



Supplement of the Month: Fish Oil

10% off all Fish Oil products!

Fish oil is rich in two groups of Omega-3 fatty acids. Docosahexaenoic Acid (DHA) and Eicosapentaenoic Acid (EPA). These fatty acids help keep cell walls permeable. Excessive saturated fats and Omega-6's cause cell walls to become rigid, unhealthy and don't allow nutrient transfer.

Why take Fish Oil?

- Improved Cell Membrane Health
- Reduce Inflammation
- Increase Serotonin Levels
- Improved Cardiovascular Health
- Decrease Blood Pressure
- Brain Development

What to look for when choosing fish oil supplements?

1. **Purity:** Must meet international standards for testing heavy metals.
2. **Freshness:** Omega 3's can go rancid, make sure the expiration date has not passed.
3. **Potency:** EPA/DHA levels should be >300mg per 1000mg capsule
4. **Sustainability:** Fish oil should come from smaller sustainable fish such as mackerel, sardines.
5. **Cost:** Quality testing is expensive and the cost should be reflected in the cost of the supplement.

Brands we like!

- Designs for Health
- Poliquin Group
- Carlons Labs
- Nordic Naturals



For more nutrition and personal supplement protocols schedule a **BioSignature Consultation** with your trainer.

Sources:

<http://www.poliquingroup.com>

<http://www.precisionnutrition.com>



Seared Salmon

Salmon is one of the healthiest foods in the world, however make sure you buy fresh, wild caught Alaskan or pacific salmon. While farmed raised salmon is cheaper, it is also artificially colored with pigments to give it its pink color.

1. Set a 10-inch nonstick sauté pan over medium heat.
2. Oil each side of the salmon with Avocado Oil, kosher salt and pepper.
3. Cook for 2 minutes on each side for well and 1 minute each side for a rare filet.
4. Loosely cover with foil and allow resting for 5 minutes before serving.