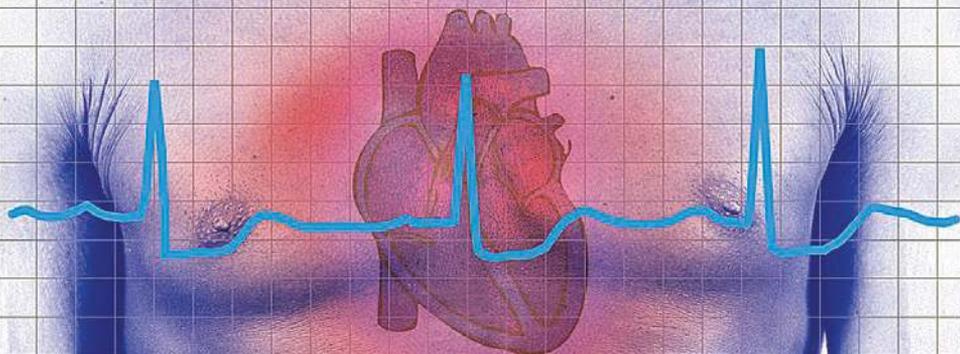


fresh focus!

Supplement to AIM Living Well magazine • Vol. 6 Heart Health



Heart Health: Omegas, Garlic and CoQ10

FAST FACTS about Omega Fatty Acids

Omega fatty acids play important roles in brain function, growth and development, the formation of cell walls, oxygen uptake and circulation.

Men need **1.1 grams** per day

Women need **1.6 grams** per day

Organic Seed Oil Sources:

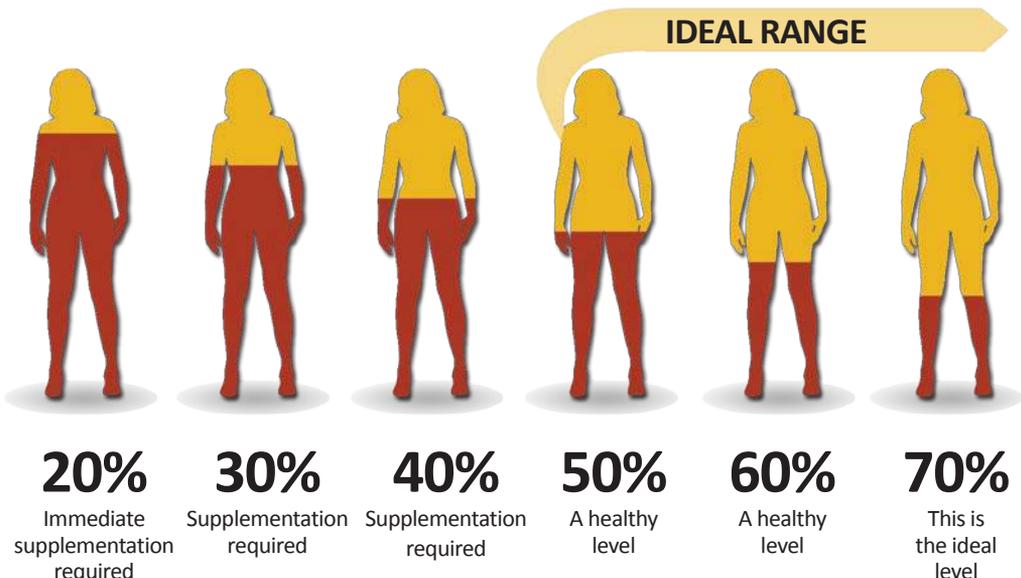
- Flax Seed
- Sesame Seed
- Olive Oil
- Sunflower Seed Oil



A study published in *Advances in Nutrition: An International Review Journal* determined that **omega-3 fatty acids from plants are just as effective at preventing heart disease as fatty acids from fish.**

Omega Levels in the Blood

Reaching **healthy** levels of omega-3 is important, but constantly striving for **ideal** omega levels is vital!



Omega-3



Omega-6



Healthy Oils

Flaxseed Oil

- Contains Omega Fatty Acids and linked to heart health
- May improve symptoms of dry eyes
- May reduce the likelihood of breast cancer

Sesame Seed Oil

- Contains Omega Fatty Acids and linked to heart health
- Antioxidants found to aid skin health, appearance
- May help lower blood sugar levels
- Inflammation fighter

Olive Oil

- Contains Omega Fatty Acids and linked to heart health
- May lower risk of strokes in elderly
- People who regularly consume olive oil are 48% less likely to suffer from depression when compared with those who regularly consume trans fats
- May lower breast cancer risk

Sunflower Seed Oil

- Contains Omega Fatty Acids and linked to heart health
- Inflammation fighter
- Promotes healthy skin

What You Need to Know about the Omega-3 Fatty Acids in AIMega!

- Often overlooked by science, **alpha-linolenic acid** (ALA) is an important source of omega-3 fatty acids.
- Scientific reviews of ALA have included cardiovascular benefits, a reduction in inflammation, protection against auto-immune disease and neurological health.
- ALAs have different health benefits than omega-3 from fish oil.
- Up to twenty percent of ALAs can be converted into eicosapentaenoic acid (EPA) in humans.
- ALA has been specifically shown to help with cardiovascular health, vascular tone, blood lipid levels, inflammation, arterial stiffness and blood pressure.
- Women convert more ALA to EPA than men.
- ALA is more important to women because of the role of omega-3 in pregnancy.

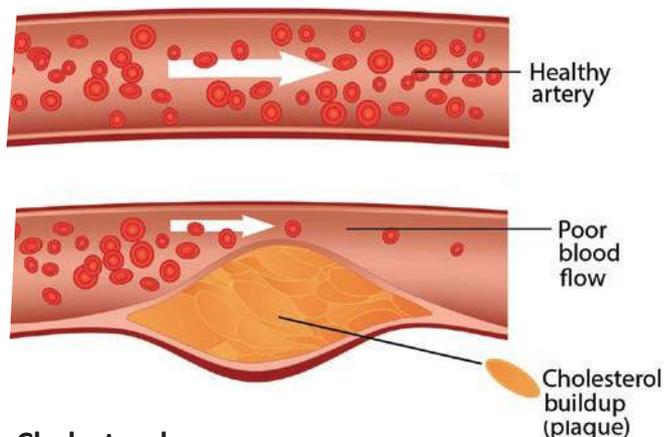
Benefits of Bear Paw *Garlic*

- Assists in Cardiovascular Health
- Helps Maintain Healthy Blood Pressure
- Contributes to Healthy Cholesterol Levels
- Antioxidant Activity
- Antibacterial Properties
- Antifungal Properties



Dangers of High Cholesterol

- Heart Disease
- Stroke
- Atherosclerosis
- Angina
- Greater risk of heart attack
- Decreased blood flow to the brain, everywhere



Omega-3 Effects on Cholesterol

“A review of human studies concluded that approximately **4 g per day** of **omega-3 fatty acids** reduced serum triglyceride concentrations by **25 to 30 percent**, increased serum low-density lipoprotein (LDL) cholesterol levels by **5 to 10 percent**, and increased high-density lipoprotein (HDL) cholesterol levels by **1 to 3 percent**. Total cholesterol was not significantly affected.”

—The American Association of Family Physicians

Features of Bear Paw Garlic

Odorless upon digestion

High adenosine content

High γ -glutamyl peptide content

Non-domesticated

Active nutrients from alpine garlic leaves, not bulbs

10 Tips for Improving HEART HEALTH

- 1 Quit smoking, reduce alcohol
- 2 Exercise more
- 3 Take CellSparc 360
- 4 Maintain a healthy weight
- 5 Get more Omega-3 from AIMega
- 6 Find a way to cope with stress
- 7 Add fit 'n fiber to your diet
- 8 Get adequate amounts of sleep
- 9 Start taking Bear Paw Garlic
- 10 Cut out salt

Controllable Risk Factors of Heart Disease

High Blood Pressure

High Cholesterol

Obesity

Inactivity



Smoking

Unhealthy Diet

Alcohol Abuse

? Did YOU Know ?

If you suffer from heart disease, catching a common cold can be especially dangerous as it can lead to complications like pneumonia, which can be hard on the heart. For centuries people have used garlic to ward off the common cold, and scientific studies have shown that people who supplement with garlic seem less likely to contract colds!



Garlic was used in herbal remedies during the construction of the Great Pyramids!

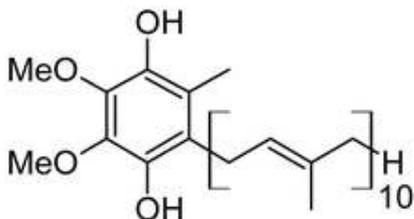
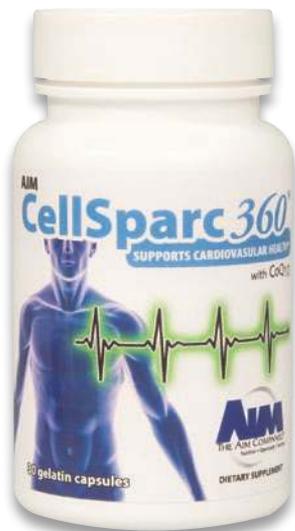
Garlic hinders hardening of the arteries—atherosclerosis

CellSparc 360

with CoQ₁₀

Why Take CoQ₁₀?

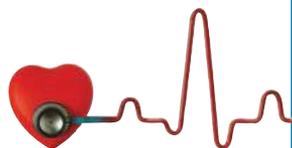
- Important for the ATP Cycle
- Used in Every Cell of the Body
- Cell Growth and Maintenance
- Improves Energy
- Aids with Exercise Recovery
- Blood Pressure and Circulatory Health
- Recovery after Various Heart Ailments
- Antioxidant Action



Ubiquinone vs. Ubiquinol

Is there is difference?

Ubiquinone is the oxidized form of CoQ₁₀ used **to create energy**. **Ubiquinol** is the reduced form of CoQ₁₀ that provides **antioxidant protection**. Both forms are needed, but luckily, the body can easily convert both forms to the other when needed. **CellSparc 360 uses ubiquinone** because that form is **more stable in the stomach**.



“My blood pressure groups use **CellSparc 360** and **RediBeets**. Each person lowered their blood pressures by about 10-60 points on average in about 10 days! The secret is both products create more nitric oxide in the body!”

—Celeste Davis
AIM Director

STUDIES SHOW these substances may lower blood pressure by the following amounts:

Omega-3 (systolic/diastolic)
from fish oil**3/1.5** mmHG

Allicin found in
Bear Paw Garlic**11/5** mmHG

CoQ10 found in
CellSparc 360**17/10** mmHG

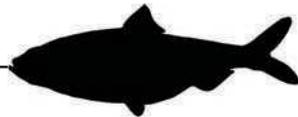
Alpha linoleic acid (found in AIMega) reduces the risk of hypertension by **30%**

3 Scientific Studies

The scientific journals have been abuzz with the latest research on omega-3. Three different studies have come out in the space of a few weeks that have found that high levels of omega-3s may reduce overall mortality risk by 9%, lower the risk of fatal heart attacks by 25% and decrease the length of hospital stays by 2.4 days. Get your omega-3 fatty acids from **AIMega** (1,140 mg) and **CellSparc 360** (90 mg) per serving.

Who May Benefit from CoQ10

- Folks on statin medication
- People at risk for Alzheimer's
- Those who have experienced heart failure
- Chronic fatigue sufferers
- People at risk of macular degeneration
- Parkinson's disease sufferers
- Those with heart problems
- The aging
- Diabetics



What source does AIM's fish oil come from?

The bulk of the oil is from the sardine and anchovies but also includes sprat, salmon and herring. With the exception of the salmon, all are caught in cold, deep water streams in the south Atlantic and Pacific oceans. We then test the oil to ensure the absence of heavy metals, peroxide, DDT, DDE, HCB, PCB and Lindane.

Testimonials should not be construed as representing results everybody can achieve. These statements have not been evaluated by the U.S. Food and Drug Administration. AIM products are not intended to diagnose, treat, cure, or prevent any disease.

“About a year ago or so, I started having leg aches at night and early morning before the time to arise for the day. At times, I would get out of bed sooner than I wished. Later, I started taking six **AIMega** capsules each day and noticed at night that the leg aches were going away. **I have been most thankful for the AIMega** that I added each morning. I am thinking **this could have improved my circulation.**”

—Charlotte Thompson
Chairman’s Club Director



“Taking **AIMega** has made my skin so much smoother. I used to have very bumpy elbows and also white spots on my arms. That is all gone now thanks to the AIMega. **My elbows are nice and smooth and no white spots.**”

—Rita Vandertil
Star Sapphire Director

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The next **fresh focus!** supplement on Targeted Health (Volume 7) will be available in January.

For **Nutrition that Works!** contact:



FOR MORE INFORMATION
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