study I brought up earlier, you learned how researchers found that eating a daily snack of walnuts naturally laced with omega-3s could improve your cognitive health.

There are many other studies that provide even further proof of how omega-3s enhance your cognition. I've narrowed it down to a couple recent international studies to demonstrate these benefits...

- **As published in** *The Journals of Gerontology, Series A, Biological Sciences and Medical Sciences* (2015) – Researchers at the University of Roehampton, London, used a randomized, double-blind, place-controlled pilot study to evaluate frailty, mobility and cognition in older women. What they discovered is omega-3 supplementation “improved cognition and mobility in older females at clinically relevant levels...”
- **As reported in** *Nutrients* (2015) – Australian researchers from the Department of Pharmacology School of Medical Sciences, The University of New South Wales, Sydney, reported on how supplementation of diets with omega-3s (and other nutrients) have shown to yield “positive effects on cognitive function in healthy ageing humans and in disease states...”
- **As described in** *Psychiatria Polska* (2015) – Researchers at Poland's oldest prestigious university, Jagiellonian University Medical College, found that omega-3s were among the nutrients that could improve mood to help offset depression.
- **As published in** *Schizophrenia Bulletin* (2013) – Dutch scientists from the Department of Psychiatry, University of Amsterdam, discovered that omega-3 DPA helps protect your brain by maintaining and strengthening the myelin. Myelin is your brain's fatty protective layer that covers its nerves and cells.



The bottom line with this – if you want to boost your cognitive health, make sure you include plenty of omega-3 foods in your regular diet.

Bulletproof Your Immune System Against Cancer

Everyone is well in tune with how deadly an epidemic cancer has become.

Mainstream medicine wants you to believe that your only recourse is to succumb to their profit-generating cut (surgery), burn (radiation) and poison (chemotherapy) approaches.

However, eating a healthy whole food diet that includes omega-3s has been shown to be effective in prevention and treatment of cancer.

Here are a few recent examples I uncovered of solid evidence supporting just that...

- **Breast cancer** – A phase II pilot study (published in *Cancer Prevention Research*), conducted by researchers from the University of Kansas Medical Center and the University of Texas MD Anderson Cancer Center, using post-menopausal women, demonstrated how high-dose omega-3 fatty acids (EPA and DHA) could help prevent breast cancer.
- **Colorectal cancer** – Researchers at Leeds Institute of Molecular Medicine, University of Leeds, Leeds (UK), concluded that “omega-3 polyunsaturated fatty acids are likely to have multifaceted roles in both prevention and treatment of CRC (colorectal cancer).” As published in *Gut*, researchers went on to say that omega-3s deliver excellent tolerability and safety profiles which make them an attractive candidate for prevention and treatment of CRC and other cancers.
- **Pancreatic cancer** – In a study conducted by the Department of Hepatobiliary and Pancreatic Surgery, University Hospitals of Leicester, Leicester (UK), researchers administered omega-3s to determine if they could help advanced stage pancreatic cancer patients under chemotherapy. Researchers found that more than 50 percent of the cancer patients had greater than 10 percent increases in their quality of life scores when given omega-3s intravenously. Plus, as was published in the *Journal of Parenteral and Enteral Nutrition*, 47.2 percent of patients in the study showed an increase of global health greater than 10 percent over the baseline.
- **Prostate cancer** – As published in *Clinical Cancer Research*, researchers from the Departments of Urology Institute for Human Genetics at the University of California, San Francisco, used a case-controlled study of 466 men diagnosed with aggressive prostate cancer.

Study results showed that increasing the intake of omega-3 fatty acids was strongly associated with the decreased risk of aggressive prostate cancer.

Researchers also found that men with low omega-3 intake levels had an increased risk of disease.

These international studies provide astounding evidence as to the effectiveness of omega-3 fatty acids against cancer. Even in advanced stage cancer (like the “pancreatic” cancer study above), omega-3s were found beneficial in improving quality of life where chemotherapy was being used.

So, even when Big Pharma was clearly entrenched in treating patients, omega-3s helped out significantly in both easing the pain and improving overall health.

But I’m not close to being finished yet... brain health enhancer and a natural cancer fighter are just part of how omega-3s can benefit you...

Do the “Heavy-Lifting” for the Muscle That Matters the Most

Here’s just a sample of what I found on the importance of omega-3s in strengthening your heart health...

- **From research at prestigious Columbia University Medical Center (New York)** – In a randomized double-blind, placebo-controlled study (reported in *Circulation Heart Failure*), heart failure patients who were given omega-3 polyunsaturated fatty acids showed increases in lean body mass and quality of life.
- **From the world-renowned Division of Cardiovascular Medicine and Channing Laboratory at Brigham and Women’s Hospital (Boston)** – Researchers concluded (as published in *The Journal of Nutrition*) that one type of omega-3s, EPA, showed “reduced risk of nonfatal coronary syndromes.” In addition, they stated that current evidence suggests that EPA and DHA have both shared and complementary health benefits. And they recommended that it would be prudent to consume both for overall cardiovascular benefits.
- **From an Australian study conducted at Deakin University School of Medicine (Victoria) and reported in *Prostaglandins, Leukotrienes, and Essential Fatty Acids*** – Researchers found how often forgotten omega-3, DPA, has its own special benefits. DPA was shown to help maintain a normal inflammatory response, reduce the amount of fat in the liver and help support normal triglycerides and cholesterol levels... important in supporting a healthy heart.

When it comes to benefiting your body’s critical organs, I stress to all my patients how important omega-3s are to

their brain and heart health.

It’s something Big Pharma is scared to death too many people will learn about. And there’s not a better time than right now to make sure you’re getting omega-3s in your daily diet.

If this still isn’t enough to convince you of how vital these essential fatty acids are to your health, here are...

9 More Powerful Ways Omega-3s Supercharge Your Vitality

And just so you won’t have to simply take my word for it, I provided the research sources I reviewed from the international medical journals behind each one...

Omega-3s have been shown to...

- **Support** your liver – Chinese study showed how participants with end-stage liver disease benefited from omega-3s.
- **Provide protection** for your bones and joints against osteoporosis and rheumatoid arthritis – Journal article from Spain identified omega-3s as one of the important nutritional factors in the prevention of osteoporosis. And from England, research demonstrated how omega-3s can be effective in easing RA (rheumatoid arthritis).
- **Reduce** seizures in children with epilepsy – A study conducted in Egypt showed that omega-3 polyunsaturated fatty acids elevated the seizure threshold in children with epilepsy. And omega-3s may even help in seizure control.
- **Promote** lower blood pressure in children – In a joint study conducted by researchers at the Harvard School of Public Health (Boston) and the University Medical Center, Rotterdam, Netherlands, it was discovered that women who had higher levels of omega-3s and lower levels of omega-6s during pregnancy resulted in lower systolic blood pressure in their children.
- **Yield** significant cost savings to older individuals – In this Korean study, researchers found that omega-3 supplementation in older people could yield significant cost-savings by reducing the risk of coronary heart disease.
- **Lower** the risk of age-related macular degeneration and blindness – Research conducted at the Norwegian University of Science and Technology showed that by DHA induced antioxidants and the mobilizing of selective proteins, the risk of developing age-related macular degeneration (AMD) could be reduced.
- **Help prevent** insulin resistance – From the University of Barcelona, Spain, researchers concluded that omega-3s can help prevent obesity-induced insulin resistance and hepatic steatosis.

■ **Cut** the risk of stroke – More research from Spain indicated how especially in people with high cardiovascular risk, omega-3s are effective in preventing stroke and acute myocardial infarction.

■ **Promote** dental health – Researchers from India found through a double-blind, placebo-controlled clinical trial, that omega-3s reduce gingival inflammation and have the potential for helping prevent chronic periodontitis.

By now, you should not be hesitating at all about getting your health better on track with omega-3s.

Like I promised earlier, let me show you some of the excellent natural sources of omega-3s available to you...

Plant Sources at Your Fingertips

You're already aware of the many health benefits of eating walnuts. My only advice here is to make sure you find organic, or natural walnuts without added salt or sugar. These additives only take away from the many benefits naturally found in walnuts.

My top five choices of plant-based omega-3s with the best sources of ALA include...

- Walnuts
- Flaxseeds
- Hemp oil
- Chia seeds
- Pumpkin seeds

Most of these foods make excellent snacks or you can sprinkle them on a nice green organic salad. And hemp oil can be used just like olive oil to dress up your salad.

Some people feel that when it comes to omega-3s, you should focus all your dietary efforts on animal-based sources. However, I believe your best bet is to eat a combination of both plant-based and animal-based to make sure you get a balance of all four omega-3 types (ALA, EPA, DHA and DPA).

Fish should be an important part of your healthy diet of omega-3 fats. But you need to be selective on which fish you choose to eat. Unfortunately, many fish are high in mercury, other contaminants like polychlorinated biphenyls (PCBs) and even radioactive toxins.

Fish that I recommend for healthy sources of EPA, DHA and DPA include:

- Wild salmon (preferably Alaskan)
- Anchovies
- Herring
- Sardines
- Pacific halibut
- Fresh albacore tuna

■ Trout

Since less than 2 percent of imported seafood is inspected, I highly recommend that you stick to domestic seafood.

Salmon is by far one of the most popular foods high in omega-3s. But buying wild salmon is key to avoiding contaminants. Your best bet is wild Alaskan salmon.

You should avoid Atlantic salmon because it is not "wild" but farm-raised. Farmed salmon are subjected to disease and parasites that require antibiotics, pesticides and even disguising dyes. Who wants all that in the salmon they eat? I surely don't. You should avoid it as well.

Other fish I recommend you eat in small amounts due to contaminants (primarily high mercury levels) include...

- Atlantic bluefish tuna
- Ahi tuna
- Bigeye tuna
- Sea bass
- Marlin
- Swordfish
- Tilefish

If you're looking for more info on fish you might be eating and associated mercury levels, you can go to the government's own site (FDA) and see the list that was completed in 2010: <http://www.fda.gov/food/foodborneillnesscontaminants/metals/ucm115644.htm>

If this worries you, you should supplement with omega-3s.

The question in my mind these days is, how do you know what fish and associated mercury levels end up in the fish oil so popular as omega-3 supplements?

For these reasons, I don't recommend fish oil. Instead, there's a much better animal-based omega-3 supplement at the very top of my list.

Krill Oil: A No-Brainer When it Comes to My Top Choice

Krill, a tiny shrimp-like crustacean found in all the world's oceans, provides the most basic nutrition possible. The point is that when we consume krill and krill oil, we are at the very beginning of the marine food chain. This is our guarantee of purity as well as peak nutrition.

Krill oil means bioavailability for peak absorption. The key is the phytoplankton diet of the tiny krill. The smaller the marine life, the shorter its life span and the more protected from contamination the creature is. The smaller the sea life, the less mercury and other toxins are in the creature. In fact, phytoplankton is grown abundantly in oceans around the world and is the foundation of the marine life



food chain. Krill's food source is phytoplankton.

Since phytoplankton contain the pigment chlorophyll, which gives them their greenish color, their food source comes from photosynthesis in which sunlight is the energy source. Through photosynthesis, phytoplankton are also responsible for much of the oxygen present in the Earth's atmosphere.

What better energy food source than sunlight?

Besides photosynthesis, phytoplankton are crucially dependent on ocean minerals. These are primarily macronutrients such as nitrate, phosphate or silicic acid. This means that through krill we are getting the macronutrients and microorganisms in aquatic food webs of the ocean, as well as in sea salt, which we have come to accept as a miracle for human health.

No wonder we are talking about a phytoplankton food chain which is the essential ecological function for all aquatic life. Two-thirds of all the photosynthesis on Earth occurs in the oceans.

An Ocean of Health Benefits

Can we just eat fish? Yes, and over time we can begin to reverse our omega ratio, especially if we greatly diminish our intake of omega-6 from processed, inflammatory foods and increase our intake of omega-3.

Until and if that happens, krill oil is the perfect way to restore proper omega-3/omega-6 balance; it contains 10 times more healthy omega-3 fatty acids than omega-6. This is more than enough to help offset the dangers of the high omega-6 American diet, which greatly helps you reduce inflammation.

Krill oil is purely formulated from very small-sized Antarctic krill which feed on the powerful phytoplankton sea diet.

As we age, our blood thickens. The thickening is compounded by an unhealthy omega-3/omega-6 ratio. This often leads to a stroke or heart attack.

An omega-3 deficiency is known to compromise the

blood-brain barrier that normally protects the brain from unwanted matter gaining access to the brain. Omega-3 deficiency can also decrease normal blood flow in the brain.

Just for the record, clinical studies show conclusively that omega-3s improve heart health, improve memory, slow aging and support the brain and nervous system.

Krill oil is absorbed best by your body because it's produced inside the krill in phospholipid form, instead of the triglyceride form found in fish. This puts it in the form already used by your body.

Krill has all three omega-3 fats, and delivers them faster and more completely to the places that need it most to help your brain and body.

And due to negligible mercury contamination potential, because you are at the very beginning of the marine food chain... krill is a pure source of omega-3.

The key is the microscopic phytoplankton that tiny krill feed on. The smaller the marine life, the shorter its life span and the more protected it is from contamination – less mercury (if any) and other toxins found in its body. This is obviously not the case with fish and the fish used to produce fish oil.

The World's Most Powerful Antioxidant?

Plus, the omega-3s in krill are attached to astaxanthin, an incredible antioxidant that allows the omega-3s to proceed directly to your brain with no delay.

This pink pigment that also gives salmon their pink coloring, can protect your eyes, brain, heart and nerves from the inflammatory damage of early aging.

Laboratory tests show that krill oil contains a heavy-duty combination of antioxidants such as vitamins A, E, D and B-complex choline, plus minerals such as potassium, sodium and zinc – all of which are not only beneficial for your continued health, but also sustain the shelf life of the oil.

However, the most potent antioxidant in krill oil is astaxanthin. It's a carotenoid that gives krill (a tiny, shrimp-like crustacean found in the Antarctic Ocean) and other sea creatures their rich, pink color. This nutrient is one of the most powerful antioxidants known to mankind – shown to be 100 times more potent than vitamin E.

Astaxanthin is responsible for fighting free radicals within the body, as well as protecting the blood-brain barrier – which means it protects your eyes, brain and central nervous system from free radical damage. It's 11 times more powerful than beta-carotene for fighting free radical damage.

Free radicals are age robbers. Left to roam around in your body, they can leave you open to dozens of health problems and unprotected from the threats of early aging.

Plus, astaxanthin can cross the blood-brain barrier to deliver nutrients to all of your cells. And it can support your immune function, protect your arteries, veins and heart, promote healthy nerve function (especially in your brain), help prevent vision problems and act as a natural sunscreen to fight off abnormal cell growth.

In fact, this mega-antioxidant can help encourage:

- Stronger sex drive: Strengthens a low libido that stems from premature aging and a lack of antioxidants.
- Healthier skin, hair and nails: Helps decrease your wrinkles, make your hair softer and harden your splitting fingernails.
- More effective immunity: Increases the number of antibody-producing cells in your body.

And because of all the impressive antioxidants in krill oil, the ingredients have a much longer shelf life, so you shouldn't get a nasty fishy aftertaste or fish burps.

Full Body Protection

Your genes have "switches" that can be switched on or off to control virtually every biochemical process in your body. And omega-3s fats control these switches.

Even though both fish oil and krill oil contain omega-3s, they differ greatly in how they affect the genes controlling your metabolism. A Norwegian study from the University of Bergen supports this and found that krill oil...

- Enhances glucose metabolism in your liver.
- Promotes lipid metabolism.
- Regulates the mitochondrial respiratory chain (gives your cells much more energy).

And according to the study, fish oil does not do any of these. Plus, krill oil decreases cholesterol synthesis while fish oil does just the opposite and increases it.

Now you know the full story behind my passion for krill oil. It's simply the safest and most potent omega-3 source out there today.

It could do wonders to safeguard your heart, brain and entire body. But not all krill oils are alike, so be sure to find the purest and most potent one on the market – and start reaping the enviable health benefits from a miraculous anti-inflammatory heart- and brain-saver that contains more antioxidant power than lutein or lycopene.

You can find high-quality krill oil supplements in vitamin shops and online. But I highly recommend you look for krill oil supplements made exclusively from Antarctic krill. For one of the purest sources of krill available, go to <https://peakwellnessnutrition.com/products/peak-krill-oil>.



Michael Cutler, M.D.

Dr. Cutler is a Board Certified Family Physician specializing in chronic degenerative diseases, fibromyalgia and chronic fatigue. He is a graduate of Brigham Young University (BYU), Tulane Medical School and Natividad Medical Center Family Practice Residency, in Salinas, California.

Dr. Cutler has successfully brought professionals of several healthcare disciplines together to bridge the gap between conventional medical training and effective complementary medicine. Through his patients' experiences, as well as his own, Dr. Cutler has found many complementary practices to augment conventional medicine as an integrative solution. Because of his understanding of nutritional and natural medicine, he strongly promotes self-reliance in healthcare.

Dr. Cutler has over 20 years of clinical practice experience, providing services including obstetrics, newborn and pediatric care, orthopedics and minor surgeries, internal medicine and nutritional guidance. His focus in clinical care is a highly educational approach, with a focus on the cause of illness.

Dr. Cutler is uniquely qualified as a noted authority on preventative solutions to aging issues, general family ailments and nutrition, with an understanding and respect for the natural harmony of the human body. He has devoted his career to learning how to optimize health through simple changes in diet and lifestyle. His goal is to educate others so they can heal and teach others such principles of sustainable health, thereby shifting the paradigm of healthcare to one of personal empowerment and inspiration from God.

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EZ-PR203-16