

OMEGA-3

Omega-3 vetsure word essensiële vetsure genoem, wat beteken die liggaam kan dit nie self vervaardig nie, dit moet uit kos verkry word. Omega-3 vetsure het talle belangrike gesondheidsvoordele vir die hele liggaam en bestaan uit 3 hoofipes, nl. EPA, DHA, en ALA. Hier volg slegs die heel belangrikste gesondheidsvoordele van omega-3 vetsure –

Breingesondheid Omega-3 vetsure is van kardinale belang vir die ontwikkeling en funksie van die brein, en word geassosieer met 'n verminderde risiko van kognitiewe agteruitgang. Neuro-degeneratiewe siektes soos bv. Alzheimer se siekte kan vertraag en voorkom word. Dit kan ook die risiko van depressie en angs verminder.

Hartgesondheid Omega-3 vetsure kan help om trigliseriedvlakke te verlaag, wat die risiko van hartsiektes verminder. Die risiko van onreëlmatige hartklop kan verminder word terwyl algehele hartritme verbeter.

Gewrigsgesondheid Anti-inflammatoriese eienskappe help om chroniese inflammasie in die liggaam te verminder. Dit verlig simptome van gewrigsiektes en verbeter gewrigsfunksies.

Ooggesondheid DHA is 'n komponent van die retina van die oog en daarom kan omega-3 vetsure ouderdomsverwante makulêre degenerasie vertraag.

Gewigbestuur Omega-3 vetsure ondersteun gewigsverlies deur insulien-sensitiwiteit te verbeter en inflammasie te verminder. Dit ondersteun metaboliese gesondheid en help eetlus beheer.

Inflammasie en immuniteit Anti-inflammatoriese eienskappe kan help om chroniese inflammasie in die liggaam te verminder. Só word die immuunstelsel ondersteun, en 'n beter verdediging teen infeksies en siektes bevorder.

Velgesondheid Verminderde inflammasie help om droë toestande soos psoriasis te voorkom en velhidrasie te verbeter.

Swangerskap en ontwikkeling Omega-3 vetsure is noodsaaklik vir die ontwikkeling van die fetus se brein en oë tydens swangerskap. 'n Ma se inname van omega-3 vetsure kan die risiko van 'n vroeggeboorte verminder, en die ontwikkeling van die baba se senuweestelsel ondersteun.

Bronne van omega-3 vetsure Vet vis soos salm, makriel en sardyne is uitstekende bronne van EPA en DHA. Vlas- en chia-saad sowel as okkerneute voorsien ALA, 'n plantgebaseerde omega-3. Wanneer die daaglikse inname van omega-3 vetsure onvoldoende is, vul aan met OMEGA-3 kapsules. 'n Tekort aan omega-3 vetsure kan lei tot ernstige inflammatoriese toestande in die liggaam.

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Omega-3 fatty acids are called essential fatty acids, which means the body cannot produce them from scratch, they must be obtained from food. Omega-3 fatty acids have numerous important health benefits for the entire body and consist of 3 main types, namely EPA, DHA, and ALA. Here are the most significant health benefits of omega-3 fatty acids –

Brain health Omega-3 fatty acids are crucial for the development and function of the brain, and are associated with a reduced risk of cognitive decline. Neurodegenerative diseases like Alzheimer's can be slowed and prevented. It can also reduce the risk of depression and anxiety.

Heart health Omega-3 fatty acids can help lower triglyceride levels, reducing the risk of heart disease. The risk of irregular heartbeat can be reduced, while overall heart rhythm improves.

Joint health The anti-inflammatory properties help reduce chronic inflammation in the body, alleviating the symptoms of joint diseases and improving joint function.

Eye health Since DHA is a component of the eye's retina, omega-3 fatty acids can slow age-related macular degeneration.

Weight management Omega-3 fatty acids support weight loss by improving insulin sensitivity and reducing inflammation. It supports metabolic health and helps control appetite.

Inflammation and immunity Anti-inflammatory properties, which can help reduce chronic inflammation in the body, support the immune system and promote a better defence against infections and diseases.

Skin health Reduced inflammation helps prevent dry skin conditions such as psoriasis. It also improves skin hydration.

Pregnancy and development Omega-3 fatty acids are essential for the development of the fetus's brain and eyes during pregnancy. Maternal intake reduces the risk of premature birth. It also supports the development of the baby's nervous system.

Sources of omega-3 fatty acids Fatty fish such as salmon, mackerel, and sardines are excellent sources of EPA and DHA. Flax and chia seeds, as well as walnuts, provide ALA, a plant-based omega-3. Supplement with OMEGA-3 capsules when your daily intake is insufficient. A deficiency in omega-3 fatty acids can lead to serious inflammatory conditions in the body.



ENGLISH: Tania says: “My mom’s legs and feet hurt so much that she was admitted to hospital. She developed an itchy rash on her legs and feet, and water blisters started to form. As the blisters broke, a yellowish liquid would ooze out. Her feet were blood red and swollen, and the doctor diagnosed it as a bacterial infection. Sores began to form that just wouldn’t heal.”

Tania’s mother started using *SUPER ALOE GEL* as recommended by Madelene, an Aloe Ferox distributor. Within only 2 months this incredible improvement occurred. Tania now tells everyone about the “local wonder gel” and encourages them to give it a try.



AFRIKAANS: Tania vertel: “My ma se bene en voete het so gepyn dat sy in die hospitaal opgeneem is. Sy het ’n jeukende uitslag op die bene en voete ontwikkel en waterblase het begin vorm. Sodra die blase stukkend gaan, het daar geel, waterige vloeistof uitgelooop. Haar voete was bloedrooi en geswel, en die dokter het dit as ’n bakteriese infeksie gediagnoseer. Sere het begin vorm wat net nie wou genees nie.”

Tania se ma het op aanbeveling van ’n Aloe Ferox-verspreider genaamd Madelene, *SUPER ALOE GEL* begin gebruik, en binne net 2 maande het hierdie ongelooflike verbetering plaasgevind. Tania vertel nou oral van die “local wonderjel” en moedig almal aan om dit op die proef te stel.

Specials

JANUARY 2024



R178
SAVE R20
24M+
50 ml

R49
SAVE R10
EYE GEL
15 ml

R107
SAVE R12
CALCI-BOOST
60 Capsules

