



The Omega-3 Miracle The Icelandic Longevity Secret That Offers Super Protection Against Heart Disease, Cancer, Diabetes, Arthritis, Premat

By Herb Joiner-Bey

Freedom Publishing Company (IL). Paperback. Book Condition: New. Paperback. 159 pages. Dimensions: 8.9in. x 5.9in. x 0.5in. The Omega-3 Miracle is the secret to longevity. The people of Iceland have less heart disease, high blood pressure and stroke than those of any other country. In fact, they outlive all other nationalities. Their longevity is a direct result of their daily intake of omega3 rich fish oils. The American Heart Association recommends omega3 fatty acids to help prevent cardiovascular disease and stroke. Omega3s inhibit plaque and blood clots and dramatically improve cholesterol levels. They also increase brain function by promoting neurotransmission in the brain. With research from over 20 leading medical and scientific journals, Drs. Garry Gordon and Herb JoinerBey reveal how the good fats found in omega3s from fish and pharmaceuticalgrade supplements are essential to maintaining optimum health. The only way your body can get these vital essential fatty acids is through proper nutrition and supplementation. The Omega3 Miracle shows you how. Clinical and scientific studies in both Europe and the U. S. show that omega3 fatty acids benefit a wide range of conditions including: Cardiovascular Disease High Cholesterol Lowering Triglycerides High Blood Pressure Arthritis Diabetes Bipolar Disorder ADHD Chronic Inflammation...



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