

DR. LEIGH ERIN CONNEALY'S

HealthAlert

For True Healing and Total Wellness



NEWPORT
NATURAL
HEALTH

After Recommending Fish Oil to My Patients for 20 Years, I've Decided: **"NEVER AGAIN!"**

Dear Health Conscious Friend,

An exciting breakthrough has made fish oil about as old fashioned as the telegraph.

This is huge news for me personally, and critically important for you as well.

Because I prescribed fish oil to my patients for 20 years and I used to take it myself every day. But no longer.

Now I'm recommend something different. Something much better.

It gives you TWICE the health benefits of fish and eliminates all the negatives.

If you take fish oil, or you're thinking about taking it, please read on for details about...

Fish oil's great promise... and the disappointing reality

Chances are you're familiar with fish oil as a source of Omega-3s. You may already be taking fish oil because you know it is good for your heart, arteries, joints, brain, and virtually every part of your body.

Omega-3s are referred to by nutrition scientists as Essential Fatty Acids. They're called "essential" because your body can't make them, yet they're essential to your survival. But most Americans are literally starving for these miracle workers. The Standard American Diet (SAD) gives us far too little Omega-3s, and leaves most Americans starving for these miracle compounds.

Which is a shame since a Harvard University study shows that Omega-3 supplements could...

Save the Lives of Nearly 100,000 AMERICANS EVERY YEAR!^[1]

It's no surprise that the amazing health benefits of Omega-3s have been documented in more than 8,000 clinical studies.^[2]

Omega-3s act as a natural anti-inflammatory, "switching off" the processes that cause many of the tough health problems we attribute to aging.

But fish oil is hardly the perfect solution to the human body's Omega-3 problem...

The Flaws in Your Fish Oil

Many of my patients bring me the fish oil that they're taking, and I find — even if it's very expensive, “high-quality” fish oil — it's sorely *lacking* in the critical nutrient that their heart, arteries, brain, joints and eyes are starving for.

What's more, there are some big problems with fish oil that may not only harm you, but the environment as well:

- **Purity Problems:** Investigations by both Consumer Reports^[3] and the Environmental Defense Fund have shown that some fish oil supplements — even those from well-known brands or leading retailers — were seriously contaminated with mercury, PCBs, arsenic and other contaminants.
- **Oxidation Damage:** Because fish oils are naturally unsaturated, they can go rancid if not handled properly. And when fish oils go rancid, they not only stop providing benefits, they may actually *contribute* to the formation of harmful oxidized fats in your body.
- **Environmental Impact:** As consumer demand for fish oil has skyrocketed, important fish species and krill, another common source of Omega-3-s, are being overfished. Thankfully, since so many whales, dolphins, and other marine animals depend on krill to survive, some leading retailers such as Whole Foods will not stock krill oil products.

But what if I told you there was a way to get all of the amazing health benefits of Omega-3s, with NONE of the downsides of fish oil?

Well, thanks to this new breakthrough, you can.

The *Real* Miracle Worker in Omega-3s

By far, the most important flaw in most fish oil products is that it's just not doing what it was designed to do.

You see, fish oil is a mix of essential fatty acids, the two most important of which are EPA (Eicosapentaenoic acid) and DHA (Docosahexaenoic acid).

But a growing body of evidence shows that EPA and DHA do NOT have the same health-enhancing power.

In fact, research shows that DHA provides most of the key health benefits of Omega-3s.

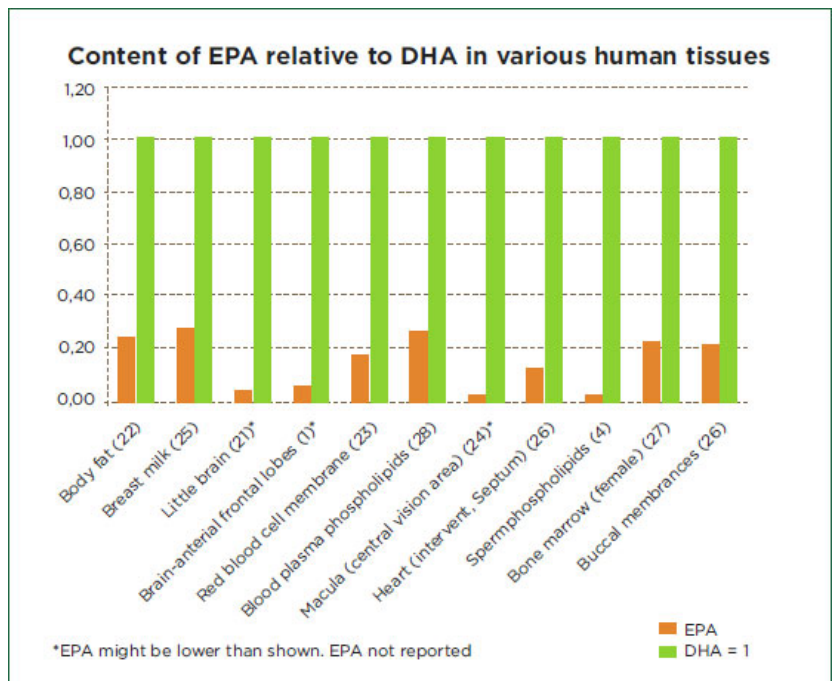
So make sure you are taking an Omega-3 supplement with at least twice as much DHA as EPA.

Unfortunately, most fish oils contain a higher ratio of EPA to DHA because it's cheaper and far easier to

produce. And since most people aren't aware of the critical importance of DHA, profit margins win out over health benefits.

DHA is critical for human development. That's why DHA is four times higher than EPA in human breast milk. Clearly, Mother Nature understands the benefits of DHA — but not the makers of the high EPA ratio fish oils sold in most supermarkets and discount stores.

In addition, clinical studies published in leading medical journals now document DHA's power to help renew, restore, and revitalize virtually every part of your body.



DHA is also highly concentrated in the human brain, eyes, nervous system, and blood. It is a key structural component of your heart, arteries, joints, mood, and many critical organs.

The most important benefits of DHA over regular fish oil include:

- **DHA Health Benefit #1:**
Superior Support for Healthy Blood Pressure: In a double-blind, placebo-controlled trial, 59 overweight men, with slightly high cholesterol levels, took either EPA, DHA, or a placebo for 6 weeks. Only DHA helped maintain healthy blood pressure.^[5]
- **DHA Health Benefit #2:**
Keep Your Arteries Healthy: You know how important it is to protect your heart and arteries. A double-blind clinical study showed that it is DHA, not EPA that is the miracle worker here too.^[6] That's why you want to be sure you're getting maximum DHA.
- **DHA Health Benefit #3:**
Better Blood Flow throughout Your Body: Healthy circulation means that blood reaches all the tiny capillaries throughout your body. Without healthy blood flow, parts of your body will literally suffocate and starve. A double-blind, placebo-controlled clinical study showed that it is DHA, not EPA, that opens blood vessels and enables healthy circulation to the extremities. Researchers believe that this "vasodilation" or opening of the blood vessels is one reason that DHA supports both improved blood flow and healthy blood pressure.^[7]
- **DHA Health Benefit #4:**
Cholesterol and Triglyceride Levels: DHA helps improve your cholesterol by raising healthy HDL cholesterol and supporting beneficial

changes in the size of cholesterol particles.^[8]

- **DHA Health Benefit #5:**
Sharper Memory and Clear Thinking: DHA has powerful benefits for your brain and nervous system. In the brain, DHA amounts to 11% of all fatty acids, while EPA is virtually absent.^[9] Tufts University research shows that people in the top 25% of DHA intake had a 47% lower risk of memory and brain issues.^[10] Imagine cutting your risk of memory issues nearly IN HALF with one simple nutrient.
- **DHA Health Benefit #6:**
Healthy Eyes and Clear Vision: DHA is a primary structural component of the retina of your eyes.^[11] This may be one reason why DHA is shown to help protect critical parts of the eyes including the macula, the retina, and the critical optic nerve that carry visual signals to your brain. In a clinical study, people taking DHA were 40-50% LESS LIKELY to experience macular vision issues. Another study showed that people taking DHA, along with lutein, maintained clear, sharp vision.^[12]
- **DHA Health Benefit #7:**
Stronger Support for Healthy Blood Sugar: DHA can also help reduce insulin resistance. According to a recent study, 70 percent of those who had insulin resistance and took DHA had significantly improved insulin function.^[13]

Can you see why I'm telling my patients to *forget about fish oil* and choose...

The Omega-3 Breakthrough with Nearly DOUBLE THE DHA OF FISH OIL!

I call it **Omega-D3**. I developed this unique formulation to give you 85% MORE DHA than regular fish oil — it's the #1 reason why I no longer prescribe fish oil for my patients.

To supercharge my proprietary **Omega-3** supplement, I formulated **Omega-D3** with a state-of-the-science, high-DHA Omega-3 called *Calamarine*.

Calamarine is NOT FISH OIL. It's made from calamari—tiny squid that live in plentiful supplies in the pure, pristine ocean waters off the coast of South America.

Calamari delivers all the benefits of fish oil, but with a higher dose of body-fueling DHA and NONE of the drawbacks of fish oil.

In short, you'll get...

Unsurpassed Purity, Freshness, and Potency

I chose Calamarine because it is purified using a molecular distillation process that ensures every batch

meets unrivaled standards for purity.

It's made at a state-of-the-science processing facility in Norway where every batch is then independently certified for quality and purity by the world's leading testing laboratory.

Purity was absolutely essential for me when choosing a source of an Omega-3 that I could recommend to my patients and readers.

Calamarine is also more stable than other Omega-3 oils. It is naturally more resistant to the oxidative damage that turns regular fish oil rancid so quickly.

This was documented in lab testing performed by the renowned Norwegian SINTEF Institute, the largest independent research organization in Scandinavia.^[14]

Calamarine also contains a proprietary blend of antioxidants to preserve its freshness. This gives it a very clean, neutral smell and taste. So you get no after-taste or "fishy burps" that you may have experienced with fish oil.

Plus It's Safe for the Environment

On top of its other benefits, the harvesting of Calamarine is much easier on the environment. The calamari (squid) are caught with hooks, instead of large drag nets that end up scooping up vulnerable fish supplies.

In fact, Calamarine is "Certified Sustainable" by Friends of the Sea.

And, that's not all. **Omega-D3** also gives you...

The Other Must-Have Nutrient for Good Health

I tell my patients, there are two supplements they MUST take every day! The first is High-DHA Omega-3s, the second is...

The Amazing All-Around "Sunshine" Nutrient that REJUVENATES YOUR BODY AT THE CELLULAR LEVEL!

The remarkable nutrient is *Vitamin D*. Chances are you're familiar with it. You may even be taking it in a multivitamin. Yet almost all Americans are still substantially vitamin D deficient.

Research published in *Scientific American* magazine shows that...

75% of Americans Don't Get Enough!^[15]

According to recent research, the U.S. Government's minimum daily requirement of 400 IU is far too low.^[16] And many supplements are made from a cheaper, far less effective form of vitamin D called D2.

Are you taking the right type? Many multivitamins also contain Vitamin D2. Instead, I recommend

the type of Vitamin D shown to be...

300% MORE POWERFUL

This type of Vitamin D3 is called *cholecalciferol* or D3. Studies show that it is more than three times more bioavailable than Vitamin D2, making it three times more beneficial to you.^[18]

Vitamin D is shown to support so many health functions, it would almost be easier to name things it does NOT help.

Vitamin D is well known for supporting bone health. It is becoming more popular for supporting a healthy immune system. It also has remarkable benefits for heart health, to name just a few.

For example, research shows vitamin D can help you maintain:



Here's Why I've Changed My Recommendation on Omega-3s...

Do this for me: If you're currently taking fish oil, **get up right now and look at the label.**

I'm guessing you'll see that your fish oil contains more EPA than DHA.

But, as we've been discussing, DHA is proven to be more beneficial to your brain, heart, vision, and skin health.

Because the market is flooded with the wrong kind of fish oil, simply telling my patients to take an omega-3 supplement wasn't enough. Without finding a better solution for them, my recommendation was incomplete.

My solution to the "fish oil rip-off" is called **Omega-D3**, and it contains more than twice the amount of DHA than EPA.

[CLICK FOR PRICE](#)

- ✓ **Better blood flow and more flexible arteries:** People with better levels of Vitamin D maintained more flexible arteries and a healthy blood flow.^[19]
- ✓ **Healthier Blood Pressure:** The *American Journal of Hypertension* published a study showing that people with low Vitamin D levels had a greater chance of having unhealthy blood pressure.^[20]
- ✓ **Sharper Memory.** People who did not maintain good Vitamin D levels were 60% more likely to experience significant mental decline.^[21]
- ✓ **Stronger Immunity:** Vitamin D supercharges your immune cells.^[22]

- ✓ **Healthier Bones:** Vitamin D helps your body absorb calcium for healthy bones as you age.

Slow Down the Effects of Aging

Exciting new research hits my desk almost every week on the power of Vitamin D. For example, research shows how vitamin D can help you actually preserve and restore your health at the genetic level. Studies show that Vitamin D can help you:

- ✓ **Lengthen Your Telomeres:** Exciting research shows that Vitamin D can help restore telomeres. Telomeres are the protective end caps of chromosomes—their length determines, in part, how long we'll live. They become frayed each time a cell divides. Scientists used to think that nothing could be done to halt this part of the aging process. But a recent study shows that Vitamin D can help you maintain your telomere length. This exciting discovery can help keep you looking and feeling younger.^[23]
- ✓ **Switch on Genes that Can Boost Your Health:** Research at Oxford University shows that Vitamin D can actually activate genes that start beneficial health processes in your body.^[24]

Omega-D3 gives you 500 IU of Vitamin D3 (cholecalciferol) in each daily serving. This helps ensure that you're getting enough of this critical nutrient.

Great Results at Your Next Check-up!

See for yourself how **Omega-D3** can make a huge difference in your health. All the health benefits described above have been documented in *thousands of clinical studies*.

Deficiencies in Omega-3s and Vitamin D are epidemic in America. Chances are this includes you and your loved ones. That's why I urge you to take this one simple step to protect and nurture your health. Nothing else I know of has **Omega-D3's** power to renew, restore, rejuvenate, and revitalize your health!

Omega-D3 combines my two most powerful, most recommended supplements, in the most beneficial forms, into one convenient, economical and easy-to-take capsule.

Discover how **Omega-D3** with Calamarine and cholecalciferol can give you the ultimate in:

Maximum Health Benefits and GREAT VALUE!

Each **Omega-D3** Softgel gives you:

- 540 mg of Super Concentrated Omega-3 Marine Oil (Made from Calamari)
- 360 mg of DHA
- 140 mg of EPA
- 40 mg of other Omega-3 essential fatty acids
- 500 IU of Vitamin D3 (as *cholecalciferol*)

Risk-Free Trial Offer and Introductory Savings

- ✓ **Maximum Health Benefits**
- ✓ **Purity**
- ✓ **Environmental Safety**
- ✓ **Great Value!**
- ✓ **And all with no fishy after taste!**

We have a special savings offer that allows you to try **Omega-D3** risk-free at our lowest price. Simply [go here](#) to begin enjoying the benefits of **Omega-D3**.


Thrive in Health and Wellness,

Leigh Erin Connealy, M.D.


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P.S. Take advantage of our multi-bottle discounts to get the best savings. Get started today and experience the benefits that **Omega-D3** can provide for you and all your loved ones. [Order now.](#)

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I want to protect my heart and brain

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