

Elite Athletes & 'Thin' Fats

Sports & Fitness



Charles Poliquin

Among the current clients of the Poliquin Performance Center in Tempe, Arizona, are members of the St. Louis Blues, Boston Bruins, and New Jersey Devils hockey teams, as well as members of the Arizona Cardinals and Seattle Mariners. Norris Trophy winner Al MacInnis, who has the most explosive slap-shot in the National Hockey League, is a Poliquin Performance Center client. So is the world's number one ranked hurdler Michelle Freeman. Charles Poliquin recommends **Smart Blend™** to his elite athletes. But we think its uses, though important to his client roster, go well beyond the elite to all of us.

It isn't just because we are not exercising enough or overeating that we are overweight. It's because so many of us are deficient in the "thin" fats—those specialized essential fatty acids (EFAs) that cause us to burn stored fat for energy and upregulate a sluggish metabolism. You would never think of it this way. But our bodies need fats. If the body doesn't receive the right fats, then it will still crave fats—but you may well end up eating the wrong fats—the "fat" fats—those that are saturated (predominantly found

in beef and dairy) or hydrogenated (found in baked goods and margarine).

Prescription for Healthy Living

Charles Poliquin understands this quite clearly. That's why he worked together with Metabolic Response Modifiers (also known as MRM) to formulate a new oil blend formula for his elite athletes that would aid their quest to remain lean, free from excess abdominal fat, to keep them moving freely, their blood flowing, and their need for pain relievers at a minimum.

This is an oil blend formula that makes sense. **Smart Blend™** can be thought of as not only essential to intensively training athletes and bodybuilders; it is also to be used by persons wishing to reduce their abdominal fat and to aid conversion of body fat to muscle mass; and by persons who want a single capsule combining all of their EFAs.

Fat Reducer & Cancer Protector

Conjugated linoleic acid (CLA), a derivative of the EFA linolenic acid, may be the key to why New Zealanders (excluding indigenous Pacific Islanders) have low obesity rates. Their meats and

butter are loaded with CLA—far more than American meats and dairy products (due to less factory farming). CLA is adept at converting fat mass to lean body mass, especially in the abdominal region. This translates into improved physical appearance and cardiovascular health.

In a randomized, double-blind study including 60 overweight or obese volunteers, body fat mass was markedly reduced among persons receiving either 3.4 or 6.8 grams daily of CLA, note researchers in a 2000 report in the *Journal of Nutrition*.

In a study reported in 2001 in the *International Journal of Obesity*, researchers found that, "CLA supplementation for 4 weeks in obese men with the metabolic syndrome may decrease abdominal fat."

Interestingly, the benefits of CLA appear at this time to be even more pronounced when it comes to cancer. Study upon study demonstrates CLA has potent protective effects against breast carcinogens. One team of researchers from the Roswell Park Cancer Institute, Buffalo, New York, characterizes CLA as "a powerful anticarcinogen." ❖

Performance & Fitness Prescription

Smart Blend also includes key omega-3 fatty acids from **fish oils**, as well as **gamma-linolenic acid (GLA)**. Fish oils and GLA alike are important to healthy circulation as well as improved mood (see sidebar for more on fish oils).

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.

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



Smart Blend™ is an EFA-based oil blend with special, difficult-to-obtain thin fats, including **eicosapentaenoic, docosahexaenoic, conjugated linoleic (CLA)** and **gamma-linolenic acids**. Charles Poliquin, one of America's leading sports performance and fitness coaches, developed it.

FYI: Performance Coach Charles Poliquin's Top 10 Reasons Fish Oils are Essential

- 1 Fish oils, rich in the Omega-3 fatty acids may help prevent depression, stabilize the moods of manic-depressives, and alleviate symptoms of schizophrenia.
- 2 Fish oils is one of the few substances known to lower concentrations of triglycerides (fatty substances) that pose a cardiovascular risk, in the blood.
- 3 Increasing the amount of Omega-3 fatty acids has direct effects on serotonin levels.
- 4 Fish oils, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) help prevent heart disease, depression, and cancer.
- 5 Research has shown that supplementation with fish oils can markedly reduce interleukin-1beta production and results in a significant reduction in morning stiffness and the number of painful joints in rheumatoid arthritis patients.

- 6 Several clinical trials have concluded that eating fish regularly or supplementing with fish oils can reduce the risk of sudden cardiac death by as much as 50%.
- 7 Researchers at Mayo Clinic report that supplementation with fish oils, EPA and DHA is highly effective in slowing down the progression of IgA nephropathy, a common kidney disease.
- 8 Epidemiological studies have shown that populations with a high intake of fish oils have a lower incidence of inflammatory diseases such as asthma.
- 9 Researchers at The University of Tromso now report that fish oil supplementation lowers blood pressure significantly in people with hypertension and has no effect on glucose control even in people with mild diabetes.
- 10 Medical researchers in New Zealand provide convincing evidence that an increased consumption of fish oils helps reduce the risk of developing prostate cancer.