

# Kyani Sunset

Containing the purest forms of Omega 3 and Vitamin E



## Health Benefits of a Diet of Wild Alaska Sockeye Salmon

### Wild Alaska Salmon- Healthy and Natural

Alaska salmon is full of natural vitamins, minerals and nutrients that will help you stay healthy. Wild Alaska Sockeye Salmon tastes great and is one of purest and most beneficial natural foods available. Wild salmon is a good source of protein and doesn't have the high saturated fat content typical in fatty meat products.

- Rich in Omega-3 Fatty Acids
- High in Antioxidants
- High Quality Protein, Easy and Safe to Digest for People of All Ages
- Contains No Detectable Mercury

A 6-ounce serving of Smoky Bay Fisheries Wild Alaska sockeye salmon contains 2.15 grams of Omega-3 Fatty acids and 47.7 grams of protein.

### Omega-3 Fatty Acids- A Source of Vital Health Benefits

- Protects Heart Health
- Reduces Risk of Sudden Death From Heart Disease
- Reduces Heart Disease Risk in People with Type 2 Diabetes
- Essential in Pregnancy and Healthy Infant Development
- May Reduce Severity and Pain of Symptoms of Crohn's Disease, Ulcerative Colitis, Rheumatoid Arthritis, Psoriasis, Asthma
- May Reduce the Risk of Certain Cancers, Particularly Breast Cancer
- May Help Reduce The Severity or Development of Nephritis, Migraine, Alzheimer's Disease and Type 1 Diabetes
- May Reduce the Severity of Psychological Disorders Such as Depression and Bipolar Disorder

### What the Experts Say about the Health Benefits of Wild Alaska Salmon

- Wild salmon is high in two kinds of omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). The American Heart Association recommends that people without documented coronary heart disease eat two servings of fatty fish, such as salmon, each week. People with documented coronary heart disease should eat approximately 1 gram of EPA and DHA per day, preferably from fatty fish.

- According to the American Heart Association research has shown that Omega-3 fatty acids decrease the risk of arrhythmias, which can lead to sudden cardiac death. Omega 3's also slightly lower blood pressure.
- The American Heart Association reports that omega-3 fatty acids help prevent plaque buildup in arteries and also drive down triglycerides and LDL (bad) cholesterol.
- A study conducted by the National Institutes of Health showed that pregnant women and their children significantly benefit from increased fish consumption. The study indicated that higher omega-3 fatty acid content in mother's milk is associated with lower postpartum depression.
- Fetal and Child Development benefits of Omega 3- "It has been demonstrated that getting enough omega 3 fatty acids very early in life is critical. An omega 3 derivative called docosahexaenoic acid (DHA) actually helps build the brain, becoming rapidly incorporated into both the cerebral cortex and the retina three months before and three months after birth, and more slowly but no less significantly up until the age of two, when brain development is complete. ...Eating more fatty fish, such as salmon, is the most efficient way to build your store of omega-3s." (*Information source: "Essential Fatty Assets," by Elizabeth Hiser, published in "Eating Well"*)
- Fish oil may help combat a number of serious psychiatric illnesses. According to researchers at an international conference sponsored by the National Institutes of Health there is evidence which suggests that higher consumption of essential fatty acids in fish, particularly omega-3, appear to be linked to a lower risk for depression and better treatment of manic depression and schizophrenia. "In a study of more than 1,000 people (average age 75), those with higher blood levels of an omega-3 called DHA were more than 40% less likely to develop dementia (including Alzheimer's) over the next nine years than people with low DHA levels. ...Experts advise eating a weekly serving of fish rich in omega-3's." (*Information source: "Boost Your Brain Power With Omega-3's," by Holly McCord, R.D., "Prevention" (Nutrition News web site)*)

### A little tidbit of info on Omega 3 Wild Alaskan Sockeye Salmon:

Unless you or you're eating fatty acid fish at least 3-4 times a week, there are not enough Omega-3's in your diet. Since the discovery in the 1970s, the omega-3 essential fatty acids have generated thousands of studies and trials. Necessary at every stage of life, they are found in the membrane of every cell in the body and help to ensure that the cell membrane is equipped to do its job. They are also used in the regulation of all biological functions, including the cardiovascular, reproductive, and immune and nervous systems. Optimum health can only be achieved when sufficient Omega-3's are obtained.

Two important Omega-3 fatty acids are eicosapentanoic acid (EPA) and docosahexanoic acid (DHA), both found liberally in cold water fish such as salmon. These fatty acids help reduce low density lipoproteins (LDLs), raise levels of good high density lipoproteins (HDLs), and lower those high triglyceride levels associated with heart disease. They also help with the inflammation associated with arthritis.

"I believe there are probably dozens of unidentified fatty acids in salmon that play a crucial role in optimum health and the deceleration of the aging process."

**--N. V. Perricone, M.D., The Perricone Prescription**

*Do you know who Dr. Perricone is?? Google it. Can you say Oprah Show???*

### What is Tocotrienol?

Tocotrienols are a form of vitamin E, much different than Tocopherols which are typically thought of as your standard vitamin E and what you would find in a bottle of vitamin E vitamins at your local drug store. There has been much research done in the past few years on the differences between Tocotrienol vitamin E and Tocopherol vitamin E. Tocopherol vitamin E was once believed to have numerous positive health benefits (better cardiovascular circulation, prevention of cancer, etc.) but recent studies have suggested that Tocopherol vitamin E does not really have many health benefits at all and certainly not the major ones once claimed in the past. The good news is the emergence of Tocotrienol vitamin E which recent studies have confirmed has a host of health benefits including benefits to the cardiovascular system, and is much more effective and efficient than its Tocopherol cousin. In addition, natural sources of tocotrienols such as the annatto bush in South America have been discovered and are currently being extracted and made into Tocotrienol supplements. Kyäni Sunset uses pure delta and gamma Tocotrienol supplements extracted from the annatto bush in its Kyäni Sunset™ softgel product making it one of the best options for Tocotrienol supplements on the market today