

Video #3: Two More Nutrients That Fight the Silent Saboteur

<http://cf.algaecal.com/launch-page-3>

Hello again! It's Dean Neuls, founder of AlgaeCal Inc with the third video in this 4 video series. If you haven't seen the first two videos I highly recommend that you go back and catch them - they're not long and they contain some paradigm shifting nuggets that absolutely WILL improve your health.

Last video we discussed how chronic inflammation in our body is an anchor that is dragging you down and ultimately at the root of many of your health issues/diseases. We talked about how inflammation starts in the gut and how many aspects of modern living causes increased stress leading to leaky gut and leaky gut triggers an immune reaction called inflammation.

We also talked about the obvious solution to inflammation - which is to consistently make lifestyle changes that promote good gut health - reduce stress, avoid over medicating, get 8 hours of sleep, exercise the right amount, and eat right.

I also promised to introduce you to 3 foods/nutrients which directly reduce inflammation - and we covered the FIRST of those 3 nutrients which is the omega 3 fatty acids EPA/DHA - most commonly found in fish oil.

Now, I realize that fish oil is hardly revolutionary, but what we introduced in the last video that *IS* revolutionary is the new omega 3 index test which tells you exactly if you are at a healthy level of Omega 3s right now. We learned that the percentage of Omega 3 you have **currently** is an accurate predictor of your **future** health. If your blood Omega 3 level is low, you will have a 10x greater chance of heart attack, more than double your risk of getting dementia, and you will age much faster, and die sooner.

Equally amazing is that you can quickly do something about it. It's not like some tests that basically tell you that you are diseased and the only remedy is surgery or drug therapies. You can simply ingest fish oil at the right quality and quantity and give yourself an oil change in about 3 months! Isn't that great news?

I also introduced you to research that shows *we need a lot more* Omega 3 than what you're taking right now in order to raise your Omega Index score, attack inflammation and prevent heart attacks, alzheimer's/dementia, osteoporosis, and all the other inflammatory diseases and

conditions we are suffering from. Remember almost every pain you are suffering right now has inflammation as one of the key causes.

We really need 2 g/day of EPA/DHA for a period of 3 months to move from 4% which is common in America to 8% which is considered minimum healthy level. 2 g/day of EPA/DHA means taking 6 or more fish oil capsules so it's not really practical - but I will share with you a super practical way to do it in the next video.

Now, would you like to meet *two more extremely powerful nutrients* that **directly** suppress unhealthy inflammation in a way that supports health and prevents disease?

Just before introducing you to the first nutrient, let me thank you for the overwhelming number of comments and questions! I love hearing from you guys!

Do you want to feel vibrant and fully alive? With glowing healthy skin and hair? Do you want to get rid of that nagging health problem? Those headaches, digestive health issues, joint pains, sore back, or what is it you're suffering from? So many of them are rooted in inflammation and we're going to look at two more of the very best to **supercharge** the power of your fish oil.

Alright, Anti-inflammatory nutrient #2 is Astaxanthin.

Astaxanthin, besides being anti inflammatory, is a very, very powerful *antioxidant*. It is perhaps nature's strongest carotenoid. You will recognize carotene from beta-carotene which becomes vitamin A. A couple of other famous carotenoids are lutein and lycopene which are known for their extraordinary antioxidant capabilities. But astaxanthin has the unique characteristic of being both an antioxidant (protecting you from free radical damage), *and anti-inflammatory!* **So it** has a dark orange color that is responsible for making salmon meat the beautiful color that it is. Now the salmon get their color from the astaxanthin in the krill and shrimp they eat. And the small ocean creatures get it from algae. Algae is the original astaxanthin source and it works it's way all the way up the food chain to us humans.

Commercially it is either extracted from algae or synthetically produced and offered for sale. Most times when you buy Krill oil it has been fortified with astaxanthin beyond what is naturally in the krill oil.

Like omega 3 fatty acids, astaxanthin has been shown to support heart health, brain health, bone health, nervous system, joint health and bone health. It has also been shown to speed recovery after exercise and reduce muscle soreness after workouts. It is well known as a pain reliever - which makes sense for any anti inflammatory. It is also known to help eyes in several important ways - like reducing eye strain, macular degeneration, seeing in fine detail and diabetic neuropathy. It is thought to clean up cellular waste helping skin to become moist, elastic, and smooth. It's another great gift from the ocean! In our next video I will discuss the best kind and suggest where to get it.

Sound good? I take it almost every day - and have done so for about 2 years.

Anti-inflammatory nutrient #3 is Curcumin from Turmeric root

Like astaxanthin, Curcumin is both an anti-inflammatory agent and a super antioxidant. You may currently be using the powdered root to cook with - it's one of the key ingredients in curry powders. I make a smoothie every morning and throw a whole organic curcumin root in. Wow! does it ever give it amazing flavor. Don't put too big a piece in though, because it is strong.

All 3 nutrients - fish oil, astaxanthin, and curcumin - have hundreds of studies supporting their role in human health. And it's interesting that the treatment area for each ingredient is very similar - because they are all anti-inflammatory they help with numerous conditions and diseases.

Here is the list for Curcumin (you will notice a lot of overlap with omega 3 and astaxanthin):

1. Aids bone health
2. antioxidant protection at cellular level including heart and brain
3. Helps promote healthy skin
4. Supports overall eye health
5. immune system support
6. Supports joint health
7. Encourages healthy liver function
8. Balances digestive health
9. supports healthy blood and circulation
10. Helps you maintain normal cholesterol levels to support your cardiovascular system
11. Assists your brain's healthy response to stress
12. Promotes a healthy female reproductive system
13. Helps you maintain blood sugar levels

Dr. David Frawley, founder and director of the American Institute for Vedic Studies in Santa Fe, New Mexico: "If I had only one single herb to depend upon for all possible health and dietary needs, I would without much hesitation choose the Indian spice Turmeric. There is little it cannot do in the realm of healing and much that no other herb is able to accomplish." And I believe I have heard Dr. Mercola say something similar - if there was only one herb - he would choose Curcumin.

You know by your stage in life that everything affects everything right? Gut health affects chronic inflammation which hurts your joints and joints affects movements and reduced movement means weight gain which can spiral into metabolic syndrome or diabetes. Inflammation causes arteries to respond with plaque build-up which leads to heart attack. You get the picture - we need to do EVERYTHING we can - not one or two things to correct inflammation - but everything at once!

I have a question for you.

What do you think your health and your life would be like if you worked on your lifestyle weaknesses PLUS took the 3 anti inflammatory nutrients every day for a year?

Maybe you go off gluten, or exercise more regularly (or for some of us exercise less), and we make sure we get good rest, reduce stressors in our lives, eat more organic foods and eat out less, plus reduce our toxin exposure.

Do you see where you might actually have so much energy your friends can't keep up with you? That your days will be more productive and instead of an afternoon slump, there will be more accomplishment, more life, more love and more joy?

NOW, on our last video we are going to talk about a very convenient and practical way to purchase and consume the 3 anti-inflammatory nutrients all together. Wouldn't it be amazing if you could get your omega 3's, astaxanthin, and curcumin all in one product? Sound good? I can't give you any details about the next video other than to say I'm so excited because I have launched the world's first and only product to reverse bone loss - and AlgaeCal is changing lives every day.

But this *new product launch* has even more potential to revolutionize your health because it is broader reaching. Yes inflammation is a cause of osteoporosis, but it is also at the root of most every health issue you are suffering from.

You are going to be the first to know about the second revolution.

Oh, and a tiny Warning: on this first batch, judging from the comments and interest in this topic I think we may have underestimated demand - it's impossible to say, but we may sell out - so just a heads up to listen to the next video where it's all revealed and be ready as soon as we open it up for orders.

Mark your calendar! This Monday, watch your inbox for the next email announcing our last video which will tell you all about this new life changer - and a special introductory offer to save you some dough.

Meanwhile, I'd love to hear from you. What do you think of today's discussion? Do you have any questions? Any suggestions? What have you been doing that is working for your inflammatory condition? [Follow this link to leave your questions and comments now.](#)

We need to hear your questions. I'll be reviewing each one personally. So [follow this link and click the "like" button now, and join the conversation below.](#) I'll see you in 2 days with the most exciting announcement - the natural revolution that may be the missing link to your health!