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INFLAMMATION SOLUTIONS A HEALTH AND WELLNESS NEWSLETTER

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The Importance of an Anti-Inflammatory Diet

The human body normally can use the inflammatory response to help heal wounds and injured sites. But when that inflammation process continues without stopping, particularly in places of the body that we can't see, it can cause cardiovascular disease, strokes and other illnesses. Additionally, researchers have now proven that chronic inflammation in our bodies plays a big role in how we age as well.

One of the biggest sources of inflammatory substances is from the foods we consume. A major source are the types of fats we eat. Trans fats, are fats produced when liquid oils are turned into solids through a chemical process called hydrogenation. These are linked to premature blood vessel disease and heart attacks. Many regulators have now called for a total ban of these fats because of their serious health risks.

In this newsletter we will explore other foods that should be avoided and what foods can make up the anti-inflammatory diet. As you might expect omega-3s are the central key to this diet as both a supplement and in the foods we eat. I again thank you for your interest in the exciting topic of fish oil and wellness.

Sincerely yours, *Joseph C. Maroon, MD*

SPECIAL POINTS OF INTEREST:

- Anti-inflammatory Diet
- Trans Fats
- Brain Health

ANTI-INFLAMMATORY DIET—WHAT TO EAT!

Omega-3 fatty acids are needed for healthy functioning of every cell in the body and are especially important for blood vessel health, blood pressure, and eye and brain function. These fatty acids must be obtained through the food we eat. The best food sources of Omega-3 fatty

acids are fatty, oily fish such as salmon, trout, sardines, anchovies and fresh tuna. Other sources are walnuts and pecans, sesame seeds, some leafy green vegetables like spinach, and several oils including olive oil, sunflower oil, canola oil,

and linseed/flaxseed oil. Omega-3 supplements are also important since consumption of the amount of fish needed to obtain proper amounts of Omega-3s may lead to over exposure to fish containments such as lead and mercury.

ANTI-INFLAMMATORY DIET—WHAT TO EAT! CONTINUED

Items to include in this Diet:

- A varied diet that include lots of fresh – not processed – foods as well as many fruits and vegetables. The new federal dietary guidelines suggest 9 to 11 servings of fruits and vegetables a day
- Make sure you get a mixture of carbohydrates, proteins and fats. 40 to 50 percent of daily calories from carbohydrates, 30 percent from fat and 20 to 30 percent from protein.
- Avoid fast food whenever possible. It is a major source of trans fats, which can easily penetrate blood vessels leading to early plaque formation. Eating a large amount of these bad fats and

- saturated (animal fats) can raise cholesterol and heart disease risk.
- Increase the fiber in your diet. Raspberries, blueberries and other berries are a particularly good source of fiber, as are beans, legumes and whole grains.
 - Buy organic produce which will often have a higher concentration of needed vitamins and minerals than non-organic foods.
 - Substitute green tea for coffee which contains high amounts of polyphenols, which are strong anti-oxidants as well as anti-inflammatories.

Need for Supplements

Consider a multi-vitamin to fill your nutrient gaps. Andrew Weil, a leading nutritionist recom-

mends daily: 200 mg Vitamin C; 400 international units of natural Vitamin E; 200 mg selenium; 10,000 to 15,000 international units of mixed carotenoids, 400 mg of alpha lipoic acid; and 60 mg of Co-Q10.

- Of course, Omega-3 fish oil supplements are also essential not only because their many known health benefits, but to counter the every increasing amounts of Omega-6 fatty acids in our diet.

Omega-6 fatty acids are found mostly in our diet from the vegetable oils in our foods. Corn oil is found in almost every processed item we consume.

These oils can be the precursors to arachidonic acid which

“The Anti inflammatory diet will increase levels of Omega-3 ”

“The only safe amount of Trans fats is “zero”



WHAT IS SO BAD ABOUT TRANS FATS?

Many such prepared and processed foods have a dirty little secret: a health hazard called trans fatty acids, or trans fats. Food processors use trans fats--which appear on labels as "partially hydrogenated vegetable oil"--because they help make packaged foods crunchy, crispy, and/or creamy and extend product shelf life at the same time.

The process of hydrogenation changes the structure of the liquid vegetable fat molecule into a straighter shape that becomes a solid fat at room temperature. For this reason it became a cheap substitute for butter and lard which are saturated fats. It was not discovered, however, until more recently that this "trans" unnatural form of fat was very difficult for the body to process and could lead to exceptionally high levels of cholesterol and early blood vessel plaque formation.

Many US cities and governments are now banning trans fats and most experts agree that the only safe amount of these fats is "zero".

Trans Fat Molecule

OMEGA-3 AND ALZHEIMER'S DISEASE

is a Omega-6 fatty acid known to be responsible for an increased inflammatory level in our bodies.

By reducing Omega-6 foods and increasing Omega-3 we can shift towards a less inflammatory and more healthy state.

The Anti-inflammatory diet is a health diet that will both increase your levels of Omega-3 while reducing levels of Omega-6. This diet reflects a natural ratio of these essential fatty acids that was originally consumed by our ancient ancestors but markedly corrupted by modern processed foods.

Many studies now show a reduced risk of Alzheimer's disease (AD) in people consuming increased amounts of fish in their diets. Many of the health benefits of fish are attributed to the abundance of omega 3 fatty acids. Docosahexaenoic Acid (DHA) is the most abundant omega 3 fatty acid in the brain. DHA found in fish oil supplements may be an effective treatment for AD by means of anti-inflammatory and neuroprotectant mechanisms.

ALZHEIMER STUDY AT UNIV. OF PITTSBURGH

Persons with Alzheimer's disease who meet the certain criteria would

be eligible to enter a unique study at the University of Pittsburgh which will evaluate the effects of Omega-3 fish oil supplements. Selected patients will be asked to take DHA fish oil over 18 months to determine if there is any slowing of the progression of both cognitive and functional decline in people with mild-to-moderate Alzheimer's disease.

During the 18-month clinical trial, investigators will measure the progress of the disease using standard tests for functional and cognitive change.

Contact: MaryAnn Oakley at U. of Pitt — 412-692-2721

"Omega-3 Supplements are Important for Brain Health.."

OMEGA-3 AND DEPRESSION—NOW THERE IS A LINK!

Clinical depression is characterized by the persistent incidence of sadness, inappropriate crying, and feelings of worthlessness or hopelessness. Research has now shown that symptoms of depression are more common in those who consume lesser amounts of omega-3, which has led to a new area of treatments for depression.

As expected additional research has found that depressed patients have depleted levels of plasma and cell membrane omega-3 and particularly of DHA.

Evidence now shows that major de-

pression is accompanied by an acute phase response in the brain itself in which there is an increase in the production of inflammatory chemicals. Higher levels of omega-3, either in the diet or by supplements, has been shown to reduce inflammation and therefore prevent depression or treat depression.

A combine fish oil supplement of EPA and DHA was found to be effective in depressed patients whose anti-depressants alone had been ineffective and as a stand-alone treatment for depression.

Postpartum Depression

The incidence of depressive symptoms after pregnancy was also found to be linked to levels of omega-3. The DHA content of mothers' milk which reflects the maternal omega-3 status and mothers' seafood consumption both predict prevalence rates of postpartum depression. That is, the lower the content of DHA in breast milk, and the lower the mother's consumption of seafood, the greater the likelihood of the mother developing postpartum depression. These symptoms could be reversed with fish oil supplements.

More can be found on www.inflammationsolutions.com

Inflammations Solutions, Inc. was founded by Dr. Joseph Maroon and Jeffrey Bost PAC to provide nutritional supplements that have been thoroughly researched and tested to be of the highest quality available. Dr. Maroon firmly believes that one of the greatest scientific discoveries in the last 5 years is that excessive or chronic inflammation in our bodies is responsible for many of the chronic illnesses and diseases we face in our modern environment.

His search for safe, natural anti-inflammatories led to the formation of **Inflammation Solutions, Inc.** It was formed primarily as a resource for Dr. Maroon's patients and those who wish to learn more about the role of inflammation in chronic diseases and to learn about Omega-3 fatty acids and other exciting products that are so vital to the quality of life and proper nutrition and directly reduce inflammation in the body.

**Call 866-463-5686 on how to order these Omega-3 EFA
Fish Oil products or go to www.inflammationsolutions.com**

**These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

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