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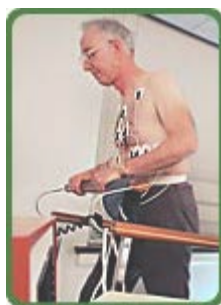
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Cardio Health Research Report



Melaleuca Phytomega™ — Protecting Your Heart

Researched and Written by Karen MacKenzie

 This report is on Omega-3 fatty acids, Phytosterols, and Bromelain, all key ingredients in **Melaleuca's Phytomega™**.

Omega-3 Fatty Acids – Melaleuca Phytomega™

[A study published in the American Journal of Clinical Nutrition](#) and supported by the Heart, Lung and blood institute suggests that a high intake of both DHA and EPA fatty acids can guard against fatal ischemic heart disease, particularly in older adults. It just goes to show that it is never too late to start looking after your heart.

This article notes that a regular intake of DHA and EPA can guard against thrombosis while protecting certain areas of the cardiovascular system. [The use of marine products in the prevention and treatment of vascular diseases of the heart and brain.](#)

Omega-3 fatty acids have been shown to have good effects on an irregular heartbeat and appear to reduce instances of sudden death. [Vitamins, supplements, herbal medicines, and arrhythmias.](#)

Omega-3 fatty acids have also been shown to have significant anti-inflammatory benefits. [Omega-3 fatty acids in inflammation and autoimmune diseases.](#)

Although official guidelines state that we should all eat two meals of fatty fish per week, other countries, including the UK, have advised that fish should not be eaten more than once a week. This is because most fish are now contaminated with mercury and PCB's, which have a very detrimental effect on our health. [Mercury, fish, fish oil and the risk of cardiovascular disease.](#)

Phytosterols – Melaleuca Phytomega™

Phytosterols, also known as plant sterols, have a similar chemical structure to cholesterol, but the way the body metabolizes each of them is completely different. Phytosterols can actually block the absorption of cholesterol and help it to be eliminated naturally, through the system,

When you subscribe to our free newsletter, you will receive a new edition every week. You will also be informed of any news regarding our publications, etc. Below are some testimonials about our publications and newsletters:

"Being a Melaleuca Marketing Executive, it is an advantage when we can show clinical studies to back up our claims about the benefits of becoming a Melaleuca customer. So once again, thank you." S.B.

"All the reports are very informative and helpful. They will definitely be of great help in getting my customer base interested. Many thanks..." S.D.

"Excellent! Thorough and informative. Thank you!" J.A.

"I just wanted to say

thereby reducing the amount of cholesterol circulating in the blood stream.

This mini-review, from the Department of Exercise and Nutrition Sciences, at the State University of New York outlines the cardiovascular benefits of combining phytosterols with omega-3 fatty acids. [Combination of Phytosterols and Omega-3 Fatty Acids: A Potential Strategy to Promote Cardiovascular Health](#)

Phytosterols are important for lowering blood cholesterol levels and reducing coronary heart disease. [Phytosterols in human nutrition.](#)

This is a favorable review of the benefits of phytosterols. Dietary phytosterols: a review of metabolism, benefits and side effects. [Dietary phytosterols: a review of metabolism, benefits and side effects.](#)

Phytosterols are also good for regulating the immune system. [Plant Sterols and Sterolins: A Review of Their Immune-Modulating Properties](#)

Bromelain – Melaleuca Phytomega™

Bromelain is an enzyme that is extracted from the stems of pineapples. It has many health giving properties, especially for maintaining a healthy cardiovascular system.

This literature review by Gregory S. Kelly, N.D. and published in the *Alternative Medicine Review*, lists many compelling reasons why we should take supplements containing bromelain. PDF format: [Bromelain: a Literature Review and Discussion of its Therapeutic Applications](#)

[Fibrinolytic and antithrombotic action of bromelain may eliminate thrombosis in heart patients.](#)

Comments From Your Researcher

At the onset of any illness a medical diagnosis is important. Prescribed medication should not be stopped without medical advice. This report is for information purposes only.

Karen MacKenzie, March 2004

I would love to know what you think about this report. You may [contact us](#) with any suggestions or comments about this report.

thank you for the report and to let you know how helpful I found it. — A really useful newsletter! Thanks."
D.H.

"A real gold mine of info."
J.K.

"Thanks for your tireless pursuit of truth. It is a huge resource to us!!"
P.L.

"I love this report, and the leads generated from it..."
D.B.