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For Immediate Release

A “FEAR OF FAT” IS DAMAGING TO HEALTH

By cutting out all fats, we are depriving our bodies of essential fatty acids that are necessary for the body to fight disease and contribute to overall good health.

Salt Lake City, UT - It is common knowledge that diet directly relates to the health and well-being of each individual. Research has shown that many degenerative diseases, including heart disease and obesity, are related to the intake of a certain type of fat: saturated fat, found in animal products and margarine. Unfortunately, the American consumer, as well as savvy marketers working to improve the profits of giant food makers that offer “low fat” foods, have simplified this knowledge by saying “fat is bad”. The unfortunate effect of this simplification is the removal of Essential Fatty Acids, which are fats that are critical to good health.

According to the National Research Council, a diet high in saturated fat is associated with an increased risk of heart disease, cancer and other degenerative diseases. On the other hand, diets rich in omega-3 essential fatty acids fight disease and contribute to better overall health. Over 60 health conditions have been shown to benefit from essential fatty acid supplementation.

Omega-3 fatty acids help regulate cholesterol and triglyceride levels in the blood. People with sufficient amounts of omega-3 fatty acids in their diet have a trend toward healthier cardiovascular systems, and are less likely to suffer from strokes, cancer, and diabetes. Children with a diet high in EFAs are less likely to be sick, and those manifesting behavioral problems and learning disabilities have shown improvement when increasing EFA levels. Other benefits include: increased metabolic rate, stamina and muscle fatigue recovery, reduced inflammation, and an improvement in overall brain health and protection.

Fatty acid deficiency has become the number-one nutritional deficiency in America, but it is a correctable deficiency. Fish, spinach and nuts are good food sources of essential fatty acids. Because it is difficult to maintain adequate levels through food sources alone, you can also get omega-3 essential fatty acids back into the daily diet by taking a flaxseed oil supplement. Flaxseed oil is the world’s richest plant source of alpha-linolenic acid, part of the omega-3 essential fatty acid family. Flaxseed oil in its organic form can now be found in the M’lis Company Nutritional line of products, becoming a partner to M’lis Evening Primrose Oil, a source of Omega-6 EFAs.

After years of emphasis on cutting back on fat, research shows that essential fatty acids must be put back in the diet. Do not be a victim of the “fear of fats”. Health can be maintained by eating fresh, properly prepared foods rich in essential fats and oils, and taking high-quality supplements.

For more information, contact the M’lis Company at 800-548-0569, or visit the M’lis Company website at <http://www.mliscountry.com>.