



Product of the Month

QLS Group - Testimonial



Finest Fish Oil from Unpolluted Waters a Foundation for Good Health Dr Sylvia Chukwuemeka

In the 70s, scientists began to take note of the extraordinary health of the Eskimos, in particular the lack of Heart Disease and Arthritis. We now know that this can be attributed to a diet that is high in fish oils containing the perfect balance of Essential Fatty Acids (EFAs). Eating sufficient quantities of oily fish to bring natural balance into the diet can be difficult or impossible for some, undesirable for others. Arctic Sea Omega 3 provides a simple, convenient solution to this challenge. As with all Forever products, the ingredients are of the highest quality and are carefully balanced. Omega 3 fish oils sourced from the flesh of fish in pure waters are combined with Omega 9 from Olive Oil and Vitamin E which is an important antioxidant nutrient.

Modern research has shown that the health benefits of Fish Oils extend even further than the early Eskimo research indicated. They are "essential" because we need them to live, yet we cannot manufacture our own and must obtain sufficient quantities through our diet. They are essential for each of our cells to function properly and are particularly beneficial to the nervous system and the cardiovascular system. They also help with the absorption of certain vitamins from your food.

Benefits to cells - All cells throughout the human body are enveloped by a membrane composed chiefly of fatty acids and the type and quality of fatty acid in the cell membrane is determined by the type of fat consumed. A relative deficiency of EFAs in cellular membranes makes it virtually impossible for the cell membrane to perform its vital functions

The cells lose their ability to hold water, vital nutrients, and electrolytes as well as losing their ability to communicate with other cells and to be controlled by regulating hormones. Not surprisingly, this can lead to a wide range of health problems. Arctic Sea helps to provide the necessary raw materials for cell membranes, helping to promote and maintain normal functioning and healthy skin.

Benefits to the Nervous system - Every nerve is surrounded by a fatty insulating structure called a Myelin Sheath which is primarily made up of Essential Fats. Just as an electric cable needs good quality insulation to ensure that the electrical impulses flow quickly and efficiently to the desired end point, so a good quality insulation around each of your nerves is vital for the same reason - to help the messages get from one part of the brain to another and from your brain to other organs. The term 'brain food' is therefore very appropriate as the Arctic Sea helps to improve the quality of this insulation and thus can help with stress problems, mood, attention, behaviour, concentration and other mental functions.

Benefits to the Cardiovascular System - Studies have shown the Essential Fatty Acids can play a part in reducing heart disease in a number of ways including: improving arterial health, reducing the growth of atherosclerotic plaques, reducing the formation of blood clots, reducing cholesterol levels and helping to lower blood pressure.

Additional benefits - Fatty Acids are also necessary for the production of important anti-inflammatory compounds and can therefore act as a natural anti-inflammatory agent, They are involved in the production of hormones and the production of bile salts (which are important for digestive processes) and in making fat-soluble vitamins available in the body.

The benefits Arctic Sea are therefore many and varied, making it an excellent foundation for good health for all.