

FISH OILS CAPSULES

Omega-3 fish oil acts like aspirin or adds to the effect of aspirin to make platelets less sticky preventing heart attacks and strokes. They also lower triglycerides, help to stabilize cholesterol plaques in your arteries, prevent fatal irregularities of the heart if you were to get a heart attack, and prevent atrial fibrillation after bypass surgery.

These capsules are very safe. We know Eskimos eat the equivalent of 60 to 90 capsules a day as they eat lot of fish, blubber and muktuk. Eskimos rarely get strokes or heart attacks (this has been confirmed with recent studies).

Take 3 Carlson brand "Super DHA" 500mg fish oil capsules daily. (Do not get the Carlson Omega-3 1000mg caps) The Carlson brand is checked for 28 different pollutants and are mercury-free. Each Super DHA contains 4 times the DHA as in the usual Omega-3 fish oil you will find in regular drugstores and supermarkets.

Buy "Super-DHA" at Braswell's Pharmacy of South Tyler in front of my office, at C's pharmacy at Veteran's and Bonnabel in Metairie, at The Medicine Shop just off the I-12 Airport Rd Exit in Slidell, and online at Vitaminshoppe.com

If you have good insurance to pay for non-generic meds, ask me for a script for Lovaza fish oil.