



## Health News

# Why People Are Throwing Away Omega 3 And Taking This Supernutrient Instead

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Do you take Omega 3? A lot of people do. A daily capsule of Omega 3 fish oil can help lubricate the joints, lower cholesterol and enhance memory. In fact, some doctors even recommend it for ADHD and Alzheimer's.

People who live on the Mediterranean are famed for their high levels of Omega 3 and low levels of heart disease. However, people living on the Mediterranean are FAR from the healthiest people on the planet.



Could this supernutrient protect millions from dementia or heart disease?

There's a secluded volcanic island in Northern Europe where the health of its people has astonished researchers:

- ✓ 80% fewer heart attacks
- ✓ A third less cases of dementia
- ✓ 32.4% lower blood pressure
- ✓ 39.7% less breast cancer
- ✓ People live an average 84 years (older than even Japan)
- ✓ Lowest health care costs in the world

What's the secret to this country's miraculous health?

Along with exercise, it's believed to be due to a natural "supernutrient" they get from their food. A nutrient so powerful it's hoped it could one day

help reduce chronic ill health and disease across the world.

[>>>Watch a video about this breakthrough "supernutrient"](#)

# Every Day You Ingest a Witches Brew of Toxins



Every day we ingest airborne pollutants, household chemicals, processed "Frankenfood" and a witches brew of environmental toxins. Unless you can cleanse yourself of these toxins known as "free radicals", they can wreak havoc to your body's cells, ruin your health and perhaps even kill you from cancer, heart disease or dementia.

***"Scientists now believe that free radicals are causal factors in nearly every known disease, from heart disease to arthritis to cancer and cataracts. In fact, free radicals are a major culprit in the aging process"***



*itself.”*

**- Lester Packer, Ph.D.**

## 5,000% More Potent than Any Antioxidant

To get rid of the airborne pollutants, toxins and free radicals we ingest in huge quantities daily, your body needs ANTIOXIDANTS. These are your body's natural defenses against invaders.

But the huge volume of toxins in the modern world means your body's natural antioxidants get overloaded. And it needs a helping hand.

This is where the supernutrient from the island with over 300 volcanoes comes in...

Because, if studies are to be believed, it's reported to be **5,000%** more potent than any antioxidant.

When your levels are high enough, it's like having a team of **Navy Seals** in your bloodstream. This supernutrient hunts down harmful toxins, bacteria and free radicals with ruthless efficiency.



In fact, when you top up your levels of this incredible supernutrient it's been found to lower heart attack risk by 80% and dementia by 33%. Just imagine what it can do for your energy levels, joint pain or brain?

If you'd like to know:

- ✔ Why modern farming methods may have RUINED our ability to get this supernutrient naturally from our food
- ✔ The 4 "canary in the coalmine" warning signs of free radical damage
- ✔ How to rebuild your cell's protective coating against pollutants and toxins
- ✔ What is this supernutrient that's 5,000% more potent than any other anti-oxidant
- ✔ Where exactly is the volcanic oasis where serious illnesses like arthritis, heart disease, high cholesterol, diabetes and cancer barely exist.

You can find out all the answers in a special presentation by George Bridgeham, a health researcher determined to spread awareness of this supernutrient before it's too late:

The Most Powerful Healing Superfood Was Discovered Here..

TheBodyWatch.com | 6.9 million views



[>>>Watch the video to discover what is the supernutrient many people now take instead of Omega-3 to improve their joints, raise their energy levels and to help protect themselves from serious disease](#)

P.S. If you live in the US, you now have a 1 in 4 chance of dying from heart disease. Whereas on the volcanic island where people enjoy high levels of this supernutrient there are 80% fewer heart attacks. Even if you don't consider yourself a heart attack risk, there are many other health problems this supernutrient may help eradicate. Find out what it is by watching the explosive video before Omega 3 supplement sellers force it to be taken down.

## References:

1. [https://www.naturalnews.com/026256\\_Iceland\\_health\\_deaths.html](https://www.naturalnews.com/026256_Iceland_health_deaths.html)

2. <http://nordic.businessinsider.com/iceland-is-the-healthiest-place-to-live-on-the-planet--and-sweden-and-finland-arent-far-behind-2016-9/>
3. <http://icelandmag.visir.is/article/iceland-healthiest-country-world-according-a-new-study-united-nations>

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