

Krilling your food

Krill is a small crustation similar to shrimp, thriving in the Arctic and Antarctic waters. It is a tough, adaptable, successful organism. Therefore, krill is one of the largest biomasses in the world. They are the primary food for larger mammals such as whales. These little animals are plant eaters consuming algae. Krill contains 50 percent phospholipid, 44 percent Omega 3's and 6 percent other antioxidants. Soon, krill oil and protein powder will be on the market. Both are rigidly stable and are a functional food.

The Omega 3's here are free radical quenching and 500 times more powerful than vitamin E. They convert the minimally effective good HDL1 cholesterol into the more efficient HDL2 and HDL3 cholesterol which more readily extract the bad LDL cholesterol from the blood vessel lining. Also, the Omega 3's are a mild anticoagulant and work in conjunction with aspirin to thin the blood. The phospholipid is a component of our phosphatidyl serine, which has been shown to be protective and therapeutic for diseases such as Alzheimer's and Parkinson's disease.

Krill oil is much better than the usual Omega 3's of DHA and EPA. It is not contaminated with mercury from the fish we ordinarily obtain from the Omega 3's. The fish we use for the Omega 3's are frequently predators and consume other fish, concentrating the mercury in the

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fatty part of their body. Hence, mercury may be found in the present marketed Omega 3's.

Krill oil tastes good and can be used as a salad oil and in cooking. The protein can be used as a component of many recipes, almost tasteless and unlike protein that comes from meat, contains more arginine. The arginine increases nitric oxide, which again helps our blood vessels by nourishing them and preventing atherosclerotic plaque.

Krill oil has been shown to decrease stress, irritability, weight, joint pain, bloating and PMS. In an article published in May from the University of Montreal, this oil did well in the management of premenstrual syndrome and dysmenorrhea. If taken two days before the menstrual period until two days after the cycle, sometimes disabling symptoms for young women are greatly ameliorated. These products are not just for young women, but for you and your health.