



The No.1 secret to surviving the effect of Trans-fatty acids

Although we have known about trans- fatty acids for some time it has only been recently that we have become aware of the negative effect these little nasties can have on our bodies. The adverse affects of trans- fatty acids have been widely commented on in recent times in the media. Basically, high temperatures and hydrogenation produce trans fatty acids, which change the structure of the molecule from its natural configuration.

The slight change from a cis- configuration occurs which produces a trans configuration, thereby creating a trans- fatty acid. This simple change in shape from cis- to trans- prevents the molecules from properly fitting into the enzyme and membrane structures of the body.

The unnatural trans- fatty acids that are created are more sticky and in turn, make our platelets more sticky. The end result of this a dramatically increased incidence of small clots in our blood vessels causing strokes, heart attacks or circulatory conditions in other organs including the lungs, and extremities and sense organs.

Trans- fatty acids change the permeability of cell membranes and impair the protective barrier around our cells which keeps them alive and healthy. This will affect the ability of our cells to maintain our immune function and allergic conditions and illness may arise form the introduction of unwelcome visitors into the cells.

So what is the answer to combating the effect these trans- fatty acid have on our bodies. I know, you have heard it all before, but following a diet that is as natural as possible is a great start. Processed foods seem to have a lot to answer for in the diseases that are prevalent in our society today.

Even with a great diet, you may still be lacking in some area and the best way to inhibit the change of a cell into a trans fatty acid is to have a high intake of premium Essential Fatty Acids (EFA's) . These acids are disrupted by trans- fatty acids and will worsen EFA deficiencies and the production of Prostaglandin's (PG's). PG's regulate muscle tone in the walls of our arteries, which can have an effect on blood pressure, regulating kidney function, inflammation response and the competence of our immune systems.

It has been widely shown that a diet that includes high levels of premium EFA's helped the body in dealing with many conditions including cholesterol, arteriosclerosis and cancer also.

How much convincing do you need to make these amazing EFA's a priority for your health?

Wild blend is the premium source of EFA's in an over the counter product available anywhere. In studies done on many forms of oils including other Emu Oils brand, Fish oils, Olive and Flax seed Oils, it was conclusively shown that Wild Blend including Baramul 100 contained the premium levels of these amazing ingredients to optimise your health and wellbeing.

What are you waiting for? Get rid of trans fatty acids now and be on the road to great health.