

**Featured Topic: Omega 7 and
Omega 3 Fatty Acids
(6 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Are you still afraid of fats?

- Do you buy skim milk and margarine?
- Do you snack on fat free crackers instead of nuts because nuts have “too many calories”?
- Is your skin dry? Is your hair brittle? Do you have problems with fatigue and concentration? Are you always hungry?

If you answered “yes” to these questions, you may want to rethink your relationship with fats!

Fats are Important!

Fats are essential for:

- Reducing inflammation
- The formation of cell membranes
- Brain function
- Vision
- Heart
- Fertility/Reproduction

How to get healthy fats

- Fatty acids are the building blocks of fats
 - amino acids are the building blocks of protein
 - sugar, starch, and fiber are the building blocks of carbohydrates
- Fatty acids are named according to their structure: omega-3, omega-5, omega-6, omega-7, omega-9
- Sources of fatty acids
 - Fatty fish (especially salmon)
 - Plant oils: olive, coconut, sesame [omega-9]
 - Nuts, Seeds, Animal Protein (beef, chicken, eggs)

Did you know? Fats Can Be Medicine!

Omega-7 Fatty Acids from Sea Buckthorn

- New review of 15 published studies on sea buckthorn oil, including 5 studies showing sea buckthorn's beneficial effects for the heart
- The author notes that sea buckthorn is an approved clinical medicine in hospitals in Russia and China
- Some of the conditions reviewed in this new paper that benefited from treatment with sea buckthorn include:
 - Liver fibrosis
 - Chronic hepatitis
 - Skin burns
 - Atopic dermatitis and other skin diseases
 - As well as protection against heart disease and hardening of the arteries

Uses for Omega-7 Sea Buckthorn Oil

- Dry eyes
 - Participants taking 2 grams of sea buckthorn oil daily had less redness and burning, and increased fluid in their eyes versus the placebo group
- Dry Skin
 - 48% improvement in skin hydration and 25% improvement in skin elasticity
- Dry Mouth
 - Participants with severe dry mouth (Sjogren's syndrome) had improved moisture versus no changes in the placebo group
- Peptic Ulcers
- Irritated, itchy skin and treating/preventing wrinkles, dryness and other symptoms of prematurely aging skin
- Prevention of atherosclerosis and heart disease
- Menopause problems, including dry vaginal tissues
- **Use Sea Buckthorn Oil from berry (pulp) AND seed, supercritical CO2 extract, hand harvested, 150 mg of omega-7 per capsule for any condition involving inflammation, especially of the mucous membranes**

Fats Can be Medicine: Omega-3 from Salmon

- Omega-3 reduces inflammation, protects the heart, and increases mental function!
- Researchers in China gave 86 older adults with mild cognitive impairment either supplemental omega-3 fatty acids or placebo for six months
 - Results: 44% improvement in mental function in the omega-3 group versus 12% improvement in the placebo group
 - Omega-3 group also had a 12% reduction in inflammatory markers while placebo group was unchanged

Where to get omega-3 and more...

- From the head - not the body of the fish where the toxins are concentrated - very clean and pure and safe for everyone, including pregnant women
- Omega-3 bound to phospholipids, not fish oil triglycerides
 - 2:1 ratio of DHA to EPA – DHA especially important for developing babies
 - Efficient transport; well-absorbed – allows for smaller dosage
 - Phospholipids are very healthy for the body, especially the brain
- Also a source of peptides, which have health benefits in their own right
 - Play a role in reducing anxiety, heart disease, inflammation and more
- Minimal processing – no heat, pressing or chemical solvents
- Solid form – not an oil – so **no problems with rancidity**, or need to swallow spoonful of oil – just two per day is all that is needed!