



THE DOCTOR'S PRESCRIPTION FOR

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Practical Insights into the World of Natural Healing

For Men: Interested in Optimal Health, Vitality and Youthfulness?

Omega-3s

Scientists have discovered a key that unlocks the door to a healthy weight, optimal athletic performance, and overall youthfulness and well-being.

That key is a group of essential fats called Omega-3 fatty acids. Found in flax seeds, pumpkin seeds, and other plants, Omega-3 fats are essential to health yet most men are deficient in them.

The low-fat and nonfat fads of the 80s and 90s taught nutrition experts a lot about the importance of Omega-3 fats. As food manufacturers created one nonfat product after another, a strange thing happened—men got fatter and their heart health suffered.

Since then, experts at research institutions including Harvard University and the National Institutes of Health (NIH) have linked nonfat diets with negative mood, heart trouble, weight gain, and poor physical performance.

We now know that all fats are not created equal. Although some fats are indeed bad for us, other fats are essential to overall health, vitality, and well-being. Most men, however, over-consume the wrong fats - those found in processed foods and animal products - and do not consume enough of the right fats, such as Omega 3 fats. To make matters worse, the good Omega-3s are dwindling from the food supply. Modern agricultural and food processing techniques have stripped these important fats from our foods, making supplementation a wise idea.

Why stop at Omega-3 supplementation, though, when consuming optimal amounts of a range of power foods and nutrients can contribute to your health and longevity?

Men's Power Foods and Nutrients:

Organic Flaxseed Oil

Organic lignan-rich flaxseed oil provides the richest source of Omega-3 fatty acids available. This oil comes from organic seeds grown in optimal conditions without the use of chemicals, pesticides, or other contaminants-- helping you achieve optimal health without polluting your body.

Lignans

A class of phyto-nutrients found in flax, lignans block two critical enzymes. The first is 5-alpha reductase, an enzyme that converts testosterone to a derivative called 5 dihydroxy-testosterone (DHT). The second is aromatase, an enzyme that converts testosterone to estrogen. Contrary to popular belief, estrogen can negatively impact prostate health even more than testosterone. Unfortunately, testosterone levels decline with age, while estrogen levels appear to remain relatively stable. The result is that aging men tend to have more estrogen than testosterone. Compared to younger men, the amount of estrogen compared to testosterone may be up to 40 percent higher in older men.

Flying in the face of past misconceptions, modern research indicates that it would actually serve older men to increase their levels of testosterone at the expense of estrogen. It appears that this is exactly what lignans do in blocking the enzyme

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necessary for converting testosterone to estrogen. When the enzyme is blocked, testosterone is spared because it is not being converted to estrogen.

The action of lignans in sparing testosterone may have additional benefits aside from supporting prostate health. Lack of sexual desire in men is oftentimes associated with low testosterone levels. By preserving testosterone men may be able to retain or regain their sexual vigor. In fact, agents that block the conversion of testosterone to estrogen have been shown to increase testosterone levels by as much as 10 percent.

The full significance of a "high lignan" diet may be illuminated by the fact that lignans have been found within prostatic fluids. Analytical work performed at a research center has indicated that the level of lignan in prostatic fluid can be remarkably high, suggesting that it could well exercise a physiologic role within the gland. The glandular cells are certainly bathed in the prostatic secretion for a considerable period of time, during which lignans could influence cell biology. It has been established that the higher the intake of dietary lignans, the higher the physiologic lignan concentration in urine, blood plasma, and prostatic secretions. The inference here is that the more dietary lignans ingested, the more protection may be offered.

Styrian Pumpkin Seed Oil

A rare and unique pumpkin is found only in the region of southeast Austria. Its seeds are renowned for their wealth of vitamins, including A, C, E, and K, and high levels of phytosterols--all important for supporting prostate and cardiovascular health.

Phospholipid Concentrate

Nearly every part of your body, from your internal organs to your cell membranes to your brain, contains phospholipids. Phospholipid supplementation has been shown to promote heart, digestive, liver, and brain health.

Phytosterol Complex

If you're not including phytosterols into your diet, then you're missing out on an important natural food constituent. Phytosterols such as beta-sitosterol, campesterol and stigmasterol are plant substances that are remarkably similar in structure to human cholesterol and therefore compete with it for absorption. By displacing artery-clogging cholesterol, phytosterols support heart health. In fact, the FDA has recognized that foods or beverages containing at least 0.4 grams per serving of plant sterols, eaten twice a day with meals for a daily intake of at least 0.8 grams, as part of a diet low in saturated fat and cholesterol, may reduce the risk of coronary heart disease. Additionally, phytosterols are widely used in Europe because of the protection they offer to the prostate.

Benefits of these Amazing Power Foods and Nutrients for Men:

Preservation of Prostate Health. The Omega-3 fatty acids found in flax seed oil are known to promote prostate health. Plant chemicals called lignans, also present in flaxseeds, have been shown to block two enzymes that may negatively affect prostate health.

Supporting Heart Health. Numerous studies show that Omega-3 fatty acids and lignans can have a dramatic impact on heart health.

Sustaining a Sharp Mind. Your brain needs essential fats to function optimally. Omega-3 fatty acids have been shown to improve mood and support overall psychological well-being.

Maintaining a Youthful Physique. Omega-3 fatty acids have been shown to lower appetite and reduce cravings. Essential fats assist in turning up the metabolic rates, enabling cells to burn fat faster.

Promoting Peak Athletic Performance. Your body converts essential fatty acids into hormone-like compounds that help build and maintain lean muscle tissue. Research shows these important fats may prolong endurance exercise, boost stamina and immunity, and speed recovery after hard workouts.

Preserving a Youthful Appearance. As your body ages, it becomes drier. Your skin, hair, and eyes all lose their youthful sheen. In studies, Omega-3 fats have been shown to preserve skin, hair, and eye moisture.

Sustaining an Active Sex Drive. The lignans in flaxseed oil help to promote testosterone levels and thereby support healthy libido.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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BARLEAN'S ORGANIC OILS ✓ 100% Satisfaction Guarantee

Omega Man provides a synergy of essential omega fatty acids and plant phytonutrients absent in multivitamins and deficient in today's diet, yet critical for cellular, sexual, heart health, athletic performance, fat metabolism and lean muscle mass.

A Synergy of Essential Fatty Acids and Phytonutrients

- Ideal for all men interested in peak performance, optimal health and longevity
- Made with Organic Flaxseed Oil • Styrian Pumpkin Seed Oil
- Phospholipid Concentrates • Plant Phytosterols • Lignans

800-445-3529 Available in finer Health Food Stores nationwide. barleans.com