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## Innate Choice - Healthy News Volume 1 - Fish Oil and Healthy Body Weight

People with the highest intakes of omega-3 fish oil weigh less and lose weight more easily than those deficient in omega -3's.

A recent study at the University of South Australia showed that taking fish oil combined with moderate aerobic exercise over 12 weeks boosted weight loss. (Hill, Am J Clin Nutr, Vol 85, 2007, 1267-74). The researchers determined that the fish oil activated enzymes responsible for burning fat! Another research study showed that a diet high in Polyunsaturated Fatty Acids (PUFAs), specifically those found in fish oil, could be protective against obesity and metabolic syndrome in children. (Klein-Plata, Amer J Clin Nutr, Vol 82, 2005, 1178-84). More research reveals that ingesting fish oil helps stop the conversion of pre-fat cells to fat cells by causing pre-fat cell death. (J of Nutr, Vol 136:2965-69).

The Innate Diet™ is proven again - doing what supports the natural balance of the body works every time! Wellness is the only solution! When you are sufficient in what your body needs and avoid those things that are toxic, you will naturally gravitate towards health, AND your ideal weight. It's that simple!