

'Smart' Fats Get Rid of Tummy Rolls and Kill Cancer Cells

Do you want to get rid of your excess abdominal fat? How about killing a few cancer cells outright or cutting down on painkillers? These are just a few of the health advantages conferred upon users of **Smart Blend™** from Metabolic Response Modifiers.

Performance coach Charles Poliquin is telling elite athlete clients at the Poliquin Performance Center in Tempe, Arizona, to start using **Smart Blend™** for their weight reduction, cardiovascular health, and immune support needs. Since Poliquin is in the business of maximizing human performance, you can bet on one thing: We're listening to his advice because what's good for his elite athletes is also very good for the rest of us.

With so many documented health benefits for users of this essential fatty acid (EFA)/ 'smart' fat formula and notorious widespread EFA deficiencies in the population, we suspect you won't be able to resist using **Smart Blend™** everyday.

Smart Blend™ combines EFAs missing in adequate amounts from most diets—including **docosahexaenoic (DHA)** and **eicosapentanoic (EPA) acids**—as well as **gamma-linolenic** and **conjugated linoleic acids**.

"My clients are the elite of the elite," says Poliquin from the offices of the Poliquin Performance Center in Tempe. "They are paid very well for what they do because they have a cutting edge and one of the things that is important is to have a low percentage of body fat. It means they are not running with an excess fat pack on their back—as a result, they have better endurance and more energy. Also, it's much easier to train a healthy athlete.

"Essential fatty acids are integral to the training programs of elite athletes and they are also equally important

for the rest of us," he continues. "If there were ever a natural medicine that could be considered a panacea, it would have to be the EFAs, especially fish oils. They affect all bodily systems. EPA and DHA have strong anti-inflammatory effects, meaning our athletes don't require massive dosages of potentially toxic non-steroidal anti-inflammatory medications for their training injuries. EPA and DHA also aid blood flow, leading to greater oxygenation, and it's easier for them to lose body fat with optimal amounts of EPA and DHA, since these two EFAs help to control the insulin response."

But one of the challenges Poliquin's athletes faced is having to carry three or four different EFA formulas with them. What's more, most manufacturers don't make the kind of quality EFA formulation his performance-based research has shown is optimal. "Most fish oil formulas contain far more EPA than DHA. Not so with **Smart Blend™**," he says. So he approached Metabolic Response Modifiers, one of the nation's leading manufacturers of quality nutritional formulas, especially for elite athletes, to help him create the ultimate 'smart' fat formula.

"The formula contains the correct EPA/DHA ratio, which is 13 to 11," he says. "The fact that we have insured **Smart Blend™** contains the proper ratio of EPA to DHA is critically important to both elite athletes and older persons. It is also important that we have made sure our sources of

marine oils are free from contaminants found in inferior products."

Smart Blend™ also contains conjugated linoleic acid (CLA). CLA is another one of the smart fats that Poliquin recommends for all persons because it is a much-needed "nutrient partitioning agent that increases lean muscle mass and decreases abdominal fat." CLA is also one of the only substances known to science that can kill cancer cells outright, he adds. "It is also essential to assist EPA and DHA in insulin management."

The fourth smart fat in **Smart Blend™** is gamma-linolenic acid, derived from black currant oil. Gamma-linolenic acid is not only an antioxidant rich smart fat, it works by increasing the body's production of prostaglandin E-1 or by correcting a deficiency of gamma-linolenic acid. Prostaglandin E-1 helps to increase blood flow, decrease blood clotting, and reduce inflammation. "GLA also helps prevent afternoon blues which we find is related to a deficiency in this EFA," Poliquin says. ❖



FYI: Charles Poliquin Short Bio

Charles Poliquin is recognized as one of the world's most successful strength coaches, having coached Olympic medallists in twelve different sports including the U.S. female track and field team for the 2000 Olympics. Among his current clients are world champion short-track speed skating medallist Dan Weinstein; St Louis Blues Norris Trophy winner Al MacInnis, (who has the most explosive slapshot in the National Hockey League); world record holder in the 4 x 200 meter relay Nanceen Perry; and the world's number one ranked hurdler Michelle Freeman. Poliquin has a bachelor of science in kinesiology and master's of science in exercise physiology. The knowledge base from which Poliquin operates is as real and solid as the gold medals his clients have won.

Prescription for Healthy Living

Dosage—Take two or more capsules up to three times daily.

Availability—**Smart Blend™** is available nationwide at natural health centers and from health professionals. You can contact MRM to find a store near you. Call them toll-free at (800) 948-6296.