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## HEALTH AND HEALING

# The *whole* truth about Omega-3 fish oil

by **Mike Ventresca**

Vital Choice

**N**owadays it seems like everyone is talking about Omega fatty acids and how beneficial they are to your health. Terms like Omega-3 and Omega-6 are often thrown around, and although you may not know exactly what they are, one thing seems to be obvious: they're good for your health. In fact, a recent study found Omega-3 fatty acid deficiency ranked as the sixth highest killer of Americans.



**Mike Ventresca**

The good news is that we can get these beneficial nutrients by eating fatty fish, like salmon and mackerel. But here's the bad news: Many people don't like these types of fish or can't afford the recommended "wild caught" varieties on a regular basis. The other major drawback is purity. We can't control where wild fish swim, so concerns about heavy metals like mercury are well founded.

With this in mind, many people have turned to purified fish oils. Terms like "molecular distillation" and "pharmaceutical grade" describe

the processes used to remove contaminants. Unfortunately, there's a dark side. When you purify fish oil, you damage it.

For example, purified fish oil often contains just two omega fatty acids—EPA and DHA, whereas a salmon fillet contains 16. This may explain why some studies find people who consume fish are healthier than those who take fish oil supplements.

That's why I'm so excited about a new product called Wholemega, a 100% wild Alaskan salmon oil in a softgel. It's not purified because it's pure to begin with. In fact, it exceeds the standards set for purified fish oils. Wholemega contains all sixteen omega fatty acids and is a natural source of vitamin D. Clinically it has demonstrated the ability to reduce "bad" cholesterol and CRP, two markers of heart health among other health benefits. If you take fish oil or are thinking about it, I highly recommend Wholemega.

*Mike Ventresca is the owner of Vital Choice Healthstore located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday through Friday, 10 a.m. to 8 p.m.; Saturday, 10 a.m. to 6 p.m., and Sunday, noon to 5 p.m.*

This information is not intended to diagnose, treat cure or prevent any disease. If you have concerns about your own health, you should always consult with a healthcare professional.



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