




Wild Caught Fish
48 Day
 Transformation
 With Dr. Michele Menzel, ND

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Meet Dr. Michele Menzel
 Doctor of Naturopathy, Diplomat of Pastoral Science, Certified
 Nutritional Counselor, German New Medicine Consultant, Certified
 Natural Health Professional

Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.

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Benefits of Eating Fish

Fish are the richest food sources of:

- ❖ **Omega-3s** are most abundant in seafood
 - We do not produce omega-3s on our own
 - Vital that we eat these foods!
- ❖ **Vitamin D-** offers uniquely strong bone-building and anti-cancer benefits. Tuna and wild salmon are the richest food sources known
- ❖ **Astaxanthin-** powerful anti-inflammatory, carot- enoid class antioxidant that gives wild salmon its characteristic red-orange color
- ❖ **Selenium-**essential mineral needed to make enzymes that play key roles in the body's internal antioxidant network.

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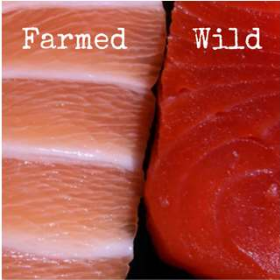


Dangers of Farmed Fish

- Presents many of the same problems as factory farms
 - environmental pollution
 - unsanitary conditions
 - inferior final product.
- Overcrowding- A typical fish farm may cram up to 90,000 fish in a single pen that's 100 feet long by 100 feet wide
- Farmed salmon are typically fed pellets composed of smaller fish, along with wheat, soy, antibiotics, pesticides, and hormones
- Given the synthetic pigments canthaxanthin and astaxanthin to imitate their natural and vivid tone of pink

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Dangers of Farmed Fish

- Contain significantly higher amounts of pollutants
 - mercury and PCBs
- Conditions in which farmed fish are raised also promote the spread of disease and parasites
- Alter the content of omega-3 fatty acids
- Contain lower levels of vitamins A and D

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Fish Oil Supplements

- Animal products from grass-fed, pasture-raised animals and wild-caught fish, have the balanced amount of all essential fatty acids needed by the body
- Fish oils have become very popular and there are many to choose from
- Not all supplements are created equal!!
- Virtually, all fish oils are rancid by the time they are purchased, and when not taken with a diet that is rich in saturated fat, the body is not able to properly absorb and utilize them.

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Cod Liver Oil— A Super Food

Vitamin A: Necessary for mineral metabolism, strong bones, immune system, normal growth, successful reproduction, healthy skin, and good eyesight

• **Vitamin D:** Necessary for mineral absorption, nervous system function, insulin production, immune system health, and protection against depression

• **Vitamin K2** (found in fermented cod liver oil): Necessary for normal facial development, strong bones, healthy arteries, and optimal function of the brain and nervous system

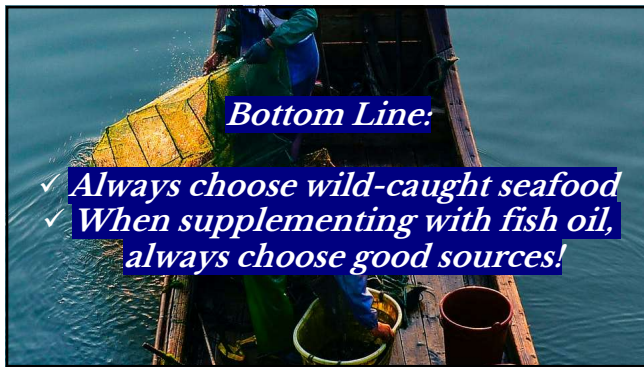
• **Vitamin E:** Necessary for normal reproduction and protection against free radical damage

• **DHA:** Necessary for optimal visual and brain function, immune system health, and helps resolve inflammation



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