

Stopping the “Silent Killer”

Omega 7 (palmitoleic acid) strengthens the most important muscle in your body.

February is heart-health month, but just one month seems inadequate, considering how prevalent cardiovascular disease is in this country. Heart disease is still the number one killer of adults, causing more than 900,000 deaths each year in the U.S. alone.

How did we get here? How did it get so bad?

Heart disease doesn't occur in a vacuum; it is caused by complications that arise from a variety of factors, including diabetes and obesity. If you have a body-mass index (BMI) of 30% or more, chances are you suffer from insulin resistance or metabolic syndrome. Here are the cold-hearted facts:

- 1 in 3 Americans are obese (defined by 30% BMI).
- 1 in 12 are diabetic (with another 3 in 12 displaying symptoms of insulin resistance or prediabetes).

Both obesity and diabetes have reached epidemic proportions. It's a shame, because this health crisis is caused primarily by poor nutrition and the lack of understanding about the bad cholesterol in our Western diet. And we spend more time and money on treatment than prevention, proven by the billions of dollars we spend on bypass surgeries, stents and statins.

Why do we neglect the most important muscle in our body? It's time to change that.

THE SILENT KILLER MEETS ITS MATCH

Heart disease builds up slowly and silently over time. Most medical experts blame our sedentary lifestyle and fast-food habits for the heart-disease onslaught. A diet rich in saturated fats (meats, cheeses, dairy) is also high in LDLs (low-density lipoproteins, or “bad” cholesterol), which accumulates slowly on the walls of your arteries, resulting in the buildup of plaque.



Arterial plaque, in turn, clogs your arteries and puts your blood flow at risk. When the plaque ruptures, the blood clot that forms in its place can result in a stroke (in your brain) or a heart attack (in your body).

It's far better to prevent the disease before you have to resort to pharmaceuticals or surgery. One strategy is by diet. Real-life case studies by Caldwell B. Esselstyn, Jr., MD, at the world-renowned Cleveland Clinic, have shown that a plant-based diet has been able to help people lose weight, and in some cases, greatly reduce the risk of heart disease.

Unfortunately, many people, whether through a lack of knowledge or will power, won't change their diet. They'd rather take powerful statin drugs to reduce their bad cholesterol, or simply ignore the problem until they become another statistic.

ACID TEST

This is where nutritional supplements come in. Scientists have recently perfected the actions of omega 7 fatty acids. Also known as palmitoleic acid, omega 7 is a groundbreaking all-natural nutrient that can help you increase your HDL (high-density lipoproteins, or “good” cholesterol), and lower your LDL cholesterol and triglycerides without side effects.

HDL cholesterol scavenges LDL cholesterol from the bloodstream and artery walls, and ferries it back to the liver for disposal. Think of HDLs as the garbage trucks of the bloodstream, shuttling the bad stuff out.

The effects of omega 7 fatty acids on HDL levels are dramatic. In initial human tests, a daily regimen of omega 7 increased HDLs by 17% in one month, which any physician would tell

greatly reduces the risk of stroke or heart attacks.

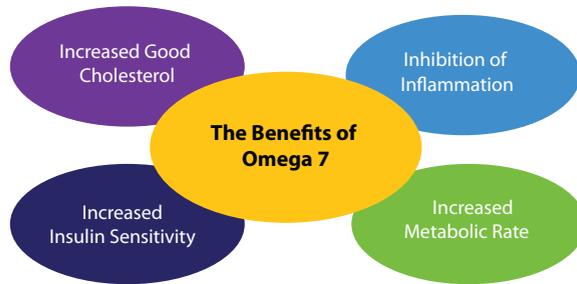
Palmitoleic acid is the key here. It's the sworn enemy of palmitic acid, a "bad" fatty acid that produces toxic effects on beta cells of the pancreas, which is responsible for the secretion of insulin. The toxic effects from palmitic acid increase cell death, which leads to diminished glucose transport into cells and predisposes those at risk for insulin resistance and diabetes. Palmitoleic acid, on the other hand, is a "good" monounsaturated fatty acid that protects against the negative effects of palmitic acid.

Omega 7 contains high concentrations of palmitoleic acid. So besides increasing HDL and lowering LDL and triglycerides, omega 7 can help reduce inflammation and the buildup of atherosclerotic plaque.

These effects are important in fighting metabolic syndrome, a triad of conditions that involve lipid disorders, insulin resistance and obesity. These factors lead to cardiovascular disease and the development of diabetes, which in turn, lead to shortened life spans and diminished quality of life.

One of the established "bad actors" within this metabolic syndrome is inflammation. Inflammation has been proven to act at a cellular level in all of these conditions and exacerbates symptoms. The fatty-acid group of natural products, including omega 7, are a potent counteracting measure that directly alleviates inflammatory conditions.

These anti-inflammatory effects have been documented through fatty-acid administration that appropriately decreases markers in the blood, such as C-reactive protein (CRP) and tissue necrosis factor (TNF). Each day, we are learning more about the wonderful, counteracting actions of these natural substances against the negative effects of inflammation. Once you tackle inflammation, you begin to solve a lot of problems.



LIPID & METABOLIC von Eckardstein A. *Expert Rev Cardiovasc. Ther.* 2010;8:345-358. [the heart.org](http://www.theheart.org) [Medscape.com](http://www.Medscape.com)

FLIPPING THE WEIGHT-LOSS "SWITCH"

This brings us to another exciting benefit of omega 7 supplementation. Omega 7 inhibits an enzyme in the body called SCD-1 (stearoyl-CoA desaturase). This enzyme plays a role in the development of type 2 diabetes and obesity.

Researchers led by Rockefeller University's Jeffrey

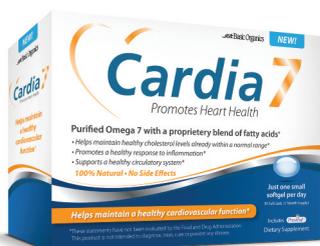
M. Friedman, MD, an investigator at the Howard Hughes Medical Institute, has shown that SCD-1 is a "switch" that determines whether fat is stored or burned in mice. In the study, the mouse with no SCD-1 ate until it was full (satiety effect). Its increased metabolism burned fat, helping it to lose weight. The mouse with active SCD-1 didn't know when it was full and kept eating.

The researchers found that removing SCD-1 markedly reduced the weight of the obese mouse; at 16 weeks of age, weight was reduced by 29% in females and 34% in males. The reduced weight could be accounted for by a dramatic increase in energy expenditure. In the photo at right, you see an obese mouse that lacks the hormone leptin, and a lean, double-mutant mouse that lacks both leptin and SCD-1 (top). The double-mutant mouse lost weight despite continuing to overeat!



Both mice above ate the exact same amount, but the thinner one had suppressed SCD-1, an effect of omega 7.

A separate study found that active treatment with omega 7 significantly reduced the buildup of atherosclerotic plaque in those predisposed to the problem. **MB**,



Omega 7: An Action Plan

Cholesterol deposition and plaque formation begins at adolescence and progresses throughout life, resulting in cardiovascular disease — and you won't even know it until it's too late. Omega 7 can help fight this plaque buildup and contribute to weight loss in the process, while aiding in preventing other ill effects of metabolic syndrome.

Cardia 7 is a purified form of omega 7 that contains the same powerful palmitoleic acid that resulted in the benefits of the studies listed above. What's great about Cardia 7 is that you only need to take one softgel per day and you're done. Don't miss out on this chance to help stop a silent killer.