

The Omega 3 Connection to Health & Wellness



As health professionals study the body processes closely, we've found that wellness can be defined as the degree to which inflammation is present in the body. Foods and nutrients direct the digestive pathways to the

buildup of arachadonic acid (bad) or eicosopentanoic acid (EPA)(good). The prevailing metabolite will either produce inflammation or block its occurrence. Inflammation occurs in the form of arthritis, heart disease, Parkinson's Disease, tumor growth, and most of the other known ailments we deal with. A daily dose of Omega 3 fatty acids such as Fish Oil or Olive Oil will promote the EPA pathways. Care should be taken to ensure its purity. Carlson's Ultra Pure lemon flavored fish oil is an excellent product. Flaxseed oil is beneficial, but must be changed in the body to EPA via several processes before it works. The alteration in diet plus addition of Omega 3 fatty acids can dramatically turn health issues around in as little as 30 days. For more information see Larry or visit www.LarrysPharmacies.com. I wish you the best of health.

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