

PHOTO COURTESY OF MARGARET CARDINAL

# The *Power* of Fish Oil

Our friends from the sea hold  
the edge to better health and  
athletic performance

2004 Female High  
School Athlete of  
the Year Sarah  
Cardinal knows the  
power of fish oil.



Make no mistake: Fish oil is no “snake oil.” It’s a great asset for good health and is widely recommended by physicians and nutritionists. Don’t confuse fish oils with so-called miracle cures that claim to deliver the moon but give nothing but empty promises.

Ever wonder why “snake oil” came to be used as a moniker for such “remedies”?

Clark Stanley, a cowboy from the turn of the nineteenth century who called himself “The Rattlesnake King,” used to peddle a liniment that was reportedly made from rattlesnakes that he killed.

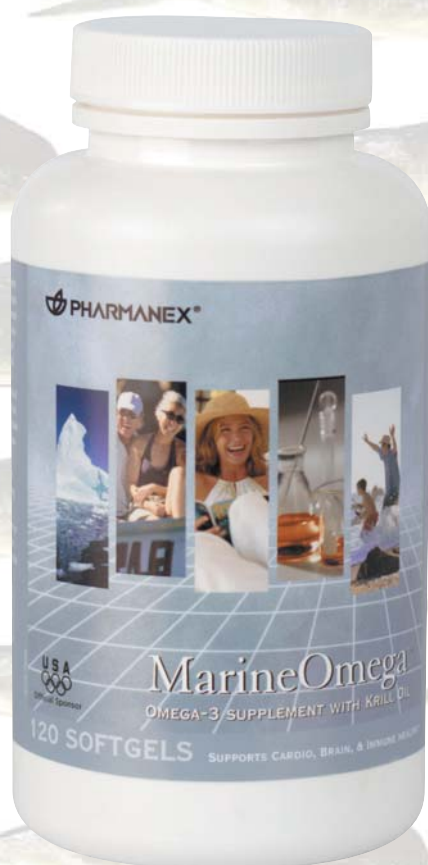
The liniment was promoted as a cure for dozens of conditions ranging from sciatica, lumbago, neuralgia and rheumatism to toothache, frostbite, bruises, sore throat and animal bites. Of course the

product did not produce all these benefits, and the result was that “snake oil” became a generic term describing any worthless remedy. While snake oil is long gone, except when revived in Western movies, often we read magazine ads about potions and lotions and oils that claim many benefits. Sales diminish when customers

because they reduce joint and muscle inflammation, provide glucose and insulin support and protection to the heart, brain and nervous system,” says Dr. Brandy Pierce, the primary doctor

*Fish oils are great for athletes because they reduce joint and muscle inflammation, provide glucose and insulin support and protection to the heart, brain and nervous system.*

— DR. BRANDY PIERCE



finally figure out that the stuff doesn’t work, but sooner or later along comes another miracle cure and the cycle continues.

There is one multi-beneficial product, however, that has avoided any negative label because, quite simply, it works. It’s called fish oil, and its scientifically proven benefits make it a nutritional aid that athletes and non-athletes alike should seriously consider adding to their diets.

“Fish oils are great for athletes

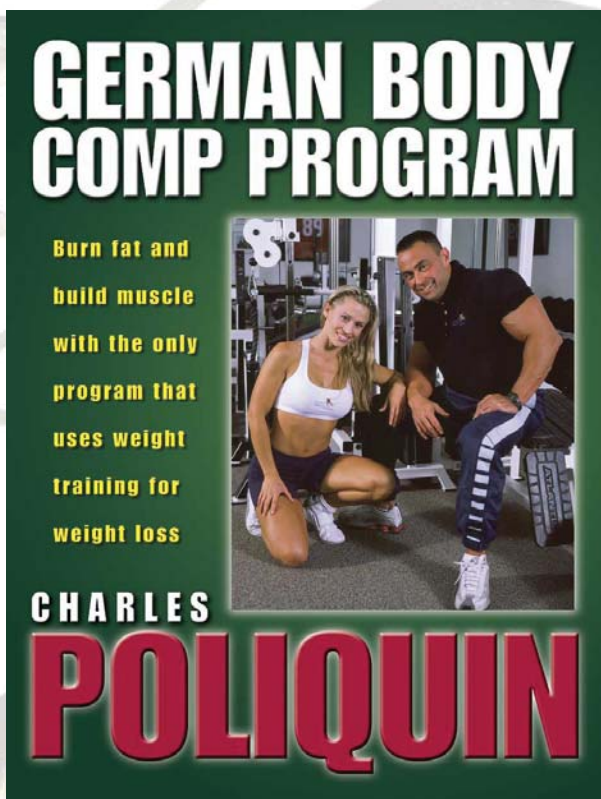
at the Poliquin Performance Center in Tempe, Arizona.

There is one caveat: Dr. Pierce warns that it’s important to be certain that the fish oils you buy are pharmaceutical-grade and free of heavy metals and pesticides. A recent paper published in the *Journal of Nutrition* noted that some fish oil products had contaminant levels that outweighed the benefits of the product. The report





BFS Editor Kim Goss and Dr. Brandy Pierce, the primary doctor at the Poliquin Performance Center in Tempe, Arizona. Dr. Pierce often recommends fish oil as a nutritional aid for her patients.



In the *German Body Comp Program*, available through BFS, author Charles Poliquin says fish oil is the best nutritional aid for weight loss.

added that fish oils obtained from farmed salmon from certain parts of Europe had the highest levels of contaminants while salmon from South America and North America had the lowest levels.

Notwithstanding the need to verify the quality of the products you select, you can feel good about selecting fish oils to round out your nutrition. To help convince you about the power of fish oils, the medical staff at the Poliquin Performance Center gave us a “Top Ten” list of reasons to supplement your diet with this product.

- 1 Fish oils can help with weight loss because they increase utilization of fat stores and decrease storage.
- 2 Fish oil is one of the few substances known to lower concentrations in the blood of triglycerides, fatty substances that pose a cardiovascular risk.
- 3 The omega-3 fatty acids found in fish oil have direct effects on serotonin levels, which influence mental health and sleep.
- 4 Fish oils help prevent cancer, depression, and heart disease. In fact, the risk of sudden cardiac death can be decreased by as much as 50 percent simply by supplementing the diet with fish oil.
- 5 Fish oils can markedly reduce interleukin-1beta production and result in a significant reduction in morning stiffness and the number of painful joints in rheumatoid arthritis patients.





*The risk of sudden cardiac death can be decreased by as much as 50 percent simply by supplementing the diet with fish oil.*

**6** Fish oils may help prevent depression, stabilize the moods of manic-depressives, and alleviate symptoms of schizophrenia.

**7** Fish oils are highly effective in slowing down the progression of a common kidney disease known as IgA nephropathy.

**8** Populations with a high intake of fish oils have a lower incidence of inflammatory diseases such as asthma.

**9** Fish oil supplementation lowers blood pressure significantly in people with hypertension and has no effect on glucose control even in people with mild diabetes.

**10** Fish oils help reduce the risk of developing prostate cancer.

For scientific references for those who want to look into the research into this area, check out the following websites: [bfsnutrition.com](http://bfsnutrition.com) and [www.fishoilreport.org](http://www.fishoilreport.org).

Now that you've got the facts about fish oil, isn't it about time you consider using this valuable nutritional aid?

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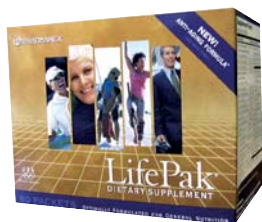


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