

Health & Wellness | Interview | OmegaMore xxxxxx



OmegaMore - Fishing for Supplements

Before sushi took the world by storm, we associated seaweed with childhood memories of summer vacations on sandy beaches. Knee deep in the salty water, we would observe the slick plant from a distance as it was dragged by the waves and after double-checking it wasn't an eel, did our best to avoid having it brush against our ankles.

But as soon as people in Europe and the Americas were exposed to this brand new culinary delicacy, seaweed became a popular consumer product across the western world, with a place of honor on supermarket shelves right beside soy sauce. Little did we know that this curious marine vegetable (which is not a vegetable at all) has myriad health benefits that can be derived from no other fauna or flora on Earth.

OmegaMore, a young and highly motivated company, entered the OTC nutrition market to bridge the gap between health supplements and nutrient-enriched foods. OmegaMore manufactures a unique and innovative product range based on high-potency DHA omega-3 fish oil and highly

concentrated DHA algae omega-3 oil. Their products are available in capsules, liquid tinctures, and as powdered or gel nutritional supplements in foods.

Israel Galmor of OmegaMore Technologies spent twenty years researching these marine food sources and pioneered the introduction of these super nutrients to the Israeli consumer. As company founder and president, renowned omega-3 research specialist and owner of various exclusive omega-3 supplement formulas, Galmor knows everything there is to know about these precious oils. "The oceans are a salt-water wellspring of nutrients and minerals essential for human health and development. *Seaweed* is the common name for countless species of marine plants and *algae* that grow in the ocean and we have discovered ways to

OmegaMore is based in Rishon LeZion and can be contacted via their website www.omegamoretech.com, or email: israelgalmor@gmail.com or by phone +972-50-7447979 +972-3-9667170

farm them to treat various disorders, and as a maternal vitamin to aid fetal and infant development," says Galmor.

TEACH A MAN TO FISH

The best food sources of DHA are cold-water kelp, algae, and oily fish such as wild-caught salmon, herring, white fish, sardines and anchovies. Interestingly, omega-3s in fish are originally synthesized by microalgae, and not by the fish itself. When fish consume phytoplankton which consumed microalgae, they accumulate the omega-3s in their tissues.

Getting your omega-3s from natural, whole foods is almost always better than taking supplements, just like mother's milk is always the best source of nutrition for infants. But not all women are able to nurse, and the introduction of baby formulas provided an excellent source for all the nutrients babies need. By the same token, not all Israelis consume a sufficient quantity of fish to provide their body with enough omega-3 fatty acids; this is regardless of the fact that Israel's western border hugs the Mediterranean coastline with plenty of

excellent sources of omega-3s from a burgeoning market in indigenous fish imports. Many people are not favorably inclined to the taste of fish (and the ensuing post-meal fish burps). Plus, cold water fish are frequently contaminated, making it very difficult to safely achieve recommended levels.

For over twenty years chemists have been able to measure omega-3 levels in blood cells and membranes, but the biggest news today is the formulation of an omega-3 index, with a test which defines the risk levels of omega-3 deficiency and its health repercussions. The test was developed by two specialists, German cardiologist Professor Von Shaki and American researcher William Harris – and is performed routinely in the United States, Germany and Korea. But as is the case with preventative medicine in general, the medical establishment in Israel is taking its time to catch up with its European and American counterparts.

That's why OmegaMore is constantly investing resources in making high-quality alternatives available to the Israeli consumer in the form of enriched food products and nutritional supplements. "We want Israelis to know about the benefits of omega-3 and are expanding our activity to educating medical practitioners and pharmaceutical specialists regarding the wide health benefits of these fatty acids," says Galmor.

YOUR BODY - A WELL-OILED MACHINE

"Omega-3 fatty acids are vital for body function," expounds Galmor. "Our bodies are able to make most of the fats we need, but this is not true for omega-3 fatty acids and we have to obtain these essential fatty acids in the form of algae or fish oil, through diet or supplements."

A deficiency in omega-3s, and specifically DHA, can result in cognitive and other disorders that affect various body systems. A deficiency can manifest as heart disease, autoimmune disease, diabetes, juvenile diabetes or allergies. Adequate DHA consumption promotes normal brain development and can be a powerful tool in the alleviation of symptoms of attention deficit or hyperactivity disorder (ADHD), epilepsy, multiple sclerosis, migraines, schizophrenia, depression, bi-polar disorder, anxiety, dementia, Alzheimer's, autism, Down Syndrome and Tourette's Syndrome.

Omega-3 DHA has the potential to fend off the onset of cognitive

decline and Alzheimer's disease. A broad study found that adults taking fish oil who had not yet developed Alzheimer's and did not have genetic risk factor for developing Alzheimer's experienced significantly less cognitive decline and brain shrinkage than adults not taking fish oil. In addition, DHA helps improve stroke-victims regain some normal functioning and prevents progression of Parkinson's.

BRAIN, BODY AND BEYOND

Fish and algae oils are believed to work via their effect on brain function, which makes sense when you consider that the human brain is made up of nearly 60% fat. Approximately 30% of this fat is DHA omega-3 polyunsaturated fatty acids.

"Everything we do is controlled by our central nervous system and as a result any function can be affected, depending on which nerve or nerves are stressed." The brain is a network of wiring circuits. Each wire (each nerve) in the brain has a rubber insulation called myelin to prevent electrical impulses short-circuiting. "If we were to strip off a part of the rubber insulation and two wires were to touch, you might get a short or broken circuit. With not enough DHA, myelin is compromised, and our nerves can't carry electrical signals efficiently (or sometimes, at all)."

"Omega-3s are essential for the health of your heart, brain, skin, hair, body and much, much more," says Galmor. Scientific studies continue to back up all the incredible benefits of algae and fish oil, ranging from eczema and fertility to heart disease and many types of cancer. DHA has been

shown as effective in preventing or slowing heart disease, treating psoriasis and arthritis, reversing age-related eye disorders, maintaining healthy retinal function, improving literacy and behavior in children with ADHD, reducing restlessness and aggression in children on the autistic spectrum and promoting learning abilities and integration in individuals with Down Syndrome.

OmegaMore DHA is also a super food for the skin – the body's largest organ. This source of essential fats improves the health and beauty of human skin in several ways. Fish oil nourishes the skin with fats and contributes fat-soluble vitamins that help skin maintain a smooth, elastic texture, prevents moisture loss and provides sunburn relief. There is also evidence that fish oil prevents wrinkles and works against the aging process. "Your internal health is reflected in your skin, and taking DHA internally as a supplement may be as good as or better than applying conventional moisturizers," Galmor is resolute.

But one of the most significant benefits of DHA is seen in utero. Fish oil is extremely beneficial for pregnant and nursing women, during which time their omega-3 needs are even higher than usual since the placenta supplies the fetus with DHA from the mother's tissue. Omega-3 DHA is a critical building block of the fetal brain, eyes and nervous system. Once the baby is born, omega-3s continue to be vital to healthy brain development and immune function. Omega-3 fatty acids also seem to reduce the chance of premature delivery and DHA intake can help support healthy labor and delivery outcomes.

Israel Galmor knows that more work is required to increase awareness and provide the widest possible range of products to suit every type of consumer. While OmegaMore manufactures and distributes their products around the country, Galmor continues to seek collaboration and joint commercialization partnerships with food conglomerates as well as pharmaceutical companies and research labs in order to attain this goal. "We are committed and constantly strive to develop and introduce cutting-edge DHA-rich omega-3 products in all forms to Israeli and foreign food and pharmaceutical sectors because health is a basic human right. We aim to provide access to the products that can make all the difference in health and longevity."

dsadasdas
dsadasdas
Di
ipsam cullam
fugit atinven
dellaborrum ut

