

## **Author of Hidden Causes of Heart Attack and Stroke Asks, How Pure Is The Fish Oil You Are Taking For Omega 3?**

*Researcher/author, Christian Wilde cautions: The California Department of Fish & Game includes a warning for the general public on all fishing license applications, advising very limited consumption of certain fish from costal waters because of possible exposure to contamination. We need to ask, how safely has the fish oil product we are taking been refined and purified?*

Studio City CA ([PRWeb](#)) February 14, 2007 -- Christian Wilde, researcher and author of prevention books on heart disease, believes the public needs to be more aware. Fish oils are not all the same. The cost of product purification and distillation to remove heavy metals such as mercury, cadmium, arsenic, copper and lead as well as PCBs, organo-chlorins and dioxins (PCDD/PCDF) is not an inexpensive process, if done properly. There is growing purity concern between pharmaceutical grade and discount store brands of fish oils. In choosing a fish oil, the health issue is perhaps greater than with any other supplement or vitamin. The adage, "you get what you pay for" may be accurately applied. The Europeans have had a recent awakening to the problem when the product of two of the most prominent providers of fish oil was found to have unacceptable levels of mercury and were duly withdrawn from the marketplace.

**Purity and Strength:** With the recent surge in public awareness and demand for fish oil product, there is always concern that sub-standard product (as was released in Europe) may find it's way to the consumer. Thankfully, says Wilde, people are reading labels and asking questions. While there are several excellent brands of fish oil available, OMAX 3™ manufactured by Cenestra Health claims 92% purity and provides 1500 mgs of omega 3 per serving. 1125 mgs of EPA (eicosapentaenoic acid) and 275 mgs of DHA (docosahexaenoic acid) 3 times more than most fish oil products. To reduce the risk of "food chain contamination," the company claims to harvest smaller fish from the less contaminated northern aquatic waters.

**Benefits of Omega 3** are well established for treatment of heart disease in atherosclerosis by increasing HDL cholesterol and fighting fatty buildup within the arteries. Fish oil lowers triglycerides, inhibits arterial spasms and life-threatening arrhythmias that can lead to "sudden death." Sudden death is a phenomenon that claims 250,000 lives yearly and is the highest cause of death in the western world. These statistics, plus the findings of the Physician's Health Study at Brigham and Woman's hospital in Boston MA concerning this phenomenon, support the need for proper amounts of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). According to the Boston study, episodes of "sudden death" can be reduced by 52% with consumption of fish and or fish oil.

**More Heart Benefit:** The inflammatory marker CRP, (C-reactive protein) is found to be significantly lower among those who consume fish or fish oil. Appearing in the American College of Cardiology November, 2001 issue, was a study report titled: C-reactive protein, dietary n-3 fatty acids and the extent of coronary artery disease. Subjects who had 50% coronary blockages were found in the study to have elevations of the inflammatory marker CRP in their blood. Reportedly, the study subjects presenting the high percentage of blocked arteries had NOT been taking fish oil and therefore did not benefit from its anti-inflammatory properties. The subjects, who HAD been taking fish oil, according to the study did not develop coronary blockages. The favorable result was attributed to DHA's anti-inflammatory ability in neutralizing high CRP inflammatory levels.

Other diseases: Controlling triglyceride levels among diabetic patients is vital and the benefits of fish oil consumption among type II diabetic patients is established without question. The documented list of illnesses proving tangible benefit from omega 3 includes prostate, colon, breast and other types of cancer. Certainly, the vision robbing, macular degenerative disease that strikes people above 50 years of age (1 million sufferers) SLE, Lupus, Crohn's disease, inflammatory arthritis and joint disease of which millions are affected are included in the list as well.

Mental Disease: Statistically, 17 million in this country suffer from some form of mental disease including bipolar disease, schizophrenia, mood imbalance, ADHD (attention deficient hyperactivity disorder), OCD (obsessive compulsive disorder) including both areas of postmortem and general clinical depression. Other studies among teenagers, have determined as many as 1 out of 8 youngsters are negatively affected. The benefits from fish oil in the treatment of mental disease either as primary or adjunctive therapy is an exciting area of research with results most promising when fish oil is administered along with traditional pharmaceutical drug therapy. This is not entirely new information, as clinicians and researchers have been aware of the benefits for decades. Only now, however, has the information been moving forward. Consider that 5 out of 6 double-blind placebo controlled studies examining schizophrenia as well as another 4 of 6 trials concentrating on depression recorded (according to the researchers) an obvious therapeutic benefit from EPA and DHA.

Caloric Increase: Saturated fat in fish oil is not only unhealthy but adds unwanted calories to one's diet which over a year (depending on dosage) can result in weight gain of 15-30 lbs. When fish oil capsules are frozen, saturated fat and other impurities appear white and cloudy as demonstrated in the photograph marked fig 1. In contrast, the OMAX 3™ capsules shown in the photograph at the right appear translucent, clearly free from saturated fats, lard and other unwanted impurities.

About Christian Wilde

Christian Wilde, is the author of Hidden Causes of Heart Attack and Stroke and Miracle Stem Cell Heart Repair.  
[www.abigon.com](http://www.abigon.com)

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**Contact Information**

**JACK AVERY**

<http://www.abigon.com>

8185067889

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