

VIDEO #2: The Number One Food That Fights the Silent Saboteur

<http://cf.algaecal.com/launch-page-2>

Hello again! It's Dean Neuls, founder of AlgaeCal Inc with video #2 in this 4 part video series.

Last video we discussed how chronic inflammation in our body is an anchor that is dragging you down and ultimately at the root of most health issues/diseases. We talked about how inflammation starts in the gut and how many aspects of modern living attacks gut health causing leaky gut. How everything from antibiotic overuse to stress and poor food choices causes leaky gut - so your immune response to proteins and toxins that have leaked into your bloodstream results in insidious low grade inflammation *that you may not even feel or detect*.

We also talked about the obvious solution to inflammation - which is to consistently make lifestyle changes that lower your stress hormone, cortisol, because chronically high cortisol triggers leaky gut - and the particles that leak through your gut into your bloodstream are seen as invaders by your immune system.

So, to promote good gut health, we need to reduce stress, avoid over medicating (especially with antibiotics), get 8 hours of sleep, exercise the right amount, and eat right.

Now each of these areas is a large topic on its own so we couldn't go deep on them - so I encourage you to become a *perpetual student of healthy living*, as I am.

What I want to talk about now is 3 foods/nutrients which DIRECTLY reduce inflammation. Obviously, the best course is to make all the healthy lifestyle changes, but in addition, if you incorporate these 3 powerful anti-inflammatory nutrients into your diet or supplement with them, you will directly attack the inflammation head on. Is that clear?

Now just before introducing you to the first nutrient, let me thank you for the overwhelming number of comments and questions! I love hearing from you guys! In the early days of AlgaeCal I used to help answer the phones because there was only my business partner and I in the company - and it made me realize how much I miss talking directly with the people we serve. So many of you shared how AlgaeCal has been improving your bone health - and of course that makes me feel so thankful and blessed to have been in the right place at the right time to have run into algaecal ingredient. Thank you all for your support!

So many of you mentioned that you know inflammation is at the heart of your health problems already so this video series is spot on for you. With that in mind let's get right to some direct inflammation solutions.

Ok let's introduce anti-inflammatory nutrient #1.

Here are some hints and I want you to guess what this leading anti-inflammatory nutrient is, ok?

1. this nutrient is the key to photosynthesis in plants. It enables plants to capture single photons of light and turn them into sugars - the basis of all life on earth.
2. this anti inflammatory substance is responsible for making fast movements in animals including humans. ie/ Humming birds, whose wings beat 52 times per second, are extremely rich in this nutrient. Interestingly enough, their leg muscles which don't move so fast, are not rich in it. Rattlesnakes have a large concentration in their tail where rapid movement is needed but not in the rest of their body.

Did you guess it? The answer is... drum roll....Omega 3 fatty acids! Yes, good old EPA and DHA from fish oil.

I'll bet you were thinking omega 3's when I talked about inflammation, but you may have been thrown off course when I started discussing their role in photosynthesis and in speeding up movement. In humans, the biggest concentration of of DHA is in our brain, then eyes, then fast swimming sperm, then heart muscle which beats 70 times per minute some two billion times in our lives.

Fish have higher levels because they live in cold dim environments. They need to move fast.

That's why cold water fish oil is a great source of Omega 3 acids. Pretty cool right?

Now a lot of you are taking fish oil already, and you're thinking EPA and DHA aren't so revolutionary (come on Neuls, you told us you have a serious breakthrough for us!). Please hang with me to the end because you will learn **several** life changing things.

For a start, you may be thinking, "I take fish oil and really don't feel a lot different than before I started taking it." Well, I'm going to show you why you probably have not experienced the full benefits of fish oil up to today. You see, the typical fish oil capsule contains 1000 mg of oil, but *only 300 mg of omega 3's*.

I learned something from Dr. William Harris who is one of America's top cardiologists - I was on the phone with him and he shared something that hit me like a ton of bricks.

He and another doctor have developed an omega 3 test that has been validated by NIH as one of the most significant health tests on the planet - and yet you've probably never heard of it.

Dr. Harris test measures the percentage of omega 3's versus other fats in your blood. The Omega 3 Index test has been used in a number of amazing (did I mention AMAZING?) studies which link low omega 3 blood levels directly to dramatically increased heart attack risk, increased aging, and higher rates of dementia. More on the life changing predictive nature of this test in a second, but this is how simple and convenient it is:

The Omega 3 Index test requires a little pin prick of blood from your finger. That bit of dried blood is sent off to the lab and analyzed for the omega 3 content in the fatty membranes of your red blood cells compared to the other fats there - in other words the omega 3 percentage. This percentage in your red blood cells is *the same throughout your tissues* - so it is representative of the omega 3 content of your heart, brain and other organs.

The omega 3 percentage is strongly inversely related to your CV risk, and thus accurately predicts your likelihood of having a heart attack! In other words the lower the omega 3, the higher the heart attack risk. *So if you can increase your blood omega 3 levels you can reduce your chances of heart disease!!!* Isn't that an amazing tool? Do you like that?

Now check out these fascinating studies using the test!

In one amazing study paramedics actually drew blood from folks who had just had a heart attack. The blood omega 3 levels were measured by Dr. Harris test and the study participants were divided into 4 groups according to their blood omega 3 percentages. For those who have 4% blood omega 3 or less (like the average American), it increases the chance of having a heart attack by 10 X compared to those with 6.5% omega!!! Published in leading journal JAMA.

Another study confirmed the same - higher omega 3 in blood means 10X reduction in death by heart attack. Putting things in perspective, one of the

most popular classes of drug are statins to reduce heart attack risk. Taking statins results in *less than 1% reduction* in heart attack - so do you see how powerful fish oil is and how helpful the Omega Index test is?

Who do you know who could benefit from such a test? It's great when there is a test but *especially great when there is an easy way to change your reading a few months later!* More on that in a bit. In the last video I will show you the ultimate way to increase your omega 3 score so it reduces your CV risk.

Inflammation is the cause of heart attacks and omega 3 has a beneficial anti-inflammatory effect. Do you agree it's better to treat the cause than wait until you have a heart attack and treat it?

Ok you see how the test can help you avoid heart disease, but there are two more major health areas it also is predictive for:

The Omega 3 index test predicted cellular aging (specifically they looked at telomere length) in this study. Remember inflammation and aging are linked. The lowest quartile of omega 3 was fastest aging. (Just so you know, the omega percentage was 3% in lowest quartile and 8.6% in highest quartile).

Another study looked not just at aging of cells, but at *death rates* by omega levels and it was concluded that not only do cells age faster but **we die sooner** if our omega 3 levels are low.

So here is another benefit of reducing inflammation with EPA/DHA - it slows aging and reduces death rates. Would you like to slow your aging? How about reducing your chances of dying by simply ingesting good nutrition?

But the test's benefits don't end with helping you prevent heart disease and aging!

The Omega 3 index test ALSO predicted Dementia - another disease that is thought to have inflammation at its root. The study showed a risk reduction of 40% for those in the top quartile of blood omega levels. In other words higher blood omega 3 levels was associated with significantly lower incidence of dementia.

Now, all of these areas of human health (heart, aging and brain health) established that an Omega Index below 4% is high risk and that 8% or higher is healthy level. Let me repeat that. Each of these areas of human health (heart, aging and dementia) established that an Omega Index below 4% is high risk and that 8% or higher is healthy level.

How many of you would like to be at 8% or higher?

Soooooooo....

How much fish consumption, or fish oil does it take to move your omega 3 index from 4% (average american) to 8% or higher (the healthy zone)?

2 g/day of EPA/DHA takes about 3 months to move from unhealthy to healthy zone. Now understand, 2 g of EPA/DHA is different from 2 gram of fish oil. Putting it in terms you may relate to, it is like 6 to 8 capsules/day of typical big box store fish oil.

Or it would mean eating cold water oily fish *twice a day, every day!*

Now do you see why I mentioned earlier that most of us are not taking enough to be effective? Several studies showed fish oil at typical levels of EPA/DHA (300 - 600 mg) did NOT prevent heart attacks - and we might guess that the other inflammatory conditions are also unaffected by too low a dose as well.

Do you remember when I started this video series I told you that you would receive a huge innovation? - ok fish oil hardly an innovation - but being able to test your Omega level *is* - and having studies showing the test actually predicts heart attacks, how fast you age, and your chance of dementia *is* not only innovative, but *LIFE CHANGING INNOVATION*. And now you have been brought another revelation - that the amount of fish oil you are taking is likely ineffective. Taking one or two caps of traditional fish oil may NEVER move your omega index out of the danger zone.

Are you getting value from this video series so far?

Keep listening because the innovations keep stacking up one on the other and by video 4 you will see clear as day how you can REVOLUTIONIZE your health simply, safely and conveniently.

So get your fish oil, and take more of it than the label tells you to. Be consistent and take it every day. Also if you want Dr. Harris test (and who wouldn't want it), I will make it available to you on Video #4 this coming Monday. So hang in for a few more days because we've struck a deal with the manufacturer of the test and we will offer it to you at a super deal on Video 4 this Monday. We think Dr. Harris has brought the health innovation of the century to us and we want everyone to get their baseline measurement.

Maybe you will be fine - my wife and I were both at 11.5% so well above the 8% healthy zone but we have a secret weapon we will share with you on that later.

Alright, we're going to wrap up video #2 shortly, but please watch this whole series because in video 4 I will show you the very best way to get your daily omega 3's in quantity and **quality** which moves the needle (how Viv and I got our levels up to 11.5). There are several **quality** issues in fish

oil products today that you need to be aware of so make sure you open your emails and get on the next two vids k.

In the next video, video #3, we'll discuss two more anti-inflammatory nutrients that are right up there with fish oil in their potential to get to the root of your illness. They are less familiar but equally powerful so don't miss out.

Also, please remember to keep up with your lifestyle improvements because no amount of fish oil or other antiinflammatories can compensate for an unhealthy lifestyle - so get the junk food out of the house, sleep well, avoid toxins of all kinds including the biggest source - pesticides, be happy and unstressed my friends.

Meanwhile, I'd love to hear from you. What is your omega 3 plan? Do you have any questions? Any suggestions for your fellow viewers, or for me to make the information clearer? What have you been doing that is working for your inflammatory condition? [Visit this link now and post your comments and questions to the comment area beneath the video.](#)

We need to hear your thoughts. I'll be reviewing each one personally. So [follow the link and click the "like" button now](#), and join the conversation below. I'll see you in a couple of days with the next video!