

Smart Blend: The Smart Fatty Acid Supplement for Women

If women's diets were perfect, if their intake of wild Pacific salmon and tuna were optimal and not hampered by fears of mercury and dioxin contamination...if flaxseed were women's grain of choice...then things might be different.

A healthy diet should provide for at least five grams daily of essential fatty acids, divided between omega-3 and omega-6. Most women are not even close to this optimal standard.

That's why women need to supplement their diet with a wide range of health-promoting essential fatty acids—especially cancer- and heart-protective omega-3 fatty acids, as well as conjugated linoleic acid, which offers super protection against breast cancer and helps women maintain a slim abdominal region.

And that's why **Smart Blend™** from Metabolic Response Modifiers (also known as MRM) might just be a *very* smart nutritional supplement for women. Even though intensively training elite athletes at both the professional and Olympic level use **Smart Blend™**, it is women who might benefit most.

Those Amazing Fish Oils

Smart Blend™ supplies women with premium quality **eicosapentaenoic** and **docosahexaenoic acids**. These are the preformed omega-3 fatty acids commonly found in some types of seafood. They are extremely protective and health promoting and should truly be in the diets of all women.

Known as EPA and DHA, respectively, these long-chain omega-3 fatty acids promote healthy blood flow and immune function; normalize blood pressure; ameliorate the pain of rheumatoid and other types of arthritis; ease myalgia (muscle soreness); enhance the healing response in cases of Crohn's disease, kidney disease, lupus, and psoriasis; protect against osteoporosis; reduce risk of cancer; and, perhaps most noteworthy, both EPA

"Smart Blend™ helps me to stay in competition shape all year round," says professional fitness competitor Laurie Vaniman. "I am very impressed with what proper EFA nutrition and supplements can do."



and DHA appear to have profound benefits on psychological health.

In fact, a 1999 Harvard University study of 30 bipolar patients demonstrated intake of EPA and DHA capsules appears to work as well as lithium, according to clinical research. For the rest of us, the benefits to women of these two omega-3 fatty acids are no less profound. Women with high circulating levels of EPA and DHA are simply not as likely to suffer depression or require antidepressants. They are mentally tougher. Their mood is better. They are able to adjust more easily to the ups and downs of life. That's why studies show quite clearly that women who eat fish tend to be less depressed. A

quick Medline search turns up many studies that show depleted omega-3 levels in the blood, cell membranes, and brains of depressed patients, suggesting that an intake of omega-3 could help reverse the process. Indeed, this is one of the most important, yet least discussed, benefits of EPA and DHA. Women simply are less prone to depression.

Many women will find this antidepressant benefit to be of tremendous value. So many women—far too many, we believe—are prescribed medications such as antidepressants when, in fact, the healthier approach would be to increase their intake of omega-3 fatty acid-rich foods such as wild Pacific salmon, tuna, flax and to supplement with these nutrients. **Smart Blend™** is insurance protection that helps women to make up for less than optimal dietary practices.

CLA Kills Breast Cancer Cells

It was performance coach Charles Polliquin who recently told us that his women athletes use **conjugated linoleic acid (CLA)** because it is a much-needed "nutrient partitioning agent that increases lean muscle mass and decreases abdominal fat."

He also told us, "CLA is also one of the only substances known to science that can kill cancer cells outright."

CLA increases lean muscle. This naturally slims your body (and makes you feel strong and healthy). As lean muscle mass is increased, the body burns more calories in order to function, thereby speeding up the fat burning process, which further slims your body. Michael Pariza, Ph.D., director of the University of Wisconsin's Food Research Institute, notes that CLA

aids weight loss and reduces fat gain by preventing the body's fat cells from growing larger.

In his own research, presented in August 2000 to the American Chemical Society, Pariza found that in a six-month study persons taking CLA were more likely to add muscle rather than fat to their bodies. A small clinical study published in December 2000 in the *Journal of Nutrition* found that overweight and obese men and women taking 3.4 to 6.8 grams of CLA daily (without changing their diet or exercise habits) had a slight reduction in fat mass after 12 weeks.

But CLA is now also showing an important role as a multi-beneficial women's health promoter. More than 200 studies worldwide are indicating that CLA may help reduce the incidence of breast cancer, improve asthma, allergy control, and blood sugar control (diabetes), and limit the extent of atherosclerosis, which can lead to heart disease.

As women supplement with the CLA in **Smart Blend™**, their fat cells begin to store this fatty acid. That extends the health-promoting benefits of CLA throughout the body. As CLA becomes stored in mammary tissues, this especially builds up an internal shield against breast cancer, say researchers at the Department of Surgical Oncology, Roswell Park Cancer Institute, Buffalo, New York.

At the Department of Nutrition, National Public Health Institute, Helsinki, Finland, researchers studied dietary and serum CLA levels in Finnish women with breast cancer. In women with breast cancer, both intake of CLA and circulating levels in the blood "were significantly lower" than in women without the disease. "A diet composed of CLA-rich foods, particularly cheese, may protect against breast cancer in postmenopausal women," they said.

Relieve PMS,

Symptoms of Endometriosis

The fourth "good" fat in **Smart Blend™** is **gamma-linolenic acid (GLA)**, derived from **borage oil**. Studies show that women prone to premenstrual syndrome have very low levels of GLA in their tissues. Supplementing with GLA from borage oil normalizes production of inflammatory messenger chemicals called prostaglandins that may be produced in excess amounts during menstruation, thereby reducing cramping and pain. Borage oil is also known to help alleviate breast tenderness some women feel before their periods, and it may also help to calm endometriosis-associated inflammation. GLA also supports the body's absorption of iodine.

Another benefit of supplementing with GLA is that this fatty acid is a "powerful skin beautifier," notes Ann Louise Gittleman, N.D., C.N.S. "The skin requires a steady supply of EFAs, particularly GLA, to retain moisture and stay supple and smooth. GLA increases cell resilience and moistens the fatty

layer beneath the skin, making it one of the finest 'internal moisturizers' on the market today."

Smart Protection Against Bone Loss with GLA

Women are also going to like the synergy that GLA and EPA demonstrate when it comes to prevention of bone loss.

In a clinical study among 65 women, an EPA-GLA combination was very helpful in maintaining bone density. Lumbar spine density increased 3.1 percent and femoral bone mineral density showed an increase of 4.7 percent in all women who received both EFAs, compared to loss of bone mineral density in women who did not receive the EPA-GLA combination. These are great results and should tell women that the combination of EPA-GLA present in **Smart Blend™** holds tremendous potential to help prevent osteoporosis. ♦

References posted at www.freedompressonline.com

Prescription for Healthy Living

Not only has MRM insured **Smart Blend™** contains the proper ratio of EPA to DHA (thought to be 13 to 11), their sources of EPA and DHA in the product are free from toxic contaminants such as mercury and polychlorinated biphenyls.

Because of the way that livestock are raised today, the levels of CLA in meat and dairy products are extremely low. And all women need to be aware of the risks of osteoporosis and breast cancer, which CLA, GLA and omega-3 fatty acids can help to prevent. For all these reasons, **Smart Blend™** makes a smart supplement to the modern diet.

Dosage—Take two to three capsules, one to two times daily with meals.

Availability—**Smart Blend™** from MRM is available nationwide at natural health centers and from health professionals. You can contact MRM to find a store near you. Call them toll-free at (800) 948-6296.

